



PreventionPlusWellness™



# SPORT

## (Alcohol/Drug)

Substance Use Prevention Program  
Promoting Healthy Lifestyle Behaviors  
- High School Adolescents -

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# ***SPORT PPW***

## **Section 1: Introduction**

**W**elcome to **SPORT (Alcohol/Drug) Prevention Plus Wellness (PPW)**! **SPORT PPW** is a quick and easy to use positive youth development program for prevention and health professionals and parents who want to prevent substance use and promote healthy lifestyle behaviors and positive identities of youth.

**SPORT PPW** has undergone rigorous research evaluating its effectiveness for preventing youth substance use and increasing healthy habits. It is listed as an evidence-based program on the National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based registries. Furthermore, it utilizes an evidence-based practices screening and brief intervention format recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA).

**SPORT PPW** is the only single-session substance use prevention

program designed to increase health-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control. It can be implemented in any setting including school, community, health care, sports, recreation, juvenile justice, home, and others.

**SPORT PPW** is founded on the Behavior-Image Model (BIM), a positive youth development-related framework that targets naturally motivating positive peer and desired future images to increase motivation for change and multiple health behavior goal setting to increase self-regulation skills and self-efficacy of participants.

**SPORT PPW** is highly flexible and can be used as a stand-alone intervention, or as an add-on component to other prevention, health, sports, fitness, recreation, education, intervention, or treatment programs. While it was created as a universal prevention intervention, organizations across

the US and abroad use it as a selective and indicated prevention program for high-risk populations.

The **SPORT PPW** program was designed to help youth look and feel more active, fit, and healthy using a three-step brief intervention process of:

1. Screening youth for their current health habits to increase awareness of their substance use and healthy behaviors;
2. Providing feedback cueing positive future images and the benefits of engaging in the healthy behaviors and how substance use harms them, to increase motivation for change; and
3. Presenting a goal plan and contract to help youth set and monitor goals to avoid substance use and increase protective wellness behaviors increasing self-control skills and self-efficacy.

Your **SPORT PPW** program comes with a manual and a digital download of all reproducible materials needed to implement your program to countless participants.

The **SPORT PPW** program includes:

1. Step-by-step implementation directions;
2. A brief self-administered youth health and fitness behavior screening survey;
3. Scripts for easy presentation of both an individual or group lesson that presents positive image content linking healthy and substance use behaviors;
4. A set of colorful slides with illustrations of youth modeling healthy habits;
5. A goal plan/contract for motivating and initiating multiple behavior change;
6. Online or paper youth pretest and posttest surveys to evaluate immediate program effectiveness;
7. An online or paper Instructor's Survey to assess

- the quality of the lesson presentation;
8. An online or paper Fidelity Checklist to increase implementation reliability;
  9. A Youth Online PPW Program Goal Plan to extend the program and follow-up with participating youth;
  10. An optional set of four weekly parent flyers with introductory letter to be mailed, handed out, emailed or posted online to enhance the youth lesson;
  11. Online resources to support program implementation and evaluation;
  12. Phone and email program support; and

13. Separate online or onsite certified training workshops to learn how to implement the **SPORT PPW** program, or train others to implement it, with fidelity and maximum effectiveness.

**SPORT PPW** takes less than 50 minutes to implement and is available in three versions for: 1) High school adolescents ages 14-18, 2) Middle school adolescents ages 10-14, and 3) Elementary school children ages 8-10.

Thank you for choosing **SPORT (Alcohol/Drug) Prevention Plus Wellness**. We know you will find **SPORT PPW** an easy, enjoyable, and effective way to promote the mental and physical health of your youth.

# ***SPORT PPW***

## **Section 2: Directions for Implementation**

## Steps for Implementing & Evaluating Your PPW Program

Welcome Prevention Plus Wellness Program Implementer! This information was created to help you successfully provide your Prevention Plus Wellness (PPW) Program to youth or young adults.

If you have not already done so, we strongly encourage you to take one of our convenient online or onsite training workshops to become a Certified PPW Program Implementer or Trainer. Both workshops come with 3-year certification and are designed to ensure you learn how to implement your PPW Program with fidelity and maximum effectiveness.

Listed below are the steps and tools for implementing and evaluating your PPW Program:

1. Sign-up online to receive notices of invaluable PPW resources designed to ensure you experience maximum program reach, effectiveness, and sustainability at: <https://preventionpluswellness.com>
2. Prior to implementing your Prevention Plus Wellness (PPW) Program to youth or young adults, practice the individual (one-on-one) and/or group script at least three times, using the program's PowerPoint slides, screening survey, goal plan and Instructor's Survey.
3. Send any program PowerPoint slides you've tailored to your youth population or needs to Prevention Plus Wellness for review and approval prior to using them.
4. Make copies of the screening survey, goal plan and pre and posttest surveys for all participants from the digital downloads provided.

5. Immediately before beginning the lesson, administer either the online or paper pretest survey to participants. Immediately after the lesson, implement the posttest survey. Customized links and QR codes can be requested for the online surveys from Prevention Plus Wellness at: [info@preventionpluswellness.com](mailto:info@preventionpluswellness.com).
6. Implement the program using the selected script while showing the PowerPoint slides.
7. When done, read the goal plan with the participant(s) and help them complete it, sign it, you co-sign it, and have them take it home for daily monitoring. An optional online goal plan/contract and screening survey are provided in the PowerPoint slides if you decide to provide your program virtually.
8. If using the paper pretest and posttest surveys, collect both the pretest and posttest for each participant and keep them in pairs for later hand data entry.
9. You can follow-up with participating youth by having them complete one or more additional weekly paper or Online PPW Program Goal Plans.
10. Use the optional Parent Flyers (SPORT PPW) to reinforce program messages at home.
11. Re-implement your PPW program every 6-12 months.
12. Complete an online or paper Instructor's Survey at the end of every lesson presented to assess and track the quality of program implementation.
13. Use the online or paper Fidelity Checklist to ensure you are implementing your PPW program reliably.
14. Request data charts and raw data from online or hand-entered paper pretest and posttest surveys at any time from Prevention Plus Wellness.

# ***SPORT PPW***

## **Section 3:** **Individual Lesson Script**

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# **SPORT© Prevention Plus Wellness**

## **High School Adolescent Version**

### **Individual Lesson Script**

#### **Introduction**

(Before introducing the program, administer the pretest survey to youth by either showing the customized link/QR code to the online survey or handing out the paper survey. Give youth directions to complete the confidential survey and wait until everyone has completed the pretest before launching the lesson introduction). (Show slide).

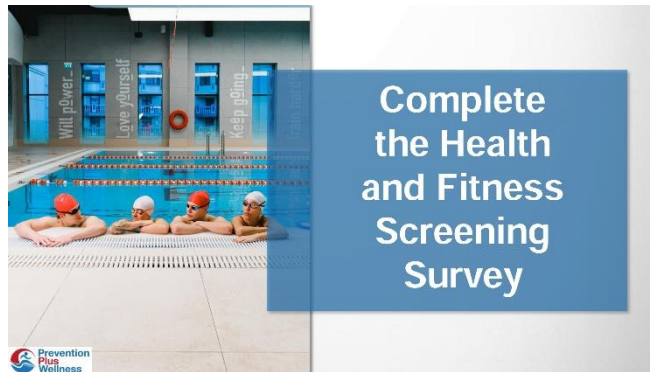


Hi, \_\_\_\_\_ (youth's name). My name is \_\_\_\_\_ . I'll be your instructor during this brief fitness and health talk. I'm going to talk to you about habits that can make you look better, feel better, and improve your performance in physical activities, school, and relationships.

#### **Screening Survey**

(Distribute the screening survey for youth to complete or show the slide with the screening survey link if presenting the lesson virtually).

Now, please take out your copy of the SPORT Prevention Plus Wellness Health and Fitness Survey. The purpose of this survey is to determine what you are doing about your health. Your answers are private. **DO NOT PLACE YOUR NAME ON THE SURVEY.** We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until the survey is completed). (Show slide).



## **1. Sports/Physical Activity Last Year**

Collect the screening survey from the youth or have them respond verbally to each of the screening survey slides. Read only **ONE** response. If the youth checks any sport or physical activity in question #1 on survey, read “Yes” response. If the youth answers “t” for question 1, read “No” response.

### **☐ (Yes) Sports/Physical Activity**

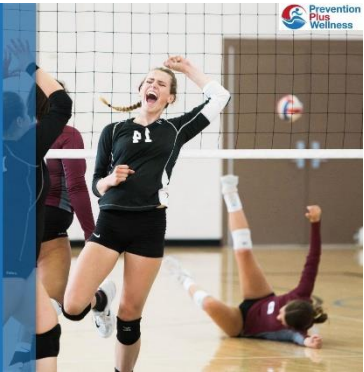
1. Benefits of Sports & Physical Activity (Show slides).

Do Not Copy



**Sports & Physical Activities:**

- Are fun
- Help you look fit & strong
- Feel good about yourself
- Give you lots of energy
- Do better in school & work



I see that you participate in: \_\_\_\_\_ (name sports and physical activities listed on the survey.)

Good for you! Sports and physical activities are a great way to get regular exercise. Sports and physical activities are fun, help you look fit and strong, feel good about yourself, give you lots of energy, and can help you do better in school.

## 2. Substance Use Harms Sports & Physical Activity (Show slide).



**An Active Life and Alcohol Do NOT Mix**

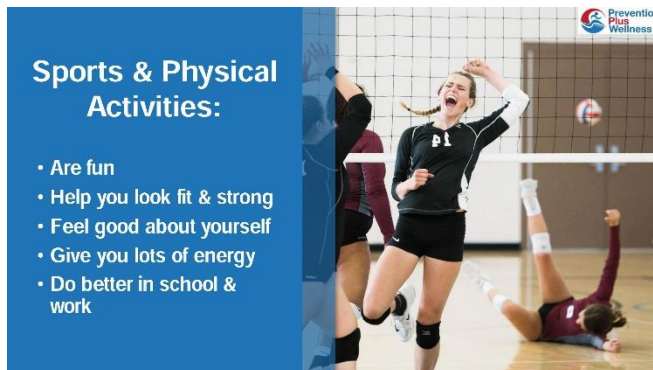
**Alcohol & Drugs Hurt:**

- Your relationships
- How well you do in sports
- How you feel about yourself
- Your energy level
- How you do in work & school

However, an active lifestyle and alcohol use do not mix. Using too much alcohol can hurt your performance in sports, physical activities, and school. It can also have a negative impact on your health and your relationships with friends and family.

## ❑ (No) Sports/Physical Activity

### 1. Benefits of Sports & Physical Activity (Show slides).



I see that you may not be playing any sports or participate in any physical activities. You can really improve your health and how well you feel by being more active. Sports and physical activities are fun, help you look fit and strong, feel good about yourself, give you lots of energy, and help you do better in school. Pick a fun physical activity that you like to do, such as riding a bike or walking, and do it today!

### 2. Substance Use Harms Sports & Physical Activity (Show slide).



Alcohol use can keep you from having an active life. Using too much alcohol can hurt your performance in sports, physical activities, and school. It can also have a negative impact on your health and your relationships with friends and family.

## 2. Regular Physical Activity

Read only ONE response. If the youth answers “Yes” to question #2 on survey, read “Yes” response. If the youth answers “No” to question 2 on survey, read “No” response.

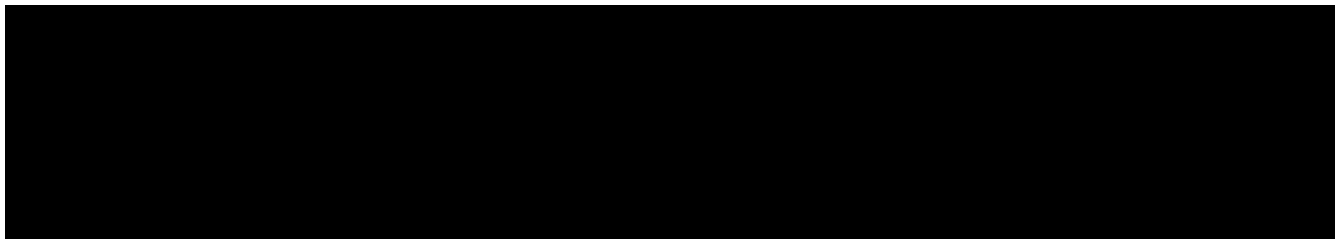
### ☐ (Yes) Regular Physical Activity

#### 1. Benefits of Regular Physical Activity (Show slides).





2. Substance Use Harms Regular Physical Activity (Show slide).



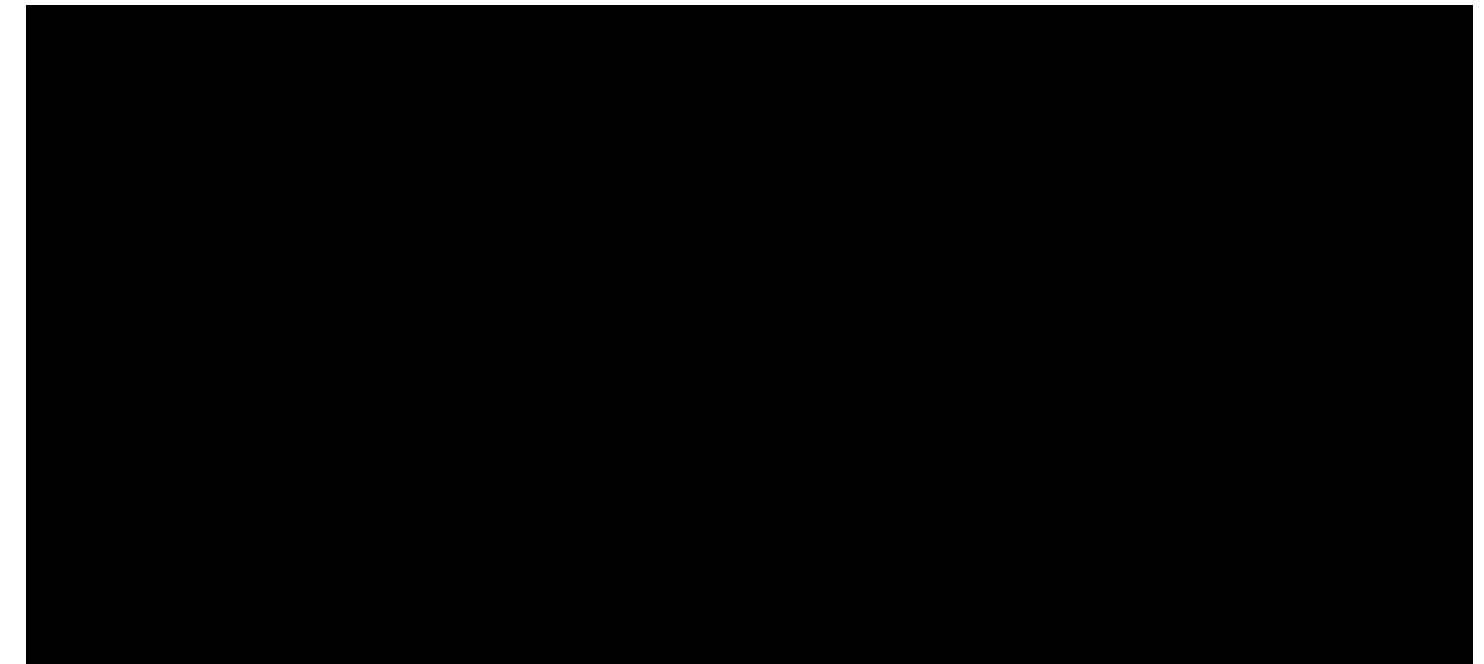
g

☐ (No) Regular Physical Activity

1. Benefits of Regular Physical Activity (Show slides).



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2. Substance Use Harms Regular Physical Activity (Show slide).



### 3. Physical Activity Norms

Read only ONE response. If the youth answers “Yes” to question #3 on survey, read “Yes” response. If the youth answers “No” to question 3 on survey, read “No” response.

#### ☐ (Yes) Physical Activity Norms

1. Friends Can Support Your Healthy Habits (Show slides).



Do your friends influence you to participate in regular physical activity?



Young people are more likely to be physically active if their friends are active

- Social support from friends & family can promote healthy habits
- Friends can also influence you to either avoid or engage in unhealthy habits, such as using alcohol or drugs



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## 2. Some Friends Can Hinder Your Being Healthy (Show slide).

Spend time with friends who support you being active & avoiding alcohol & drugs

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- Or do they pressure you to do unhealthy things?



A group of people playing basketball on an outdoor court at sunset. The scene is lit with warm, golden light. Palm trees are visible in the background. A small logo for 'Prevention Plus Wellness' is in the bottom right corner of the image.

## ❑ (No) Physical Activity Norms

### 1. Friends Can Support Your Healthy Habits (Show slides).



Do your friends influence you to participate in regular physical activity?



Young people are more likely to be physically active if their friends are active

- Social support from friends & family can promote healthy habits
- Friends can also influence you to either avoid or engage in unhealthy habits, such as using alcohol or drugs



Discussion Question: Which of your friends and family members encourage you to engage in habits that promote your fitness and health?

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## 2. Some Friends Can Hinder Your Being Healthy (Show slide).

Spend time with friends who support you being active & avoiding alcohol & drugs

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- Or do they pressure you to do unhealthy things?




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## 4. Breakfast and Nutrition

Read only ONE response. If the youth answers “Yes” to question #4 on survey read “Yes” response. If the youth answers “No” to question 4 on survey, read “No” response.

### ☐ (Yes) Breakfast and Nutrition

#### 1. Benefits of Healthy Eating (Show slides).



Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

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Eat a Healthy Breakfast & Healthy Foods

- Eat eggs, nutritious cereal, yogurt or fruit for breakfast
- Eat 5 or more servings of fruits & veggies each day
- Limit packaged salty or sweet junk foods
- It can have a big effect on how you feel
- It can also help you have more energy in school & sports



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2. Substance Use Harms Healthy Eating (Show slide).



## ❑ (No) Breakfast and Nutrition

### 1. Benefits of Healthy Eating (Show slides).



Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

#### Eat a Healthy Breakfast & Healthy Foods

- Eat eggs, nutritious cereal, yogurt or fruit for breakfast
- Eat 5 or more servings of fruits & veggies each day
- Limit packaged salty or sweet junk foods
- It can have a big effect on how you feel
- It can also help you have more energy in school & sports



Discussion Question: What types of healthy foods do you like to eat or would you like to eat more of?

2. Substance Use Harms Healthy Eating (Show slide).

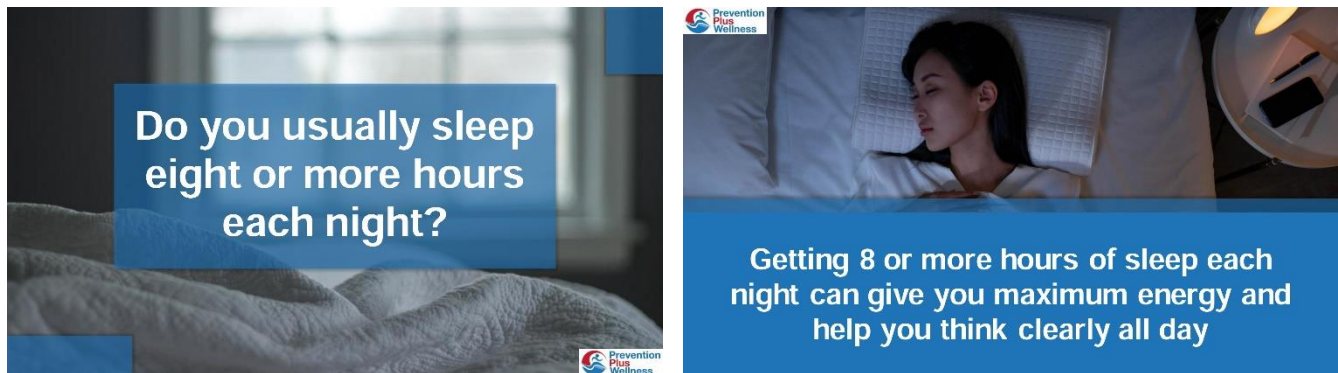


5. Sleep 8 or More Hours

Read only ONE response. If the youth answers “yes” to question #5 on survey, read “Yes” response. If the youth answers “No” to question 5 on survey, read “No” response.

☐ (Yes) Sleep

1. Benefits of Getting Plenty of Sleep (Show slides).



**Discussion Question: What's one thing you do that helps you or could help you get enough sleep most nights?**



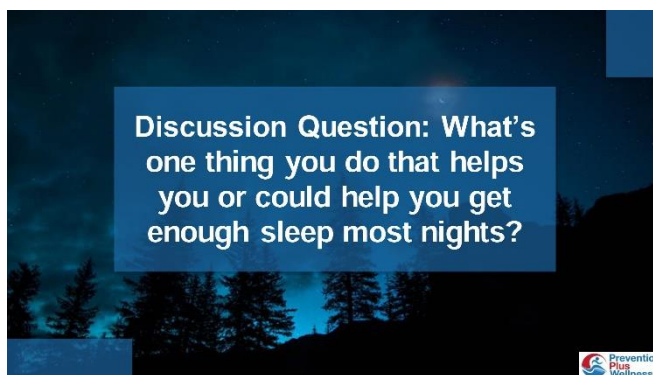
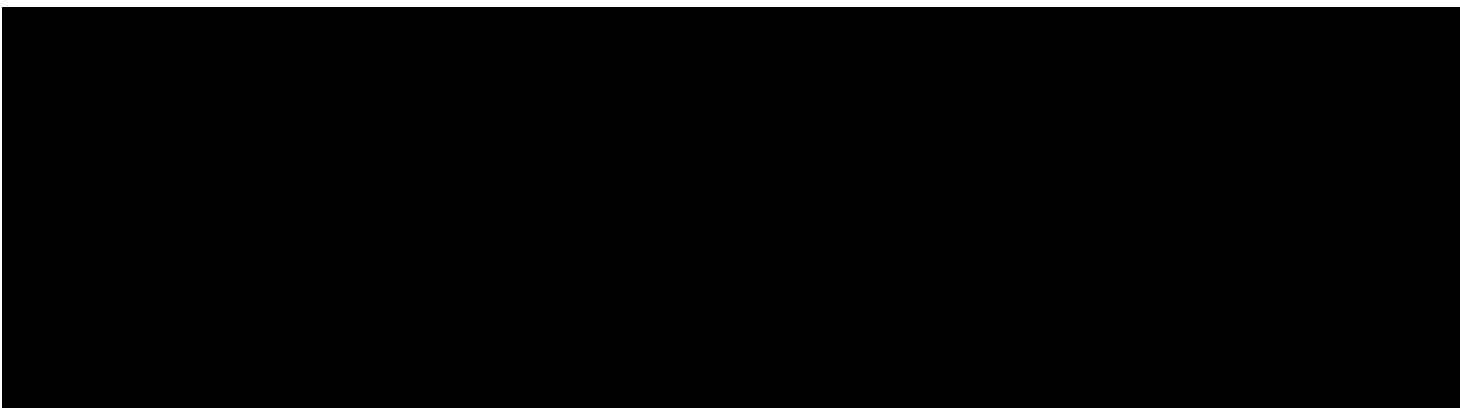
2. Substance Use Harms Getting Enough Sleep (Show slide).

**Alcohol, tobacco and drugs disrupt sound sleep & stop deep sleep patterns needed to maintain an active & high-energy life**



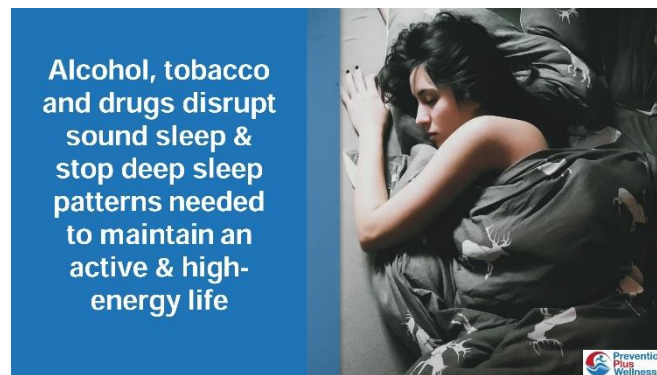
## ☐ (No) Sleep

### 1. Benefits of Getting Plenty of Sleep (Show slides).



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2. Substance Use Harms Getting Enough Sleep (Show slide).

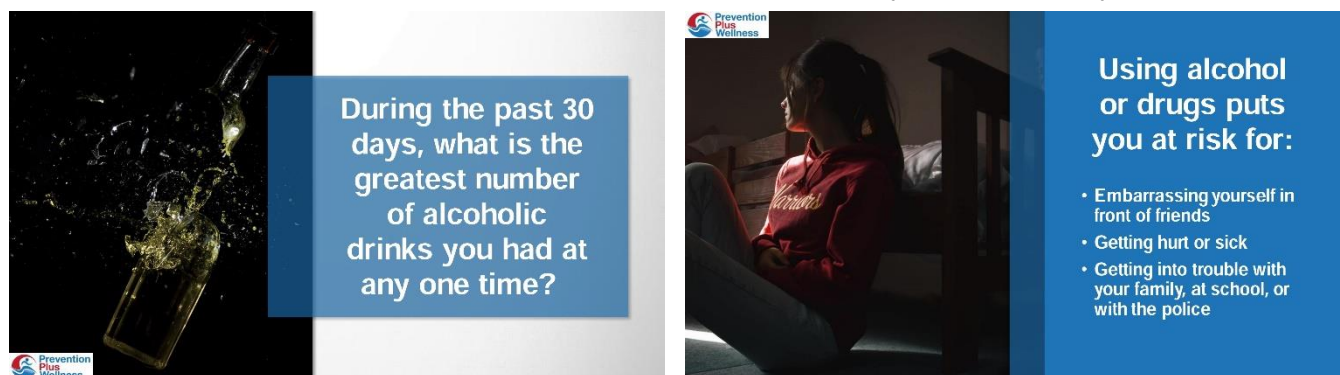


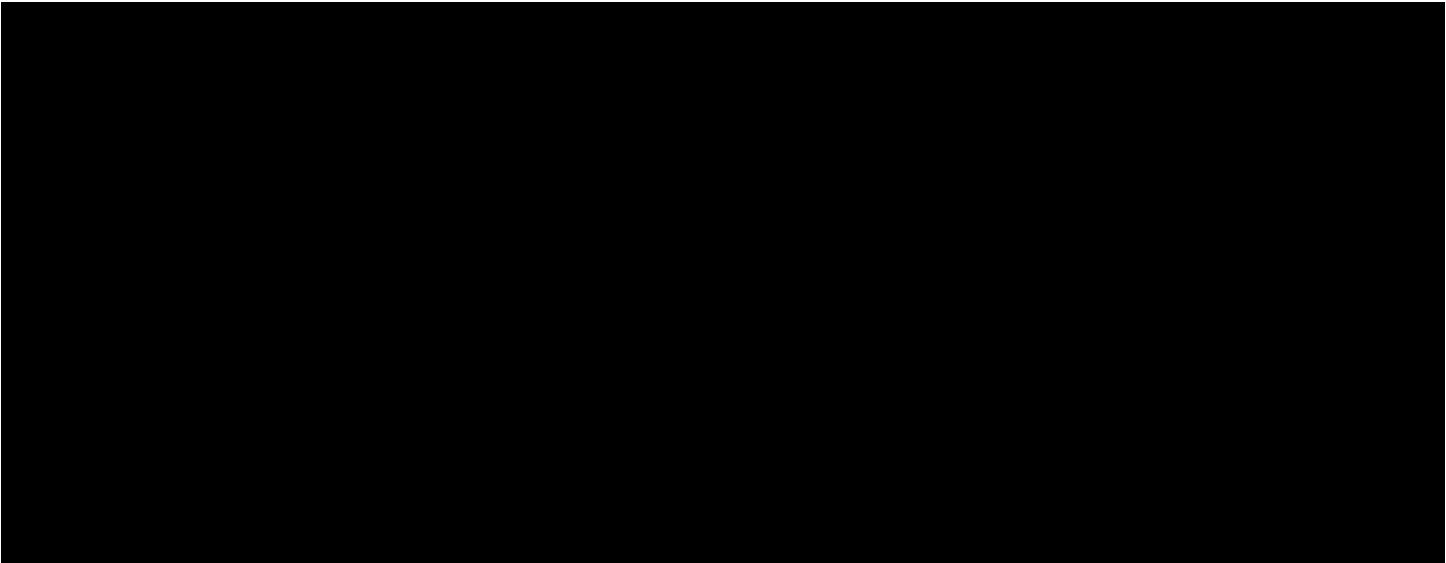
6. Alcohol Use

Read only ONE response. For example, if the youth answers “f” on the survey item #6, read only the message next to “f.”

☐ (f). It looks like you are not currently using alcohol

1. Alcohol Use Can Harm Your Fitness & Health (Show slides).





Discussion Question: What other types of problems people your age could have with drinking alcohol?



## 2. Alcohol Use Can Cause Life Problems (Show slide).

Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
- Having shallow conversations
- Problems achieving goals like getting a good job, college & relationships



Do Not Copy

### 3. Alcohol Myths (Show slide).



**You can increase your skill to say NO, by practicing, like any sport or skill**

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events

### 4. Most Youth Do Not Drink (Show slide).



**People often draw incorrect conclusions from seeing one person or hearsay**

- The truth is, most young people **DO NOT** use alcohol or drugs
- Statistics show the majority of US high school students **DO NOT** currently drink alcohol or use illegal drugs

5. Choose for Yourself (Show slide).



**Choose not to misuse alcohol while leading an active life**

**To increase your control:**

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

6. Plan Ahead (Show slides).



**Discussion Question: What are some healthy alternatives people can use instead of drinking alcohol?**

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**Decide in advance to avoid drinking & drug use so you can stay in control & resist pressure from friends**

**Try non-alcohol drinks, exercise, music, sports or reading in place of drinking**



7. Recommendations for Increasing Wellness (Show slide).



**Recommendations for Increasing Wellness**

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food.
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week.
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.

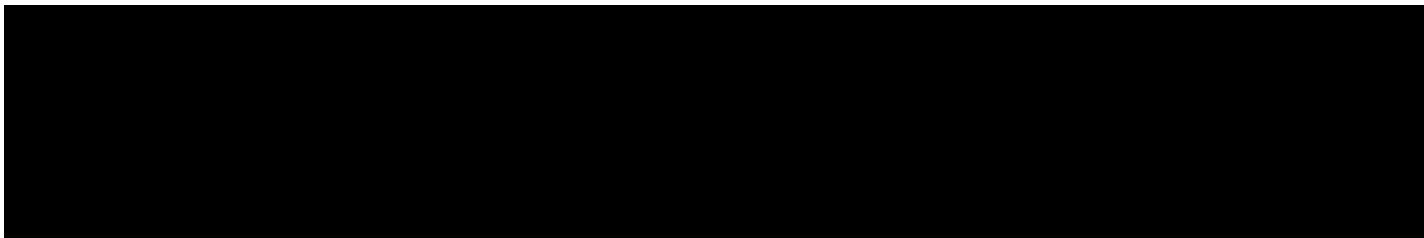
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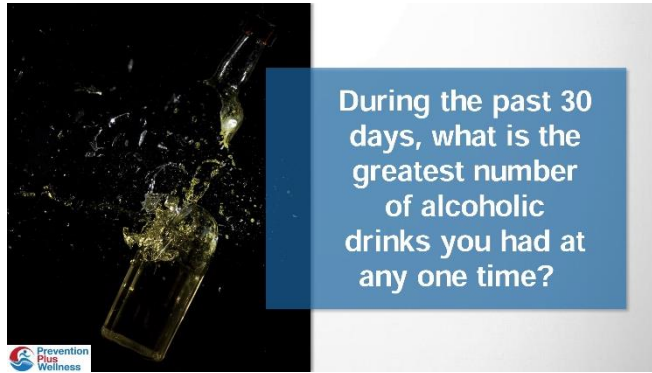
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**(d or e). MALE. It looks like the most alcohol you drank at any one time in the last 30 days is 1 or 2 drinks.**

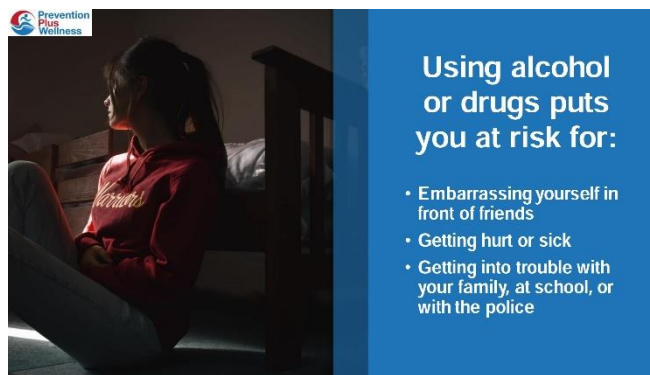
**(e). FEMALE. It looks like the most alcohol you drank at any one time in the last 30 days is 1 drink.**

1.






2. Alcohol Use Can Harm Your Fitness & Health (Show slide).



Do Not Copy



Discussion Question: What other types of problems people your age could have with drinking alcohol?



### 3. Alcohol Use Can Cause Life Problems (Show slide).

Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
- Having shallow conversations
- Problems achieving goals like getting a good job, college & relationships



### 4. Alcohol Myths (Show slide).



You can increase your skill to say NO, by practicing, like any sport or skill

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events

5. Most Youth Do Not Drink (Show slide).

People often draw incorrect conclusions from seeing one person or hearsay

- The truth is, most young people DO NOT use alcohol or drugs
- Statistics show the majority of US high school students DO NOT currently drink alcohol or use illegal drugs



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6. Choose for Yourself (Show slide).



**Choose not to misuse alcohol while leading an active life**

**To increase your control:**

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

7. Plan Ahead (Show slides).



**Discussion Question: What are some healthy alternatives people can use instead of drinking alcohol?**

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**Decide in advance to avoid drinking & drug use so you can stay in control & resist pressure from friends**

**Try non-alcohol drinks, exercise, music, sports or reading in place of drinking**

8. Recommendations for Increasing Wellness (Show slide).



**Recommendations for Increasing Wellness**

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food.
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week.
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.

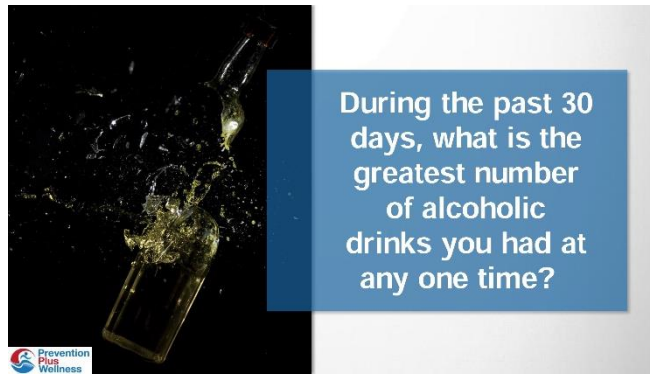
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**(a-c). MALE. It looks like you have been drinking more than 2 drinks at a time during the last 30 days.**

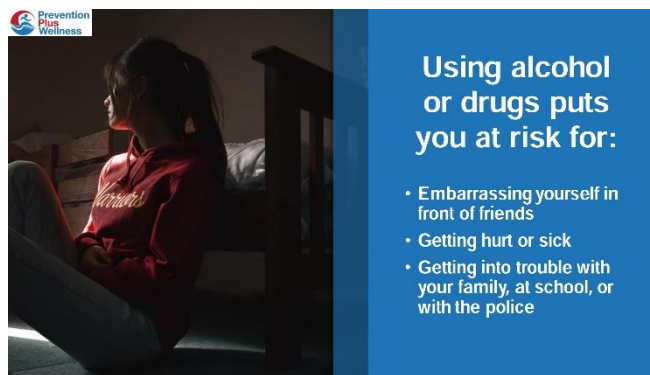
**(a-d). FEMALE. It looks like you have been drinking more than 1 drink at a time during the last 30 days.**


1.

Do Not Copy



2. Alcohol Use Can Harm Your Fitness & Health (Show slide).





Discussion Question: What other types of problems people your age could have with drinking alcohol?



### 3. Alcohol Use Can Cause Life Problems (Show slide).

Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
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- Problems achieving goals like getting a good job, college & relationships



### 4. Alcohol Myths (Show slide).



You can increase your skill to say NO, by practicing, like any sport or skill

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events

Do Not Copy

5. Most Youth Do Not Drink (Show slide).

People often draw incorrect conclusions from seeing one person or hearsay

- The truth is, most young people DO NOT use alcohol or drugs
- Statistics show the majority of US high school students DO NOT currently drink alcohol or use illegal drugs



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6. Choose for Yourself (Show slide).



Choose not to misuse alcohol while leading an active life

To increase your control:

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

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7. Plan Ahead (Show slides).



## 8. Recommendations for Increasing Wellness (Show slide).



**Recommendations for Increasing Wellness**

1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food;
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week;
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.

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## Wellness Goal Plan & Contract

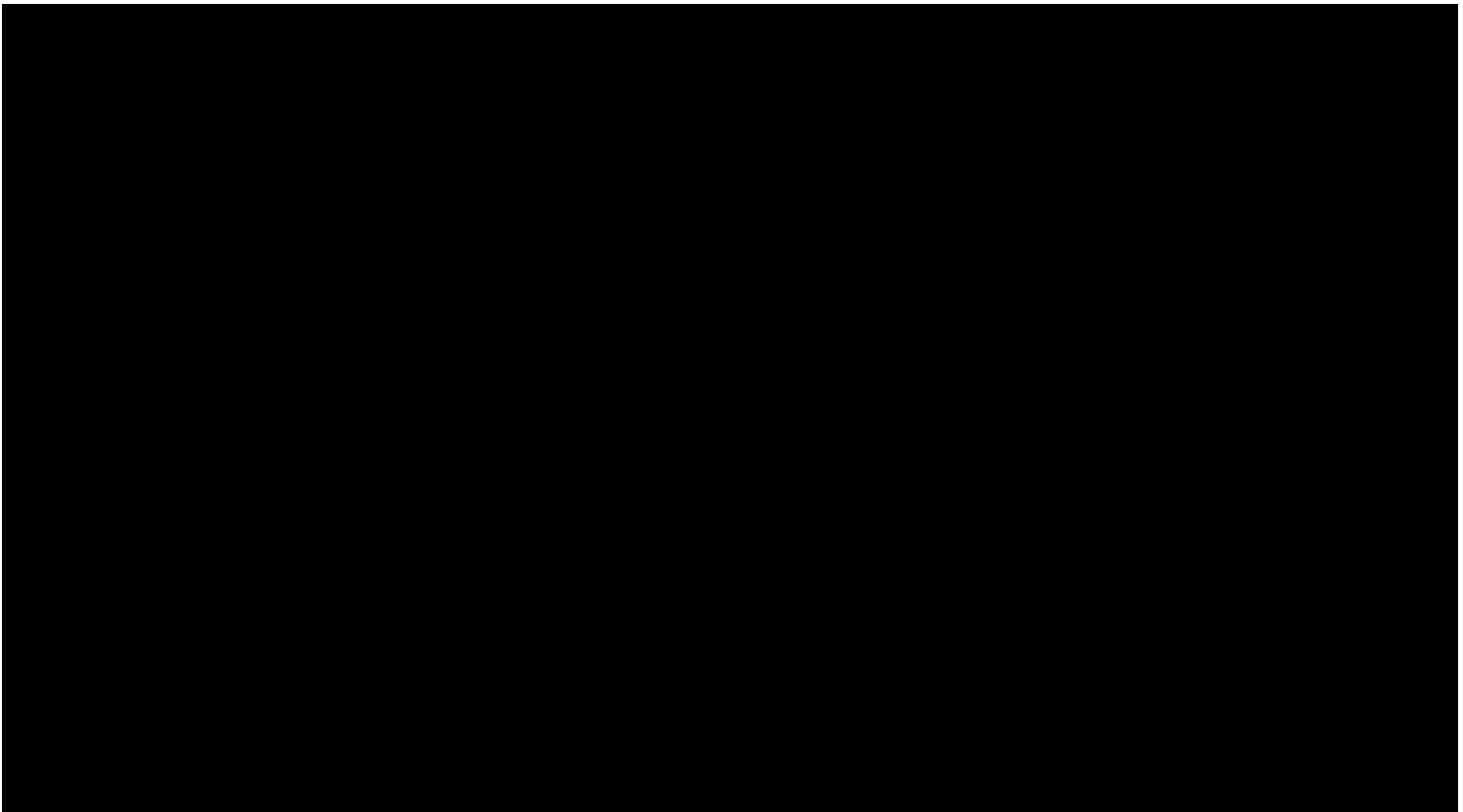
(Distribute and have youth complete the goal plan/contract form or show the goal plan slide and have youth complete it online if presenting the lesson virtually).

(Show slide).



**Complete a Goal Plan/Contract**

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# ***SPORT PPW***

## **Section 4:**

### **Group Lesson Script**

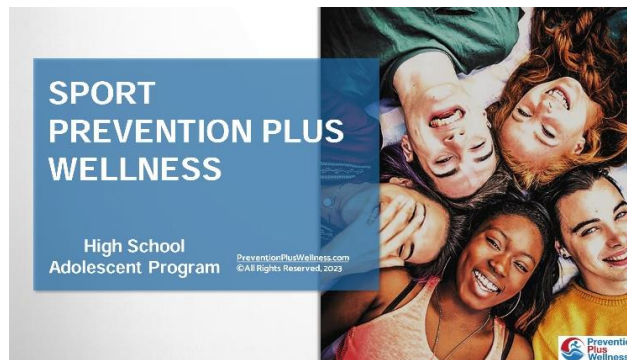
# **SPORT© Prevention Plus Wellness**

## **High School Adolescents Version**

### **Group Lesson Script**

#### **Introduction**

(Before introducing the program, administer the pretest survey to youth by either showing the customized link/QR code to the online survey or handing out the paper survey. Give youth directions to complete the confidential survey and wait until everyone has completed the pretest before launching the lesson introduction). (Show slide).



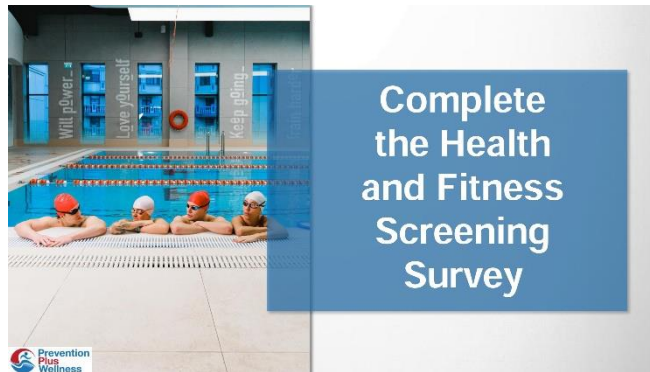
Hello. For the next several minutes I will be talking with you about SPORT Prevention Plus Wellness, an exciting new fitness and health program. Together we will look at habits that can make you look better, feel better, and improve your performance in physical activities, school, and relationships.

#### **Screening Survey**

(Distribute the screening survey for youth to complete or show the slide with the screening survey link if presenting the lesson virtually).

Do Not Copy

Now, please take out your copy of the SPORT Prevention Plus Wellness Health and Fitness Screen. The purpose of this survey is to determine what you are doing about your health. Your answers are private. DO NOT PLACE YOUR NAME ON THE SURVEY. We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until everyone has completed the survey). (Show slides).



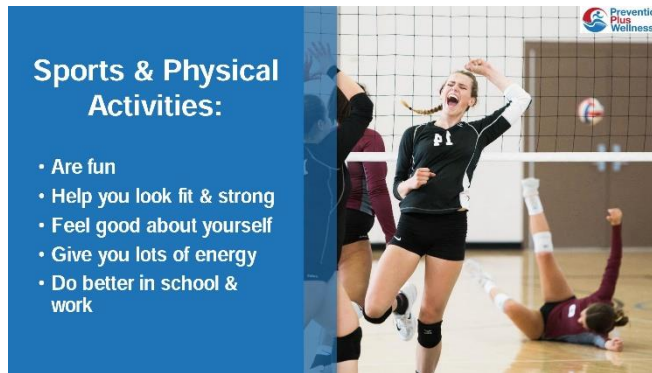
## 1. **Sports/Physical Activity Last Year**

(Show slide). (Ask group members to raise their hands and respond as you read each of the types of physical activities aloud to highlight the positive social norm that my peers are physically active).



1.    ☐ Baseball or softball
2.    ☐ Basketball
3.    ☐ Riding a bicycle
4.    ☐ Dance/Cheerleading/Gymnastics
5.    ☐ Football
6.    ☐ Golfing
7.    ☐ Horseback riding
8.    ☐ Running or walking
9.    ☐ Rollerblading
10.   ☐ Skateboarding
11.   ☐ Soccer
12.   ☐ Surfing
13.   ☐ Swimming
14.   ☐ Tennis
15.   ☐ Track
16.   ☐ Volleyball
17.   ☐ Wrestling
18.   ☐ Weightlifting
19.   ☐ Others (describe)  
\_\_\_\_\_.

## 1. Benefits of Sports & Physical Activity (Show slide).



**Sports & Physical Activities:**

- Are fun
- Help you look fit & strong
- Feel good about yourself
- Give you lots of energy
- Do better in school & work

The slide features a blue background on the left with white text. On the right, there is a photograph of three volleyball players in action on a court. A small logo in the top right corner reads 'Prevention Plus Wellness'.

Good for you! Sports and physical activities are a great way to get regular exercise. Sports and physical activities are fun, help you look fit and strong, feel good about yourself, give you lots of energy, and can help you do better in school.

## 2. Substance Use Harms Sports & Physical Activity (Show slide).



**An Active Life and Alcohol Do NOT Mix**

**Alcohol & Drugs Hurt:**

- Your relationships
- How well you do in sports
- How you feel about yourself
- Your energy level
- How you do in work & school

The slide features a blue background on the right with white text. On the left, there is a photograph of several hands of different skin tones stacked together in a supportive gesture. A small logo in the top left corner reads 'Prevention Plus Wellness'.

However, an active lifestyle and alcohol use do not mix. Using too much alcohol can hurt your performance in sports, physical activities, and school. It can also have a negative impact on your health and your relationships with friends and family.

## 2. **Regular Physical Activity**

(Show slide). (Ask participants to answer only to themselves).



## 1. **Benefits of Regular Physical Activity (Show slide).**



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Discussion Question: What types of sports or other physical activities would you like to try or do more of? (Pause and have youth answer this question to themselves. Ask a few youths to share their responses). (Show Slide).



2. Substance Use Harms Regular Physical Activity (Show slide).



### 3. **Physical Activity Norms**

(Show slide). (Ask participants to answer to themselves).



#### 1. Friends Can Support Your Healthy Habits (Show slide).



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## 2. Some Friends Can Hinder Your Being Healthy (Show slide).

Spend time with friends who support you being active & avoiding alcohol & drugs

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- Or do they pressure you to do unhealthy things?

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### 3. **Breakfast and Nutrition**


(Show slide). (Ask participants to answer to themselves).



### 1. **Benefits of Healthy Eating (Show slide).**

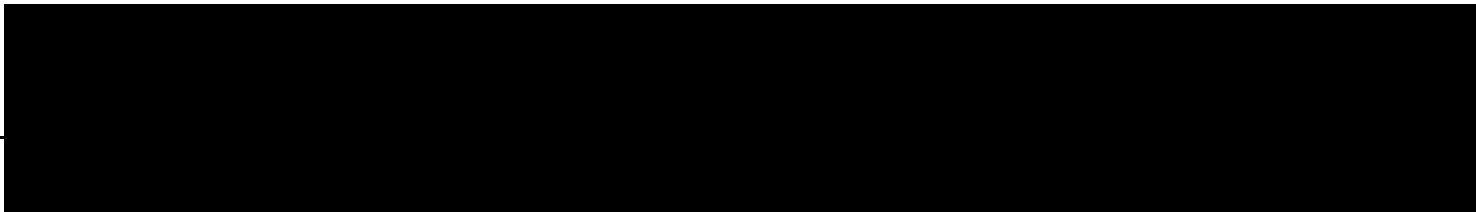
**Eat a Healthy Breakfast & Healthy Foods**

- Eat eggs, nutritious cereal, yogurt or fruit for breakfast
- Eat 5 or more servings of fruits & veggies each day
- Limit packaged salty or sweet junk foods
- It can have a big effect on how you feel
- It can also help you have more energy in school & sports





2. Substance Use Harms Healthy Eating (Show slide).

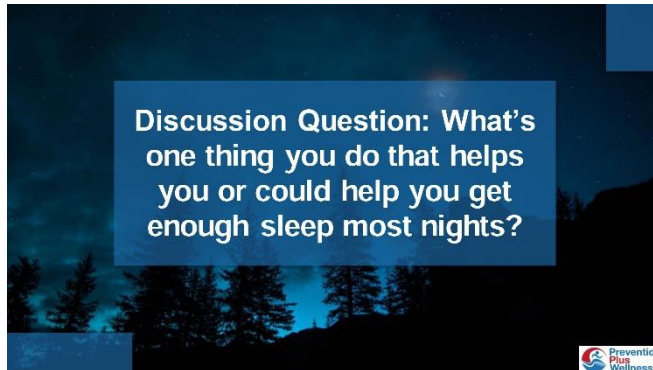
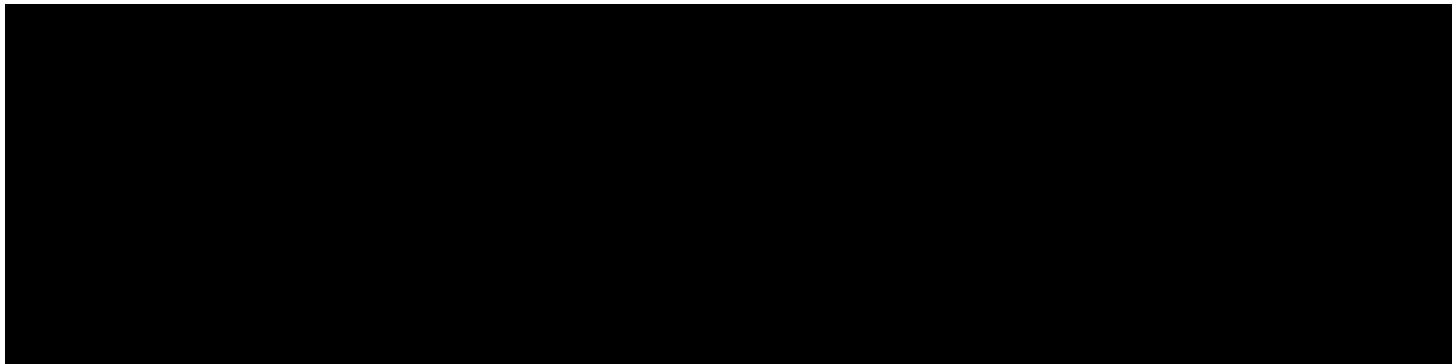


4. **Sleep 8 or More Hours**

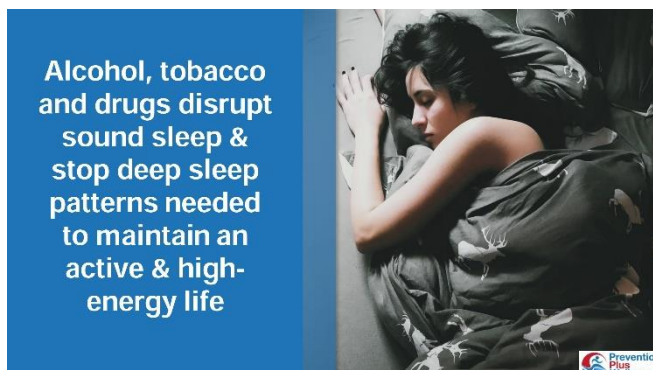
(Show slide). (Ask participants to answer to themselves).



1. Benefits of Getting Plenty of Sleep (Show slide).



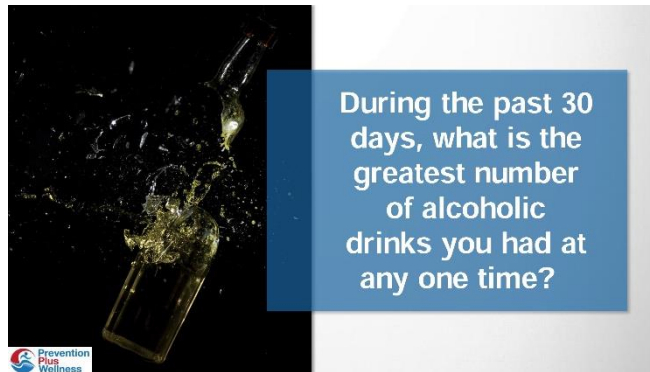
2. Substance Use Harms Getting Enough Sleep (Show slide).



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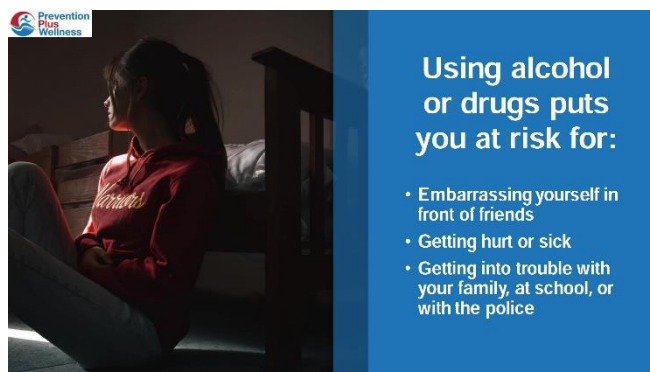
## 5. Alcohol Use



(Show slide). (Ask participants to answer to themselves).



1.

2. Alcohol Use Can Harm Your Fitness & Health (Show slide).






Discussion Question: What other types of problems people your age could have with drinking alcohol?



3. Alcohol Can Cause Life Problems (Show slide).



Some young people think that drinking helps make friends or have fun

The truth is, it causes:

- Arguing & fighting
- Doing things you later regret
- Having shallow conversations
- Problems achieving goals like getting a good job, college & relationships



#### 4. Alcohol Myths (Show slide).



**You can increase your skill to say NO, by practicing, like any sport or skill**

The myth that all athletes drink alcohol probably comes from the media...which often markets and advertises alcohol during sporting events

#### 5. Most Youth Do Not Drink (Show slide).



**People often draw incorrect conclusions from seeing one person or hearsay**

- The truth is, most young people **DO NOT** use alcohol or drugs
- Statistics show the majority of US high school students **DO NOT** currently drink alcohol or use illegal drugs

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6. Choose for Yourself (Show slide).




**Choose not to misuse alcohol while leading an active life**


**To increase your control:**

- Stay away from people that might "push" alcohol on you
- Avoid places that increase pressure to act in unhealthy ways

7. Plan Ahead (Show slides).



**Discussion Question: What are some healthy alternatives people can use instead of drinking alcohol?**



**Decide in advance to avoid drinking & drug use so you can stay in control & resist pressure from friends**

**Try non-alcohol drinks, exercise, music, sports or reading in place of drinking**

## 8. Recommendations for Increasing Wellness (Show slide).



**Recommendations for Increasing Wellness**

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food.
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week.
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. **Most importantly**, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.

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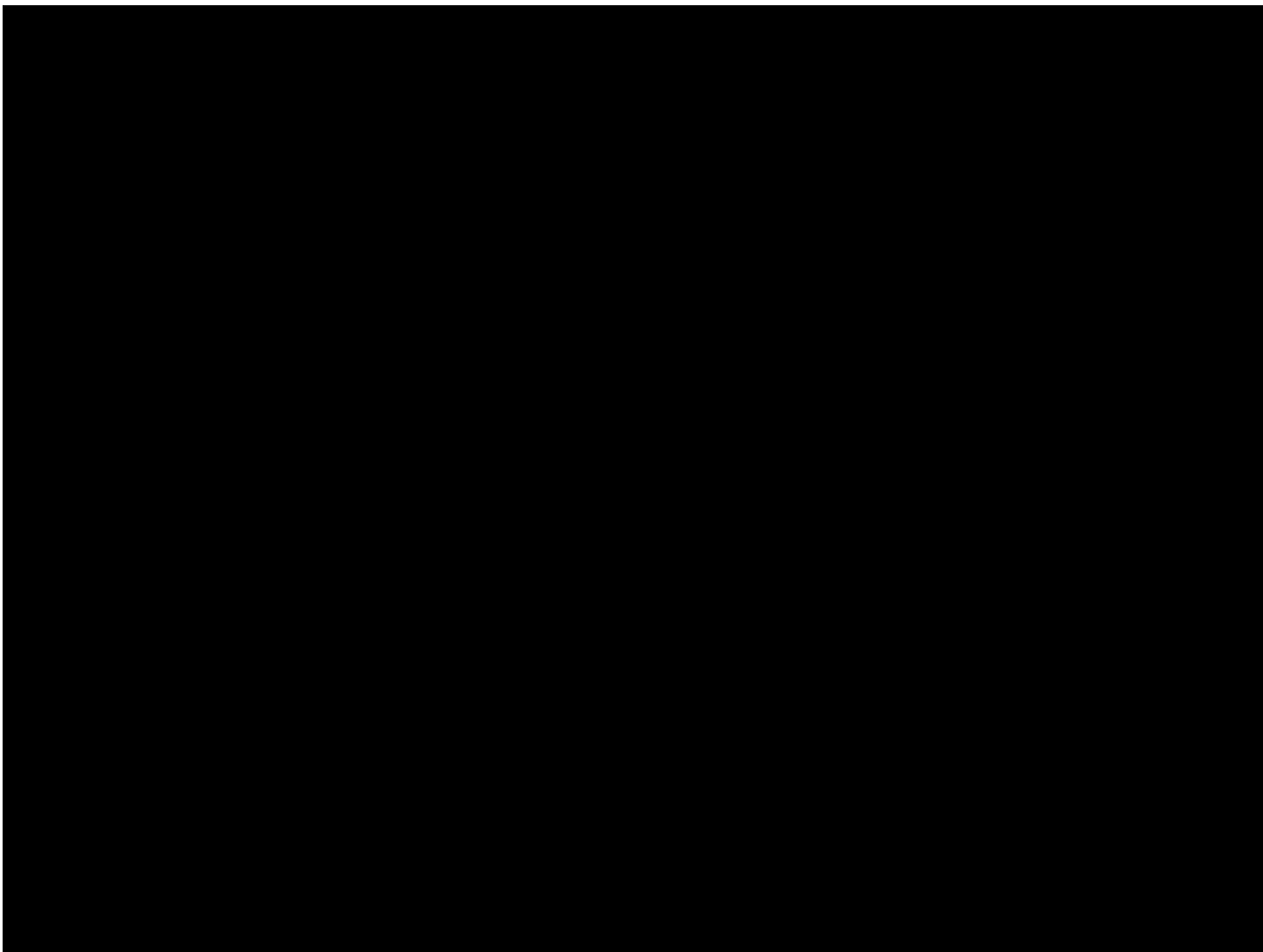
## Wellness Goal Plan & Contract

(Distribute and have youth complete the goal plan/contract form or show the goal plan slide and have youth complete it online if presenting the lesson virtually). (Show slide).



**Complete a Goal Plan/Contract**

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# ***SPORT PPW***

## **Section 5: Screening Survey & Goal Plan/Contract**

**SPORT© Prevention Plus Wellness  
High School Adolescent Version  
Health and Fitness Screening Survey**

**Directions:** The purpose of this survey is to determine what you are doing about your health. Your answers will be confidential. DO NOT PLACE YOUR NAME ON THIS FORM. Answer all questions honestly. Carefully bubble in each answer.

1. What sports or physical activities did you play in the last year? (Check all that apply)
- a. ☐ Baseball or softball
  - b. ☐ Basketball
  - c. ☐ Riding a bicycle
  - d. ☐ Dance/Cheerleading/Gymnastics
  - e. ☐ Football
  - f. ☐ Golfing
  - g. ☐ Horseback riding
  - h. ☐ Running or walking
  - i. ☐ Rollerblading
  - j. ☐ Skateboarding
  - k. ☐ Soccer
  - l. ☐ Surfing
  - m. ☐ Swimming
  - n. ☐ Tennis
  - o. ☐ Track
  - p. ☐ Volleyball

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- q. ☐ Wrestling
- r. ☐ Weightlifting
- s. ☐ Others (list) \_\_\_\_\_
- t. ☐ I did not play any sports or physical activities last year

2. Do you participate in any physical activity for at least 30 minutes four or five times a week? For example, riding a bike, running, walking, swimming, or playing a sport for 30 minutes or more on most days.

- a. ☐ Yes
- b. ☐ No

3. Do your friends influence you to participate in regular physical activity?

- a. ☐ Yes
- b. ☐ No

4. Do you usually eat a healthy breakfast each morning? For example, cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

- a. ☐ Yes
- b. ☐ No

5. Do you usually sleep eight or more hours each night?

- a. ☐ Yes
- b. ☐ No

6. During the past 30 days, what is the greatest number of alcoholic drinks you had at any one time?

- a. ☐ 5 or more drinks
- b. ☐ 4 drinks
- c. ☐ 3 drinks
- d. ☐ 2 drinks
- e. ☐ 1 drink
- f. ☐ 0 drinks

7. Are you:

- a. ☐ Male
- b. ☐ Female
- c. ☐ Other

# **SPORT© Prevention Plus Wellness**

## **High School Adolescent Version**

### **Wellness Goal Plan**

*Recommendations for increasing your wellness:*

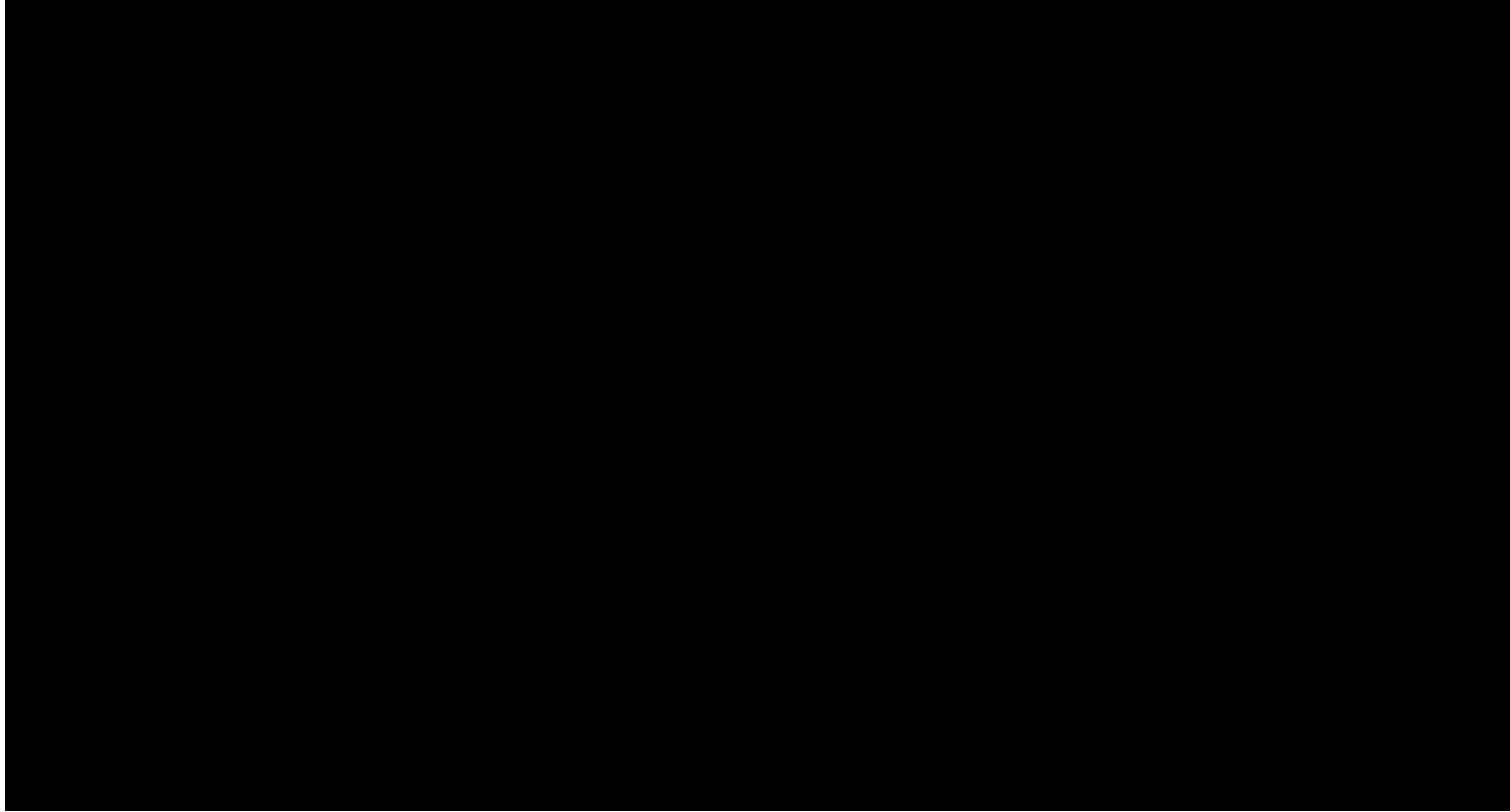
1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food;
3. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week;
4. Practice a stress control technique most days a week like slow-deep breathing, yoga, meditation, prayer, taking a relaxing bath or shower, placing yourself in a quiet space, or walking in nature; and
5. Most importantly, avoid alcohol, plus tobacco, e-cigarettes, prescription drug misuse, marijuana, and illegal drug use.

*Keep in mind, being fit does not mean being perfect. Your main goal should be to have a healthy body image and not engage in unhealthy behaviors.*

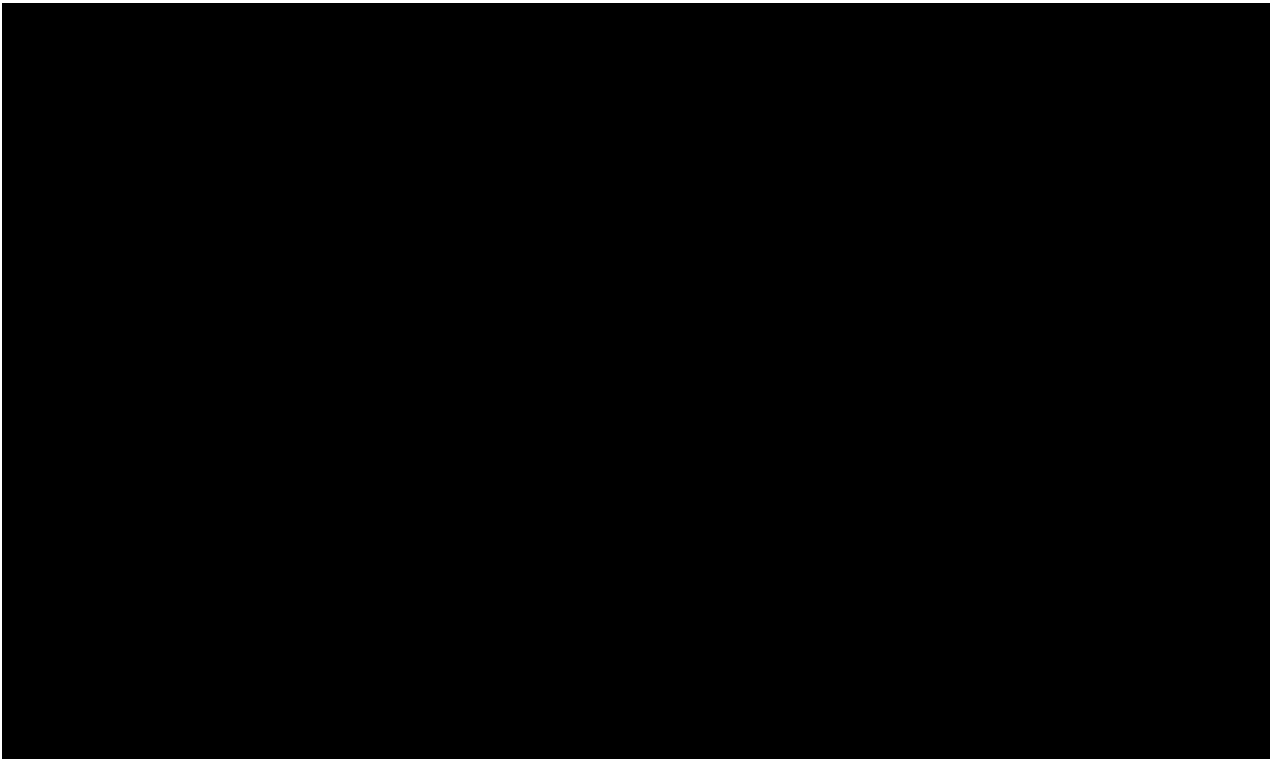
*To help you achieve the above goals, make the following commitment:*

**Choose to avoid alcohol and drug use each day during the next 7 days in order to maintain an active, healthy lifestyle.**

**In addition, choose one other healthy habit that you will improve or continue doing during the next 7 days from the list above is:**

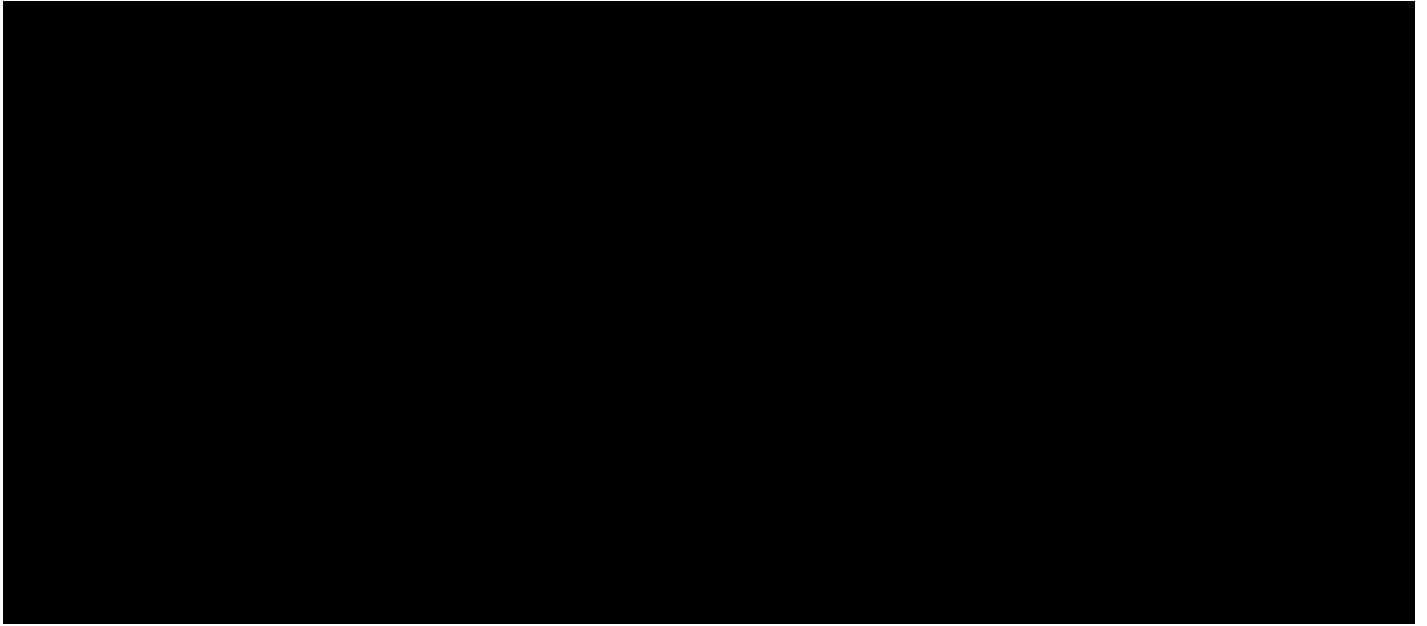


Now, for the next 7 days, circle a response on the calendar below to track your goal success.  
Then, total the number of days you reached a wellness goal.



**Congratulations!** You have successfully completed this *SPORT* PPW lesson.

1. Take this contract home and put it where it can be seen every day, week and month (i.e., on the refrigerator, wall, or your mirror) so you can track your goal progress each day.
2. Revisit your goal plan at the end of the first week and make changes if needed to help you be even more successful in reaching your future goals every week.



# ***SPORT PPW***

## **Section 6: Evaluation Materials**

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## Prevention Plus Wellness Program Pretest

**Directions:** Your answers will be confidential. DO NOT PLACE YOUR NAME ON THIS FORM. Answer all questions honestly. Carefully circle in each answer.

1. What is today's date (MM/DD/YY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
2. Enter a 4 digit code number given to you or one you came up with (Hint: one you can easily remember): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
3. School or location code (optional): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
4. Are you (circle one):
  - a. Male
  - b. Female
  - c. Other
5. How old are you? \_\_\_\_ years old
6. In the next year, how likely are you to...

(1) Very likely (2) Likely (3) Neither likely nor unlikely (4) Unlikely (5) Very unlikely

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| a) Get physical activity most days a week?         | 1 | 2 | 3 | 4 | 5 |
| b) Get 8 or more hours a sleep most nights a week? | 1 | 2 | 3 | 4 | 5 |
| c) Eat fruits and vegetable most days a week?      | 1 | 2 | 3 | 4 | 5 |
| d) Eat a healthy breakfast most days a week?       | 1 | 2 | 3 | 4 | 5 |
| e) Take a drink of alcohol?                        | 1 | 2 | 3 | 4 | 5 |
| f) Puff on a cigarette?                            | 1 | 2 | 3 | 4 | 5 |
| g) Try any marijuana?                              | 1 | 2 | 3 | 4 | 5 |
| h) Try an e-cigarette?                             | 1 | 2 | 3 | 4 | 5 |

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| i) Practice a stress control or relaxation technique most days a week?        | 1 | 2 | 3 | 4 | 5 |
| j) Try any opioids for nonmedical reasons?                                    | 1 | 2 | 3 | 4 | 5 |
| k) Set goals to improve your health or fitness?                               | 1 | 2 | 3 | 4 | 5 |
| l) Feel so sad or hopeless that you stop doing some of your usual activities? | 1 | 2 | 3 | 4 | 5 |

7. If you were to use any of these often, would they harm your health or healthy habits?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

- |                  |   |   |   |   |   |
|------------------|---|---|---|---|---|
| a) Alcohol?      | 1 | 2 | 3 | 4 | 5 |
| b) Cigarettes?   | 1 | 2 | 3 | 4 | 5 |
| c) Marijuana?    | 1 | 2 | 3 | 4 | 5 |
| d) E-cigarettes? | 1 | 2 | 3 | 4 | 5 |
| e) Opioids?      | 1 | 2 | 3 | 4 | 5 |

8. How much control do your friends have on whether you use alcohol or drugs?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

9. How happy are you with your current physical and mental health?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

## Prevention Plus Wellness Program Posttest

**Directions:** Your answers will be confidential. **DO NOT PLACE YOUR NAME ON THIS FORM.** Answer all questions honestly. Carefully circle in each answer.

1. What is today's date (MM/DD/YY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
2. Enter a 4 digit code number given to you or one you came up with (Hint: one you can easily remember): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
3. School or location code (optional): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ /
4. Are you (circle one):
  - a. Male
  - b. Female
  - c. Other
5. How old are you? \_\_\_\_ years old
6. In the next year, how likely are you to...
 

(1) Very likely (2) Likely (3) Neither likely nor unlikely (4) Unlikely (5) Very unlikely

a) Get physical activity most days a week?	1	2	3	4	5
b) Get 8 or more hours a sleep most nights a week?	1	2	3	4	5
c) Eat fruits and vegetable most days a week?	1	2	3	4	5
d) Eat a healthy breakfast most days a week?	1	2	3	4	5
e) Take a drink of alcohol?	1	2	3	4	5
f) Puff on a cigarette?	1	2	3	4	5
g) Try any marijuana?	1	2	3	4	5
h) Try an e-cigarette?	1	2	3	4	5

i) Practice a stress control or relaxation technique most days a week?	1	2	3	4	5
j) Try any opioids for nonmedical reasons?	1	2	3	4	5
k) Set goals to improve your health or fitness?	1	2	3	4	5
l) Feel so sad or hopeless that you stop doing some of your usual activities?	1	2	3	4	5

7. If you were to use any of these often, would they harm your health or healthy habits?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

a) Alcohol?	1	2	3	4	5
b) Cigarettes?	1	2	3	4	5
c) Marijuana?	1	2	3	4	5
d) E-cigarettes?	1	2	3	4	5
e) Opioids?	1	2	3	4	5

8. How much control do your friends have on whether you use alcohol or drugs?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

9. How happy are you with your current physical and mental health?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

10. How much did you like the lesson?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

11. How much will the lesson help you avoid drug use and improve your healthy habits?

(1) A great deal (2) A lot (3) A moderate amount (4) A little (5) None at all

12. What did you like BEST about this lesson? For example, how did it affect your health behaviors, substance use, motivation, goal setting, self-esteem, etc.?

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13. What did you like LEAST about this lesson? For example, what do you think should be changed or improved?

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## **Prevention Plus Wellness (PPW)**

### **Instructor's Survey**

Date: \_\_\_\_\_ Code: \_\_\_\_\_

Directions: Complete this survey after each lesson provided. Circle one response for each item.

1. What was your level of comfort while providing the PPW lesson?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
2. Did you use active presenting strategies (i.e., good eye contact, body positioning, changing tone of voice, and listening)?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
3. What was your level of enthusiasm and passion while presenting the lesson?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
4. How smooth and continuous was the flow of the lesson delivery?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
5. How accurately did you follow the protocol (i.e., adherence to the script, no ad-libbing extra content)?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
6. Was the lesson content provided completely (i.e., covered all of the scripted messages)?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all
7. What was the youths' responsiveness to the lesson (i.e., listening, answering, showing interest)?  
a) A great deal b) A lot c) A moderate amount d) A little e) None at all

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8. Which Prevention Plus Wellness (PPW) program was implemented?

- a) SPORT b) InShape c) Vaping d) Marijuana e) Opioid f) SPORT 2
- g) Racial Justice h) Parent i) IGI j) SPORT 3

9. How was the PPW lesson implemented? (Check all that apply).

- a) To one person individually/one-on-one
- b) To a group
- c) In person
- d) Online
- e) To elementary school aged youth
- f) To middle school aged youth
- g) To high school aged youth
- h) To young adults
- i) Other (please specify) \_\_\_\_\_

10. What did you like BEST about implementing the PPW lesson?

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11. What did you like LEAST about implementing the PPW lesson?

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## Prevention Plus Wellness Program Fidelity Checklist

Date: \_\_\_\_\_

Prevention Plus Wellness program(s) implemented:

\_\_\_\_\_

Code number: \_\_\_\_\_

Directions: Check each item completed. Total items to determine level of implementation fidelity.

1. ☐ Did implementers complete a Certified Prevention Plus Wellness Program Implementer's Training Workshop within the last 3-years?
2. ☐ Did implementers practice the PPW lesson script(s) at least 3 times prior to implementing the program?
3. ☐ Did you implement the PPW Pretest Survey prior to implementing the program each time?
4. ☐ Did you implement the PPW lesson following the script each time?
5. ☐ Did you provide the script content with enthusiasm and passion each time?
6. ☐ Did you provide the screening survey, lesson script and goal plan all in one session each time?
7. ☐ Did you show the PPW program PowerPoint slides during the lesson each time?
8. ☐ Did you read the entire goal plan and help participants complete it each time you implemented the program?
9. ☐ Did you have participants sign the goal plan and did you co-sign the goal plan every time you implemented the program?
10. ☐ Did you implement the PPW Posttest Survey after implementing the lesson each time?
11. ☐ Did implementers complete an Instructor's Survey assessing their presentation quality after implementing each PPW lesson?
12. ☐ Did you remind participants to post their goal plan where they would see it and monitor their goals daily every time you implemented the program?

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# ***SPORT PPW***

## **Section 7: PPW Program Online Follow-Up Goal Plan**

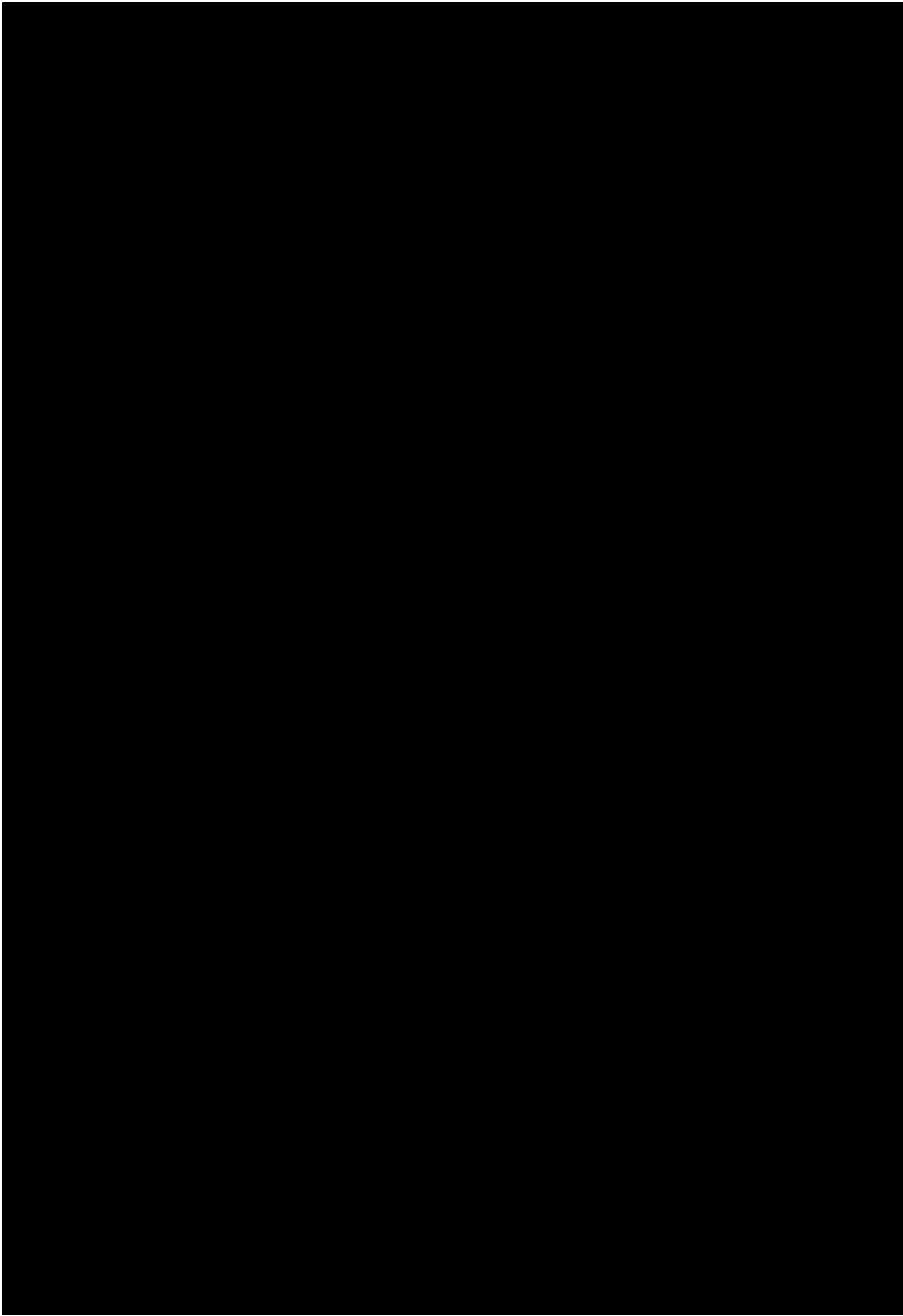
You can make additional copies of the paper PPW Goal Plan or use the Youth Online PPW Program Goal Plan (shown below) after implementing the PPW lesson.

Having youth complete additional weekly goal plans provides them with opportunities to develop self-regulation skills and self-efficacy at setting, monitoring, and achieving goals leading to improved mental and physical health.

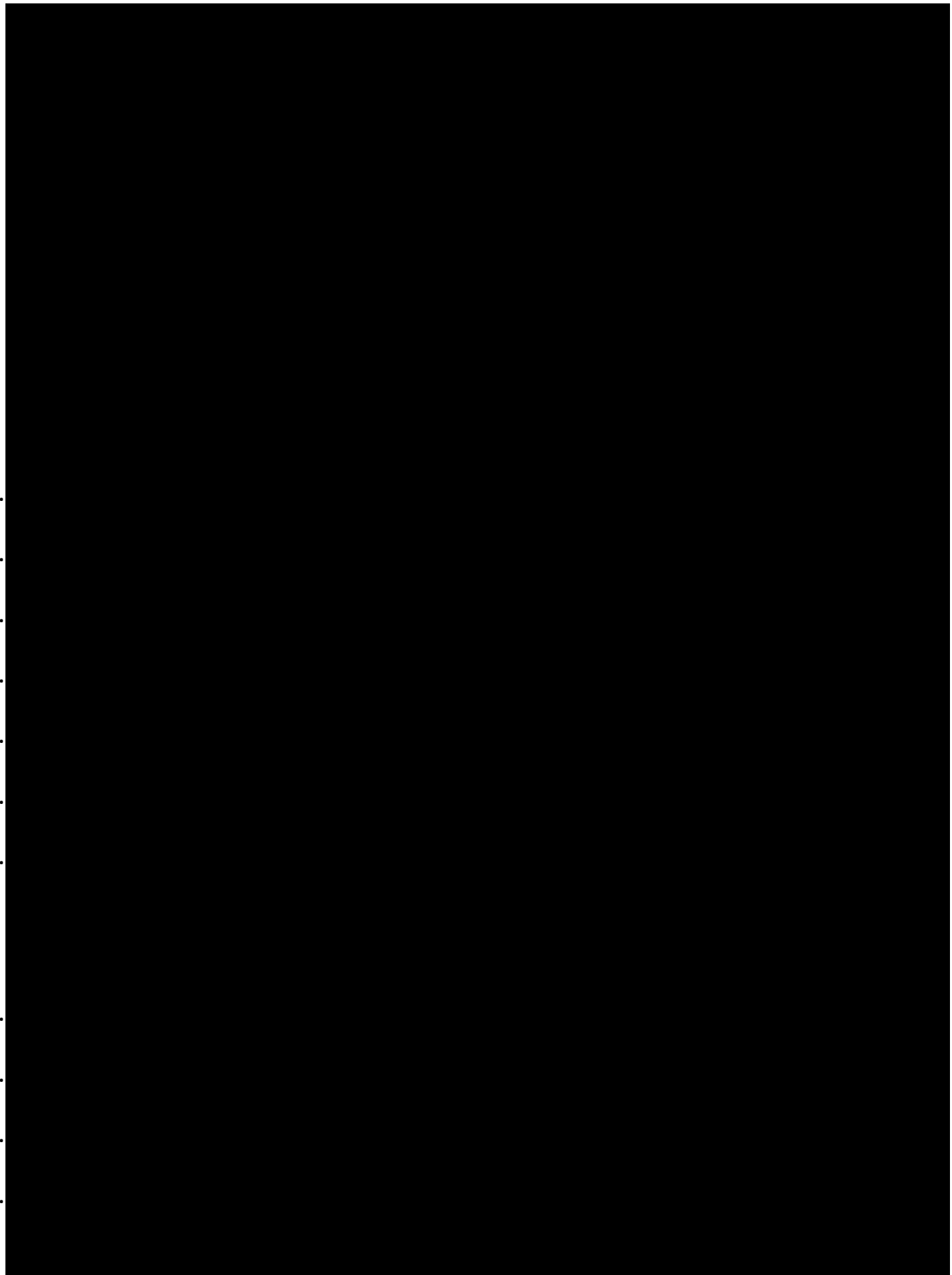
We recommend you ask youth to share their weekly goal plans with you and others to increase motivation for behavior change.

Here is the link allowing youth to complete follow-up Online PPW Goal Plans:  
<https://www.surveymonkey.com/r/TW37TLR>

**Youth Online PPW Program Goal Plan**



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# ***SPORT PPW***

## **Section 8: Optional Parent Flyers**

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# SPORT Prevention Plus Wellness

**Dear Parent or Guardian,**

Welcome to ***SPORT Prevention Plus Wellness (PPW)***! Your son or daughter has been selected to participate in this exciting program. The goal of this program is to assist parents/guardians in helping their adolescents continue to lead active, healthy and drug-free lifestyles.

Very soon you will receive a series of four ***SPORT PPW*** Flyers. Every Flyer will contain specific health and fitness messages. Please take a few minutes to read and talk to your son/daughter about the important facts in each of these Flyers. After talking with your son/daughter, give him/her the Flyer to read for them- selves.

Thank you for your participation in this important program!

# **SPORT PPW Flyer #1**

## **High School Version**

**Dear Parent or Guardian:**

Welcome to **SPORT Prevention Plus Wellness (PPW)**. You'll be receiving up to four **SPORT PPW Flyers**.

What you say and do plays a key role in whether your son and daughter leads an active, healthy and substance use-free life. This week's **SPORT PPW Flyer** will help you talk with your adolescent about crucial **Health & Fitness Facts**. These facts are based on research that shows they can promote healthy choices among youth. Choices like avoiding alcohol, tobacco and illicit drug use and increasing their exercise, healthy eating and sleep.

Please take a few minutes to read each of these facts to your son and daughter today. Check off each item after you read and talk to your youth about it. Then, hand this flyer to your youth and ask them to read the **Health & Fitness Facts**. It can make all the difference to their health!

This week's **Health and Fitness Facts** are:

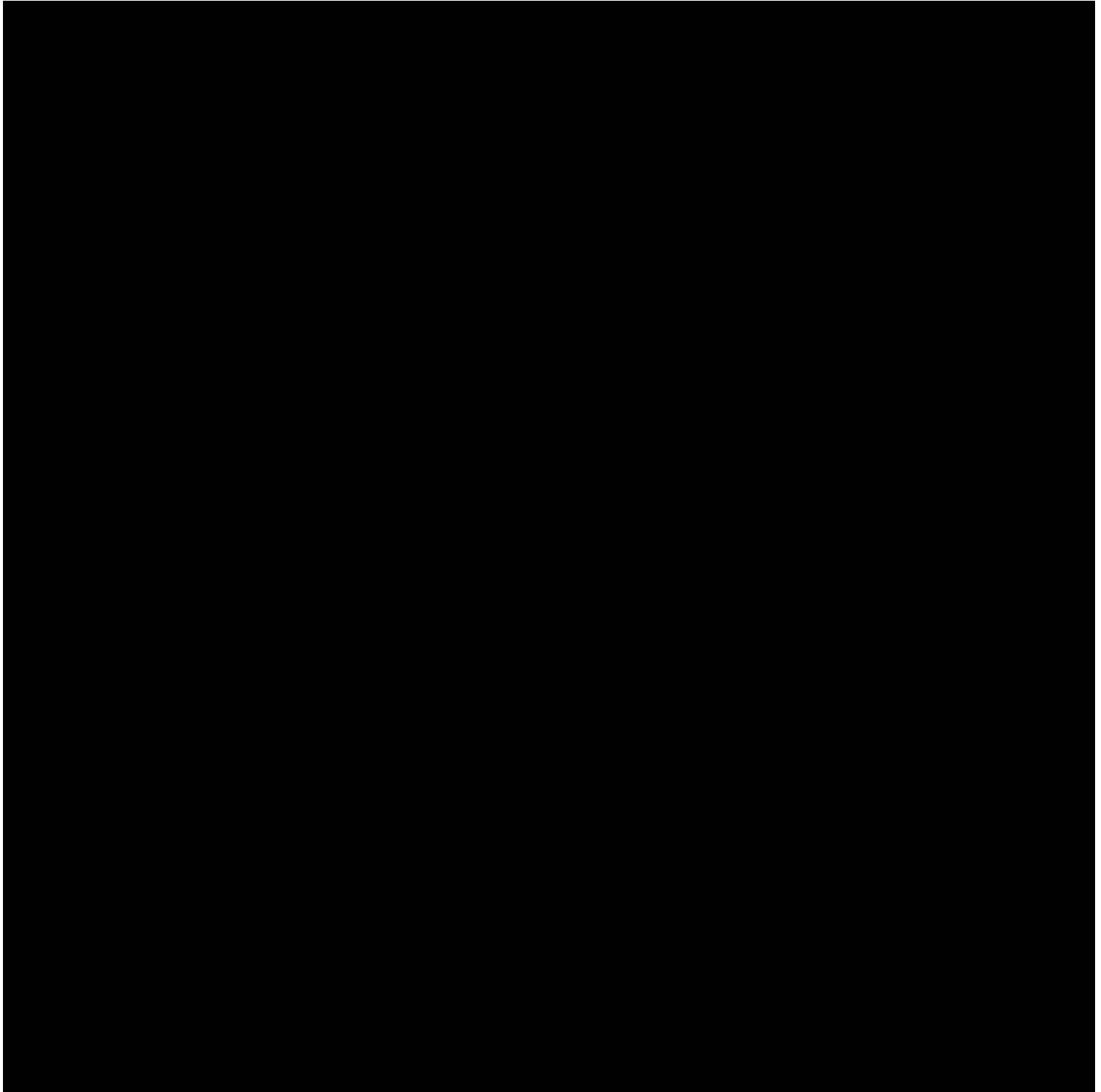
- ☐ Sports and physical activities are a good way to get regular exercise. But alcohol use and an active lifestyle don't mix. Alcohol use by youth can harm their fitness level and hurt their performance in sports and school activities.
- ☐ Getting 30 minutes of exercise each day promotes a healthy heart and lungs. But too much alcohol use can cause heart damage over time. Staying away from alcohol when young is the key to keeping a healthy heart when you are active and exercise.
- ☐ Parents: To help your son and daughter stay active, and at the same time avoid alcohol harm, know where they are. Ask your adolescent to keep you informed as to where they are throughout the day and night. Also, encourage your son and daughter to spend time in sports and physical activities.

You can change your adolescent's health and fitness habits. One key thing parents can do is to regularly remind their son and daughter that avoiding alcohol, tobacco and drug use, while getting regular physical activity, eating healthy, and getting plenty of sleep leads to looking and feeling good, active, and healthy.

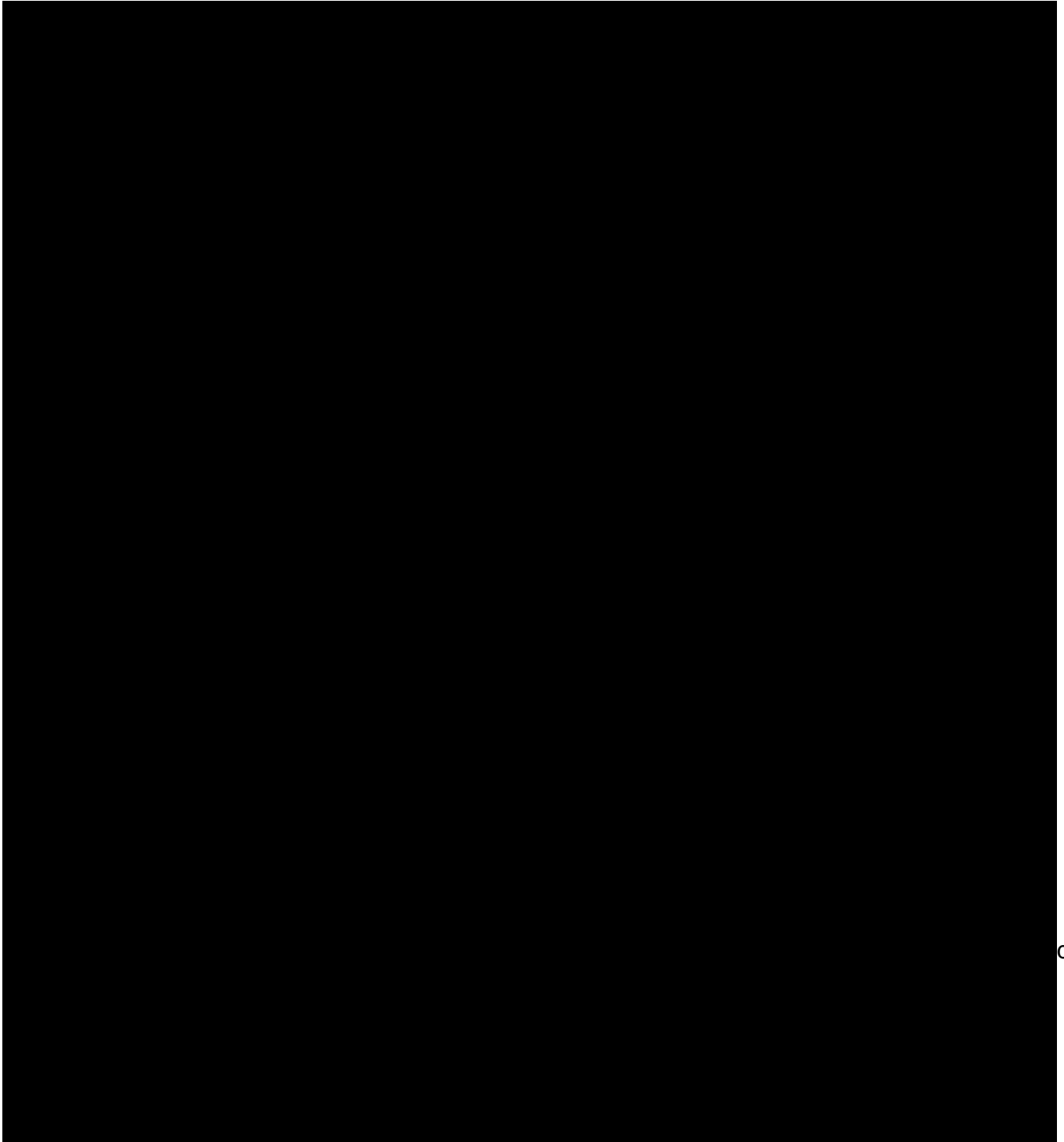
Thank you for reading and talking about this **SPORT PPW Flyer** with your adolescent. It will help motivate positive behavior and image changes in their life.

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***SPORT PPW Flyer #2***  
***High School Version***



***SPORT PPW Flyer #3***  
***High School Version***



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***SPORT PPW Flyer #4***  
***High School Version***

