

SPORT PREVENTION PLUS WELLNESS



**Substance Use Prevention Promoting Wellness for Young Middle
School Adolescents Booklet**

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SPORT Prevention Plus Wellness

SUBSTANCE USE PREVENTION PROMOTING WELLNESS FOR YOUNG
MIDDLE SCHOOL ADOLESCENTS BOOKLET

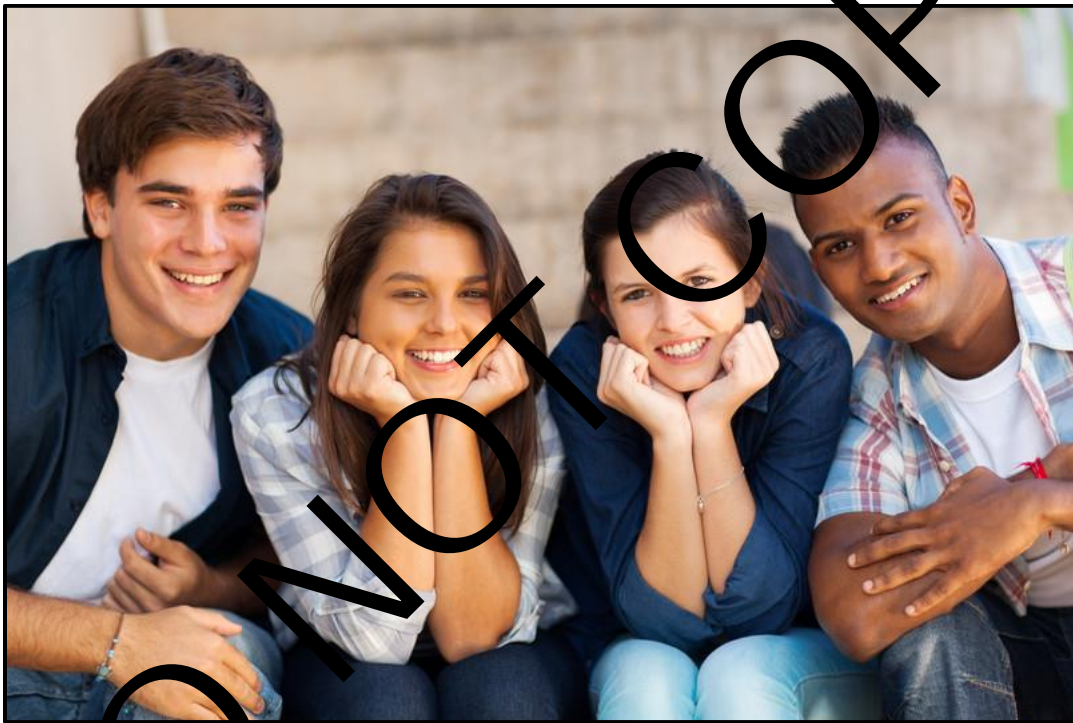
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SPORT Prevention Plus Wellness Substance Use Prevention Promoting Wellness for Young Middle School Adolescents Booklet

Introduction:

SPORT Prevention Plus Wellness is an exciting new fitness and health program that will help you look at how your actions can make you healthy and keep you healthy.



Screening Survey:

To begin, first complete the Health and Fitness Screen Survey below.

**SPORT Prevention Plus Wellness
Young Middle School Adolescent Version
Health & Fitness Screen**

Directions: The purpose of this survey is to determine what you are thinking and doing about your health. Your answers are confidential. Answer all questions honestly.

1. What sports or physical activities did you play in the last year? (Check all that apply)

- a. Baseball/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. Track
- o. Volleyball
- p. Tennis
- q. Others (list): _____
- r. I did not play any sports or physical activities last year

2. Do you participate in 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 on most days?

a. Yes

b. No

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

a. Yes

b. No

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

a. Yes

b. No

5. Which of the following best describes your alcohol use? For example, drinking beer or wine.

a. I have not tried alcohol and will never try it.

b. I have not tried alcohol and am not planning to try it in the next 2 or 3 years.

c. I have not tried alcohol, but will probably try it as an adult.

d. I have tried alcohol once or twice and am not planning to try it again.

e. I have tried alcohol and plan to try it again.

f. I have been drinking during the last 6 months.

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6. In the next year, how likely are you to...

	Not (none) at all	A little	Some	A lot
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4
g) set any health or fitness goals?.....1		2	3	4
h) talk to your parents about health or fitness?.....1		2	3	4

7. How many of your friends...

	None	Some	Most	All
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4

8. How satisfied are you with how your body looks? (circle one)

- (a) Very satisfied (b) Satisfied (c) Somewhat (d) A little (e) Not at all satisfied

9. During the past 30 days, how many days did you...

- a) exercise, play sports or get physical activity?..... _____(days)
- b) get 8 or more hours of sleep? _____(days)
- c) eat fruits or vegetables? _____(days)
- c) have a drink of alcohol? _____(days)
- d) smoke a cigarette? _____(days)
- e) use an e-cigarette? _____(days)
- f) use any marijuana? _____(days)
- g) use a prescription drug a doctor did not give you? _____(days)
- h) feel so sad you stopped doing some of your usual activities? _____(days)

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Benefits of Sports and Physical Activities:

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



Some Behaviors Harm Sports and Physical Activities:

However, alcohol and an active lifestyle don't mix. Using alcohol can hurt your health and affect how well you do in sports and physical activities.



Benefits of Regular Physical Activity:

Both sports and other types of physical activities promote a healthy heart and lungs. They also control weight and stress, if you do them for 30 minutes on most days.



Some Behaviors Harm Regular Physical Activity:

However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol is key to keeping a healthy body.

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Benefits of Healthy Eating:

Eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day can have a big effect on how you feel, and help you have more energy in school and sports. Also, limiting junk food, and eating lots of healthy foods such as fresh vegetables and fruits is important.



Some Behaviors Harm Healthy Eating:

Drinking alcohol adds empty calories which leads to weight gain and can rob your body of vitamins and minerals. Alcohol use can also sap your energy needed to do well in sports and physical activities.



Benefits of Getting Plenty of Sleep:

Getting plenty of sleep each night along with resting after physical activity, can give you more energy and help you think clearly.



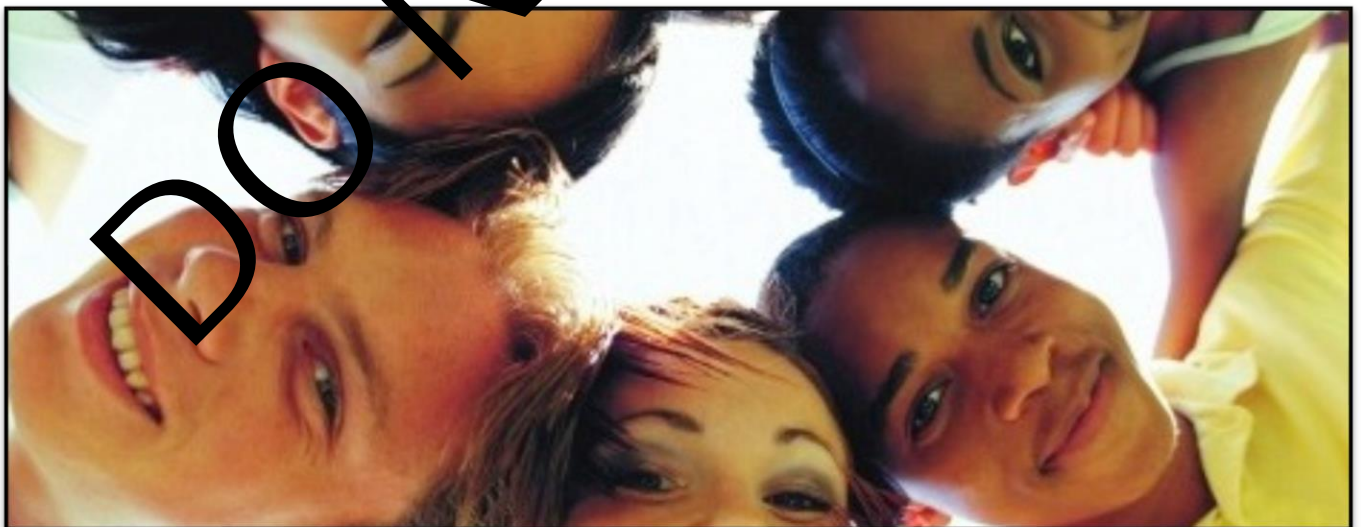
Some Behaviors Harm Getting Enough Sleep:

Alcohol use disrupts sound sleep. Alcohol prevents a person from getting the rest needed to maintain an active, high-energy life.



Alcohol Use Can Harm Your Fitness and Health:

The most important thing you can do to be healthy and keep an active life is to stay away from using alcohol.



Alcohol Use Can Cause Life Problems:

What are some problems you could have if you drank alcohol? By avoiding alcohol use, you don't have to worry about having alcohol problems such as getting into an argument or fight, getting hurt or sick, or getting into trouble at home, school, or with the police.



Most Youth Do Not Drink:

Most young people do not drink alcohol. Avoiding drinking is key to staying healthy and being able to think clearly. To continue to stay away from drinking alcohol, you must have a strong will and the skill to say "NO" to offers to use alcohol. You can increase your skill to say "NO" to alcohol by practicing, just like any sport or physical skill.

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Healthy Alternatives to Drinking:

You can also stay away from drinking alcohol by doing other things like exercising, listening to music, playing sports, or hanging out with friends who support your active lifestyle. To keep healthy, have more energy, look and feel good, and do better in school and sports, your plans should be to continue to stay away from all alcohol.



Wellness Goal Plan & Contract

Complete the Goal Plan below. Then, have your teacher, parent or someone else you trust read and co-sign the plan. Don't forget to read and follow the concluding statement at the end of the Goal Plan.

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SPORT Prevention Plus Wellness
Young Middle School Adolescent Version
Wellness Goal Plan

To be active, healthy, and look and feel good, make sure you:

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit every day, limit junk food, and eat lots of healthy foods such as fresh vegetables and fruits.
3. Do some fun physical activity, such as riding a bike, running, walking, swimming, or playing a sport for at least 30 minutes a day on most days.
4. Most importantly, stay away from all alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drugs!

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 ways to control or lose weight.

To help you achieve the above goals, make the following pledge:

I _____ promise to stay away from alcohol and other
(Print name)
drugs each day during the next 30 days.

The parent/guardian or other trusted adult or friend who will remind me to continue to stay away from alcohol & drugs each day during the next 30 days is _____.
(Parent/Guardian/Adult/Friend's name)

In addition, one other healthy habit I'd like to improve or continue doing during the next 30 days from the list above is:

1. List a specific health habit (e.g., play tennis NOT get more exercise):

_____.

2. Amount (e.g., 30 minutes each time): _____.

3. How often (e.g., 4 times a week, Monday-Thursday):

_____ Youth's signature	_____ Date
_____ Parent/Guardian/Adult/Friend's signature	_____ Date
_____ Instructor's signature	_____ Date

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

- Take this contract home and have your parent or other trusted adult or friend sign it.
- Then, put it where it can be seen every day, week and month (i.e., on the refrigerator, wall, or your mirror).
- 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.
- Reward yourself with small things you enjoy like magazines, music download, books, clothing, or a trip, for achieving one of your wellness goals, or avoiding alcohol or drug use.
- You've taken the first and most important step toward improving your wellness. Improving yourself is a life-long process. It takes committing to small changes. You must be willing to keep working toward improving yourself. Focus on and celebrate the small gains you make each day, week and month. You can do it! Keep trying. Never quit!

SPORT Prevention Plus Wellness Wellness Resources

A Guide to Eating for Sports-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/eatnrun.html#cat20139>

Fit Sanford WebMD Teens:

<https://fit.webmd.com/teen/food/videos/default.htm>

For Tweens and Teens-Nutrition.gov:

<https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

How Much Sleep Do I Need?-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/how-much-sleep.html>

NIDA for Teens: Teens Drug Use and the Brain:

<https://teens.drugabuse.gov/>

Physical Activity Resources-President's Council on Sports, Fitness & Nutrition: <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

Stress-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/stress.html>

Teens and Sleep-National Sleep Foundation (NSF):

<https://sleepfoundation.org/sleep-topics/teens-and-sleep>

Teens and Stress: Who Has Time for it?-FamilyDoctor.org:

<https://familydoctor.org/teens-and-stress-who-has-time-for-it/>

The Cool Spot The Young Teen's Place for Info on Alcohol and Resisting Peer Pressure-National Institute on Alcohol Abuse and Alcoholism (NIAAA): <https://www.thecoolspot.gov/>

WebMD-Stress Management Tips:

<https://www.webmd.com/balance/stress-management/stress-management>

SPORT Prevention Plus Wellness Youth Feedback Survey

CODE: _____

Directions: Please circle one answer for each question below. We really want to know what you think about the SPORT Prevention Plus Wellness lesson. Please answer honestly.

	Not (none) at all	A little	Some	A lot
1) Did you like the <i>SPORT</i> lesson?	1	2	3	4
2) Would you recommend the <i>SPORT</i> lesson to other students?	1	2	3	4
3) Do you think this <i>SPORT</i> lesson will help students make healthy choices?	1	2	3	4
4) Will the <i>SPORT</i> lesson help you increase your physical activity next month?	1	2	3	4
5) Will the <i>SPORT</i> lesson help you avoid alcohol use next month?	1	2	3	4
6) Will the <i>SPORT</i> lesson help you avoid drug use next month?	1	2	3	4
7) Will the <i>SPORT</i> lesson help you avoid cigarette smoking next month?	1	2	3	4
8) Will the <i>SPORT</i> lesson help you increase your healthy eating next month?	1	2	3	4
9) Will the <i>SPORT</i> lesson help you increase your sleep next month?	1	2	3	4

10) How satisfied are you with how your body looks? (circle one)

(a) Very satisfied (b) Satisfied (c) Somewhat (d) A little (e) Not at all satisfied

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11) In the next year, how likely are you to...

	Not (none) at all	A little	Some	A lot
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4
g) set any health or fitness goals?.....1		2	3	4
h) talk to your parents about health or fitness?.....1		2	3	4

12) How many of your friends...

	None	Some	Most	All
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4

13) What did you like BEST about the SPORT lesson?

14) What did you like LEAST about the SPORT lesson?
