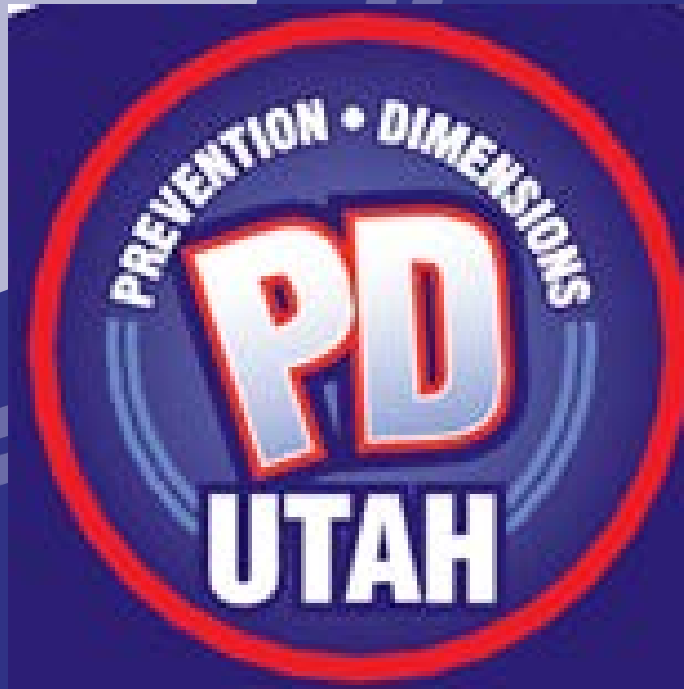


# Utah's Comprehensive K-12 Foundation Prevention Program

[www.utahpd.org](http://www.utahpd.org)



# Training Objectives

## Champion Trainers will..

- Understand the “WHY” of Prevention Dimensions as a Foundation of Prevention.
- Learn how to and be committed to motivating faculty at their schools.
- Experience games, activities, music and discussions as strategies to motivate others at local level.
- Discuss challenges and barriers and develop ways of overcoming them and being successful in helping colleagues to implement PD.



# History and Beginnings

## Partnership (1982-83)

- Statewide PTA survey
- Utah Legislature:  
*one-time appropriation*
- Interagency partnership:  
*education, health, substance  
abuse and PTA*



# It's Utah Law

**53A-13-102**

The State Board of Education shall adopt rules provide for instruction at each grade level on the harmful effects of alcohol, tobacco and other drugs.

Assistance from the State Division of Substance Abuse and Mental Health.

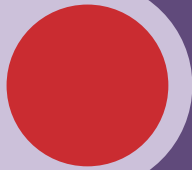



# Gang Prevention

53A-17a-166

(ii) Money for the gang prevention and intervention program shall be distributed to school districts and charter schools through a request for proposals process.





## Rule R277-609. Standards for School District, School and Charter School Discipline Plans.

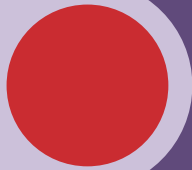
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(f) include strategies for providing students and staff, including aides, custodians, kitchen and lunchroom workers, secretaries, paraprofessionals, and coaches, with awareness and intervention skills such as **social skills training**.





# HB 154. Suicide Prevention Programs



---

....requires school districts and charter schools to implement a youth suicide prevention program for students in secondary grades;





Utah's School-based

# Prevention Foundation

**Prevention Dimensions**





# PD Steering Committee

- State Office of Education
- Division of Substance Abuse / Mental Health
- Department of Health
- Safe and Drug Free School Coordinators
- Local Prevention Specialists
- State PTA
- Elementary and Secondary Teachers
- Evaluators
- Other State Agencies



# ○ PD Development and Revisions



- 1982-83 Developed
- 1990 Revised to better integrate lessons to Core



# PD Teaches the Core!



## Utah State Core Curriculum

The following documents are in PDF format and are designed to be printed as two-sided documents; blank pages are intended.

[Board Members](#)

[Core Curriculum](#)

[Curriculum  
Phone List](#)

[Web Resources](#)

[Other Documents](#)

[Fine Arts 3-6](#)

[Foreign Language](#)

[Language Arts K-6](#)

[Library Media 3-6](#)

[Math 3-6](#)

[Responsible Healthy Lifestyles 3-6](#)

[Health 7-12](#)

[Science 7-8](#)

[Social Studies 3-6](#)

[Fine Arts 7-12](#)

[K-2 Core](#)

[Language Arts 7-12](#)

[Library Media 7-12](#)

[Math 7-12](#)

[P.E. 7-12](#)

[Science 3-6](#)

[Science 9-12](#)

[Social Studies 7-12](#)



# Prevention Dimensions (PD) Is Identified as a Resource

(Abbreviation in Parentheses): Refers to other Core Curriculum in which the objective is similar, identical, or refers to a common concept. A key for integration:

**(FA)** - Fine Arts

**(LA)** - Language Arts

**(LM)** - Library Media

**(PE)** - Physical Education

**(SC)** - Science

**(SS)** - Social Studies

**\*Abbreviations with an \*asterisk:** Refers to resources that are available to help implement, teach, or enrich the objective(s).

**\*MP** - Maturation Program

**\*NU** - Nutrition

**\*PD** - Prevention Dimensions



# PD Development and Revisions



- 1982-83 Developed
- 1990 Revised to better integrate lessons to Core
- 1994 Inclusion of risk/protective factors



# Focus on Risk/Protective Factors

- Family
- Community
- School
- Peer/Individual



# ● PD Development and Revisions

## 1996 Inclusion of Music Component

- 32 songs to go with the lessons
- School assemblies
- Parent-focused concerts





# ● PD Development and Revisions

- 1982-83 Developed
- 1990 Revised to better integrate lessons to core
- 1994 Inclusion of risk/protective factors
- 1996 Music component
- 1999 Media literacy
- 2000-2001 Include research & tobacco lessons



# PD Tobacco Component



## Tobacco on Trial Student Workbook



*Tar Wars*®



# Certificate of Recognition

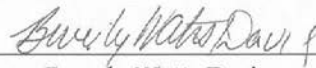
*Presented to*

## **Prevention Dimensions Program**

*For official recognition by the Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention as a  
National Registry of Effective Programs and Practices (NREPP) Promising Program*

17<sup>th</sup> Annual National Prevention Network Prevention Research Conference

*August 24, 2004*



Beverly Watts Davis  
*Director*  
*Center for Substance Abuse Prevention*

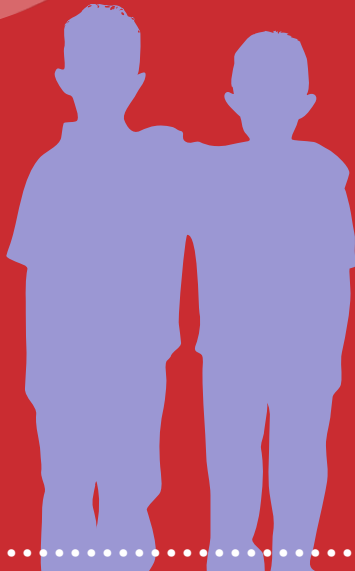


U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)





# ● PD Development and Revisions

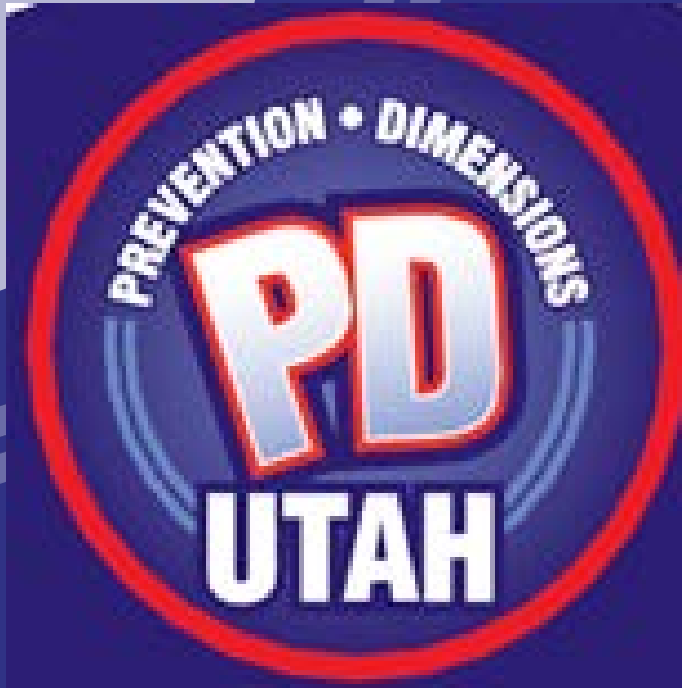


- 1982-83 Developed
- 1990 Revised to better integrate lessons to core
- 1994 Inclusion of risk/protective factors
- 1996 Music component
- 1999 Media literacy
- 2000 - 2001 Include research & tobacco lessons
- 2002 – 2003 New design and formatting of lessons

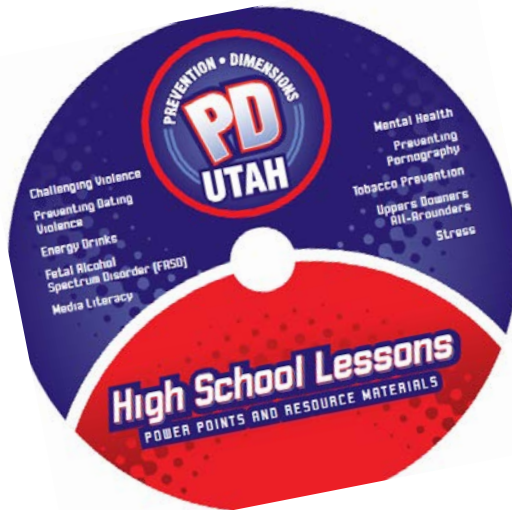




# Prevention Dimensions New Look



# PD Development and Revisions



- **2004 – 05** Developed new junior high materials
- **2008 – 09** Development of PD CD for high school students
- **2009 – 2010** Development of new foundation lessons for kindergarten – 6<sup>th</sup> grade
- **2013 – 2014** Rewrite 7<sup>th</sup> & 8<sup>th</sup> Grade Materials

# New Foundation Lessons Focus on

## CARE

### CARE ABOUT MYSELF

I have a right to care about myself.

I have a responsibility to make smart choices when I care about myself.



### CARE ABOUT OTHERS

I have a right to be in an environment where I feel safe.

I have the responsibility to help ensure others are treated with kindness.



### CARE ABOUT COMMUNITY

I have a right to live in a healthy and safe community.

I have a responsibility to contribute to the health and safety of my community.



# PD - related Core Curriculum Objectives

## Risk / Protective Factors



### HELPFUL ADULTS

#### PROGRAM GOAL(S)

Healthy Self  
Human Development and Relationships  
Character Education: Respect, Integrity, Responsibility

#### PERFORMANCE OBJECTIVE(S)

Students will identify the appropriate adult when help is needed with problem solving.

#### MATERIALS NEEDED

- Parent Share Sheet: "People I Can Talk to Puzzle"
- Pictures of adult helpers: Firefighter, police officer, librarian, secretary, nurse, custodian, parents, teacher, neighbor or responsible adult.
- Note:** The "Neighbor or Responsible Adult" picture could be labeled in various ways. Example: the caring adult could be a scout leader, religious leader, neighbor, relative, etc.

#### NEW VOCABULARY

secretary	responsible adult
police officer	custodian
librarian	firefighter
nurse	teacher
parent	

#### LESSON AT A GLANCE

- Discuss with students situations in which help is needed.
- Match pictures with situations.
- Students complete cut-out activity.

#### Related Core Curriculum Objective

- 7010-0304** Describe how family members can help and support each other.
- 7010-0103** Use social skills to adapt to new situations.

#### Risk / Protective Factors

Social skills  
Belief in the moral order

### Related Core Curriculum Objectives

7010 – Describe how family members can help and support each other.

7010-0103 – Use social skills to adapt to new situations.

### Risk/Protective Factors

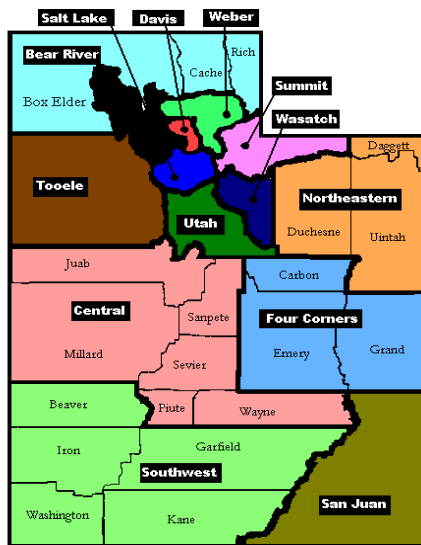
Social skills

Belief in the moral order



# Local Substance Abuse Authority (LSAA) Areas

Local Substance Abuse Authority Areas



- **Bear River** (Box Elder, Cache, Logan, Rich)
- **Weber County** (Weber, Ogden, Morgan)
- **Davis County** (Davis)
- **Salt Lake County** (Salt Lake, Jordan, Murray, Granite, Canyons)
- **Tooele County** (Tooele)
- **Summit County** (North & South Summit, Park City)
- **Wasatch County** (Wasatch)
- **Utah County** (Alpine, Nebo, Provo)
- **Central Utah** (Juab, Millard, Piute, Sevier, Wayne, Tintic, North/South Sanpete)
- **Four Corners** (Carbon, Emery, Grand)
- **Southwest Utah** (Beaver, Garfield, Iron, Kane, Washington)
- **Northeastern Utah** (Daggett, Duchesne, Uintah)
- **San Juan County** (San Juan)



# PD Teacher Trainings

**Integration**

**Teaching  
Styles**

**Attitude and  
Content**

**Classroom  
Environment**



# Optimal Functioning



**Academic  
Competence**



**Social  
Competence**



# Social and emotional learning is an ongoing process...

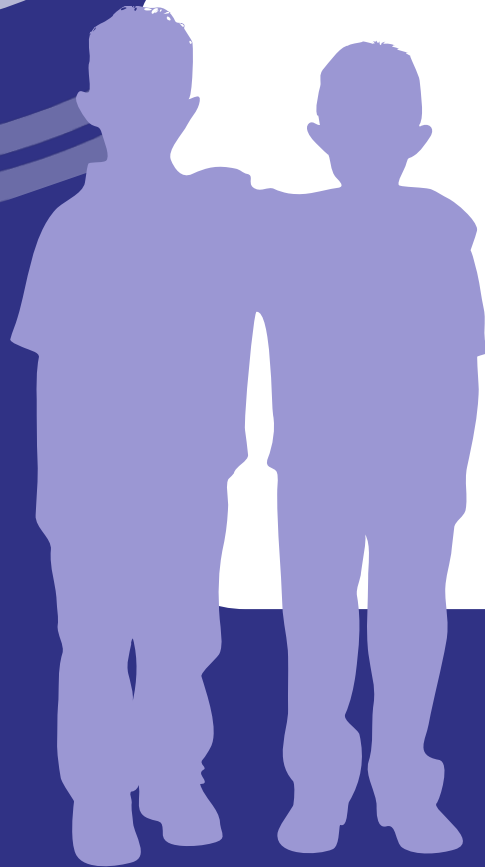
“Through which a child acquires the skills to recognize and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships and handle challenging situations effectively.”

**Social Competence**

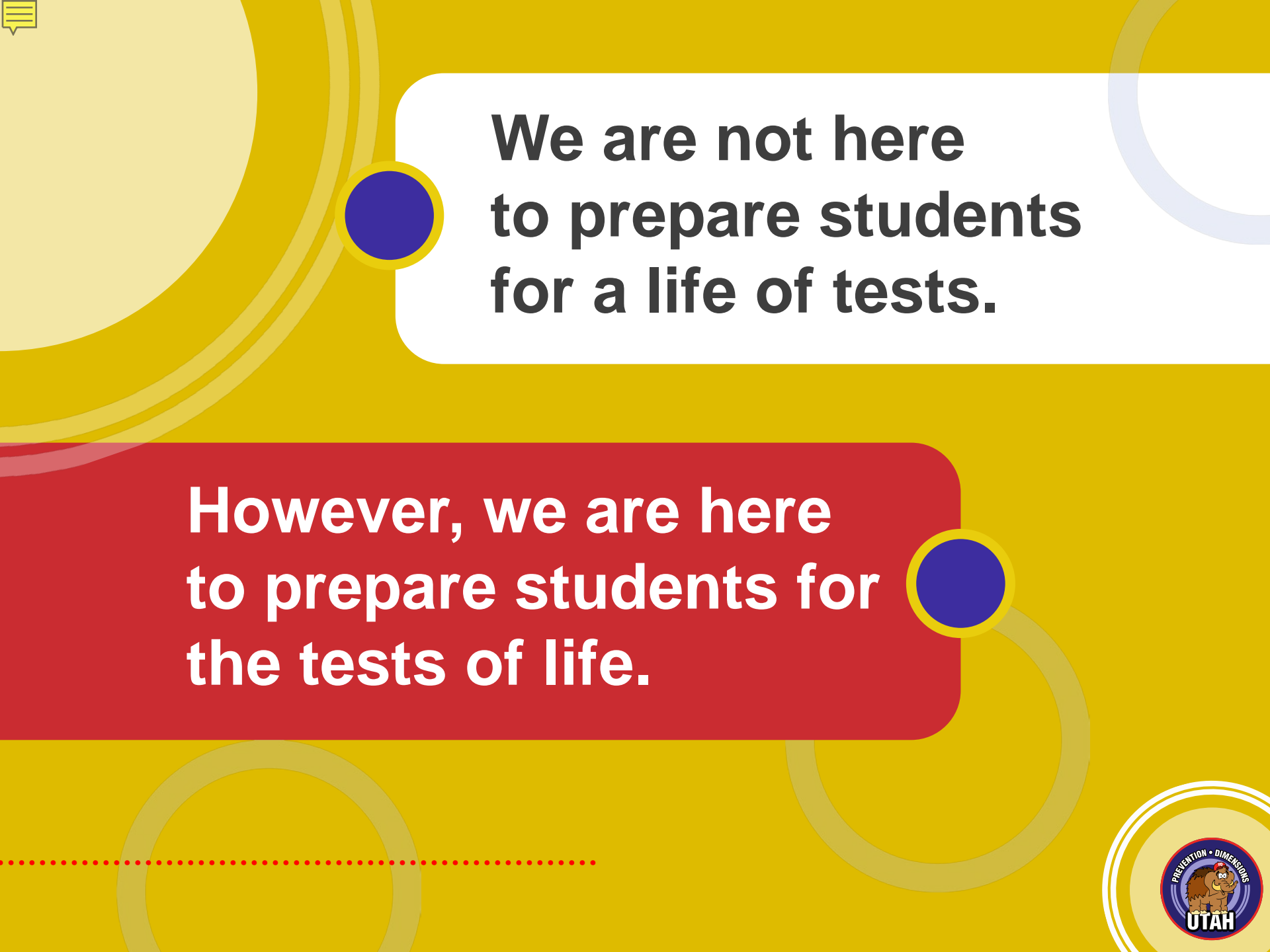




# Research-based Prevention Can Impact Student's Academics



- Improved grades
- Increased grade point average
- Improved standardized test scores
- Improved rates of next grade promotion
- Improved rates of graduation



**We are not here  
to prepare students  
for a life of tests.**

**However, we are here  
to prepare students for  
the tests of life.**



# Connecting with Parents at Home with the...



## Home Connection

Dear Family,

Today I learned that I have the right to care about myself.

I care about myself, so I want to use words that invite friendship, not fighting. When I express my feelings with “you” messages, I invite a fight. “You always get the ball at recess time!” When I use “I” messages, I invite friendship. “I feel frustrated when I don’t get a turn to play with the ball very often.”

This week, please encourage me to share an “I” message with you when I am feeling a strong emotion.

I feel \_\_\_\_\_

when \_\_\_\_\_

Love, \_\_\_\_\_

Enjoy at home

Please return by \_\_\_\_\_

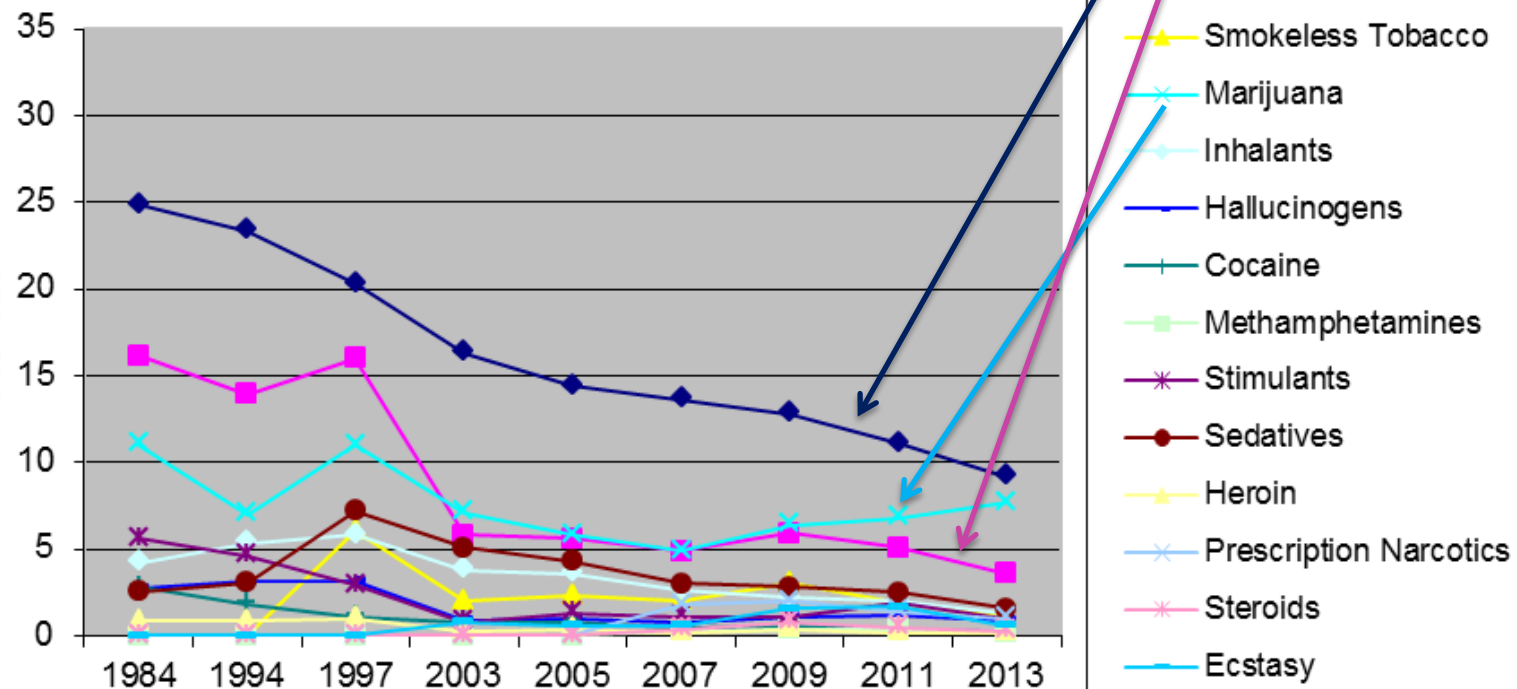
Date



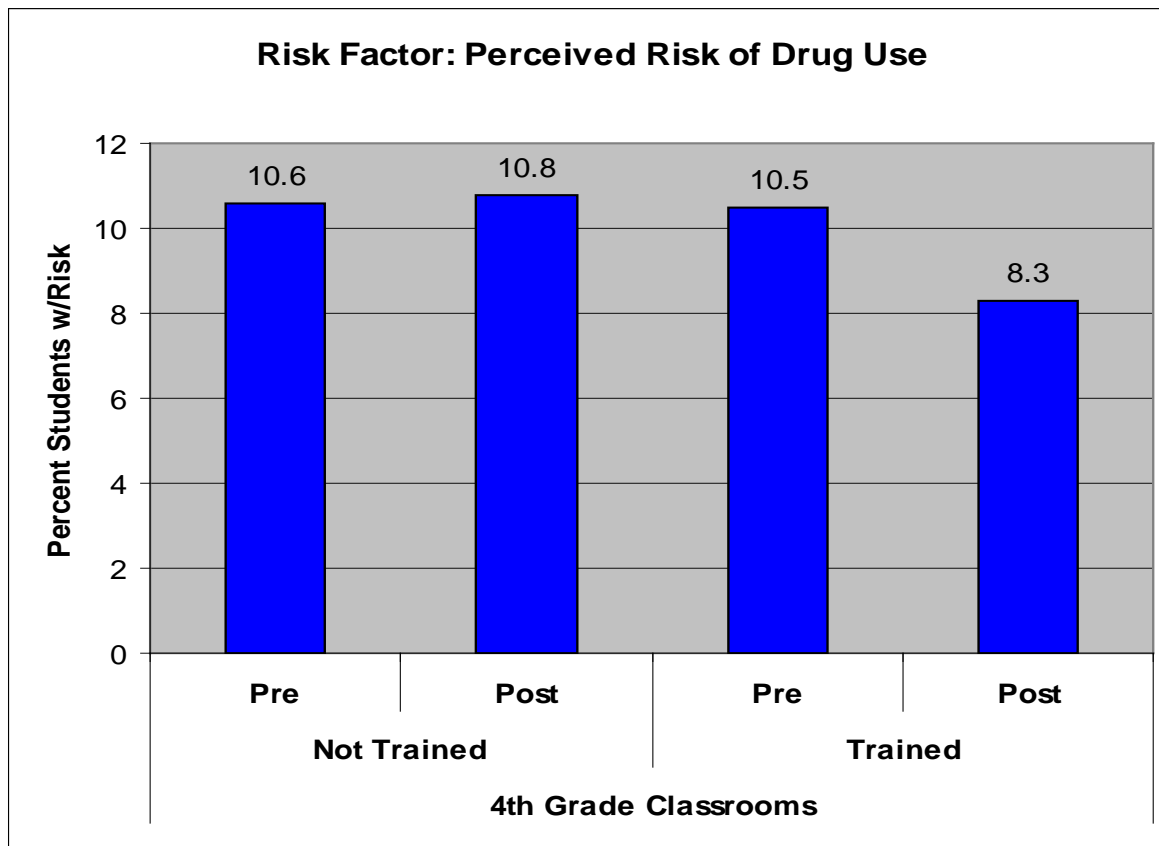
Alcohol, Tobacco and Other Drugs (ATOD) use has significantly

Decreased

Percent of Utah Students in Grades 8, 10, and 12 Who Used Various Substances During Their Lifetime: 1984-2011



# 2003 – 2004 Prevention Dimensions Effectiveness Study demonstrates effects on risk and protective factors

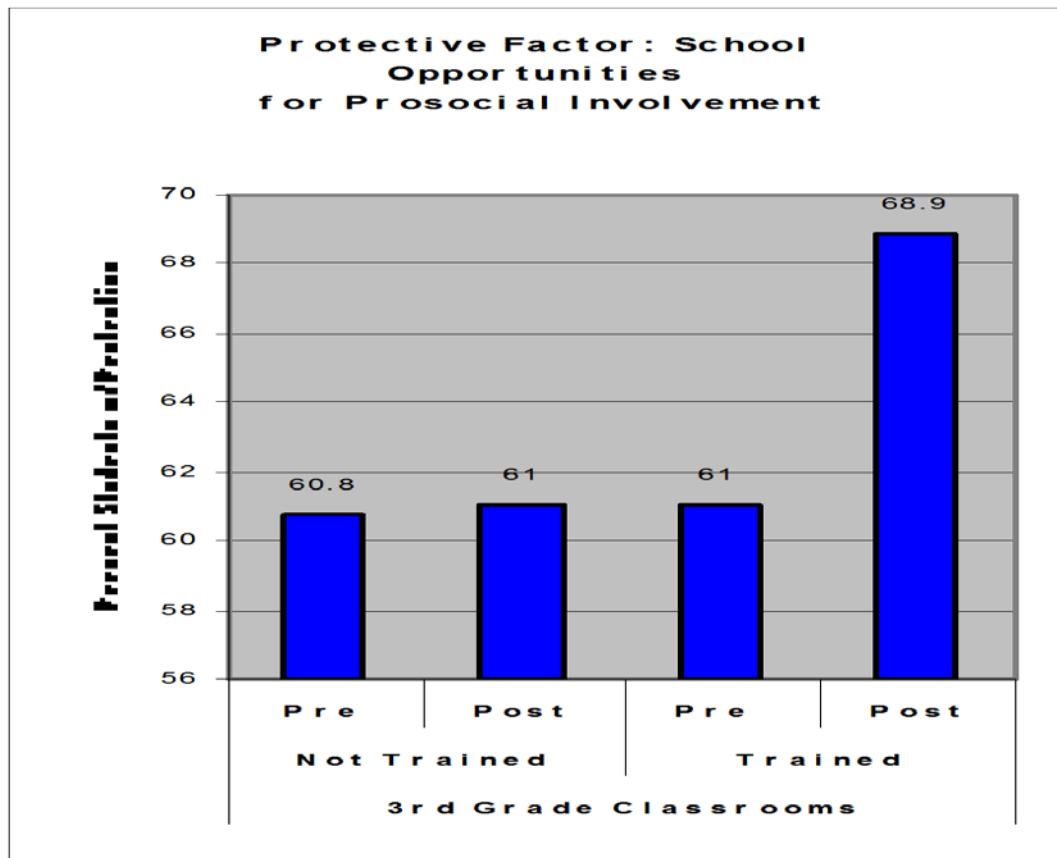


Good News





# 2003 – 2004 Prevention Dimensions Effectiveness Study demonstrates effects on risk and protective factors

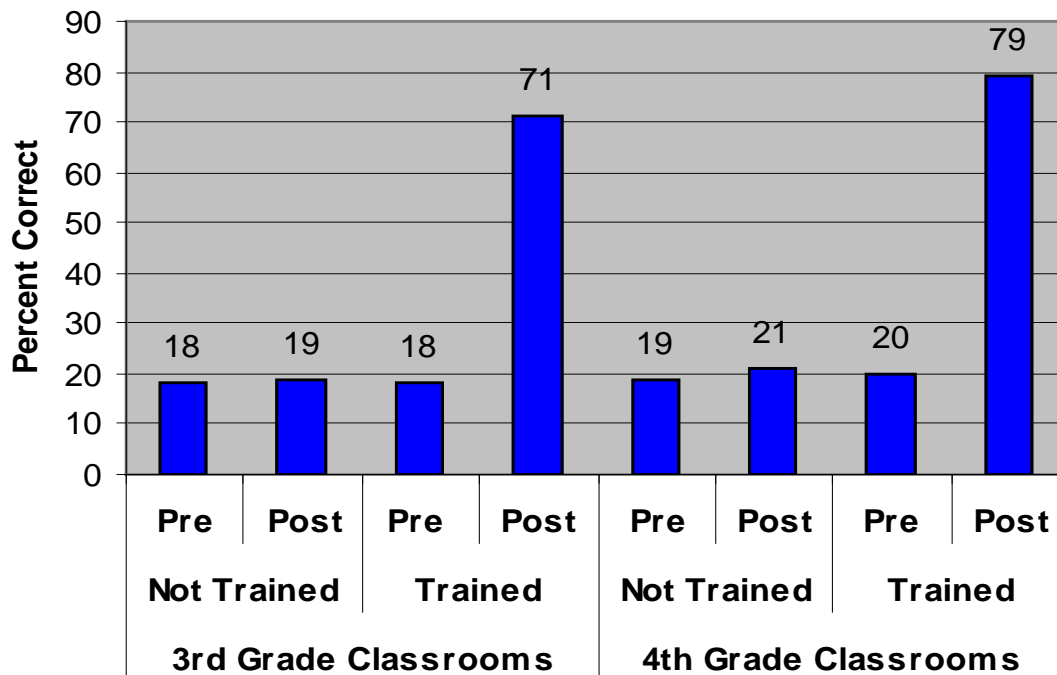


Good News



# 2003 – 2004 Prevention Dimensions Effectiveness Study demonstrates effects on risk and protective factors

## Knowledge of Problem Solving Skills

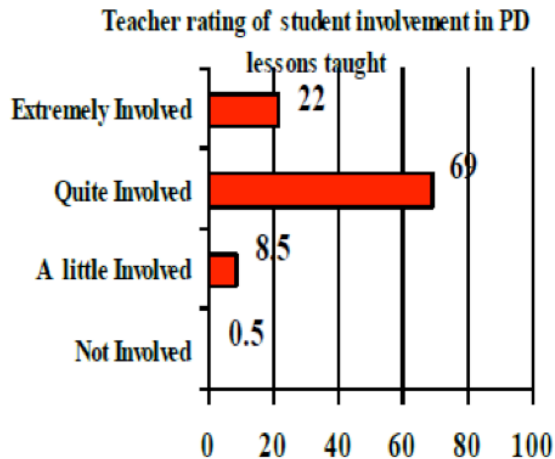


Good News

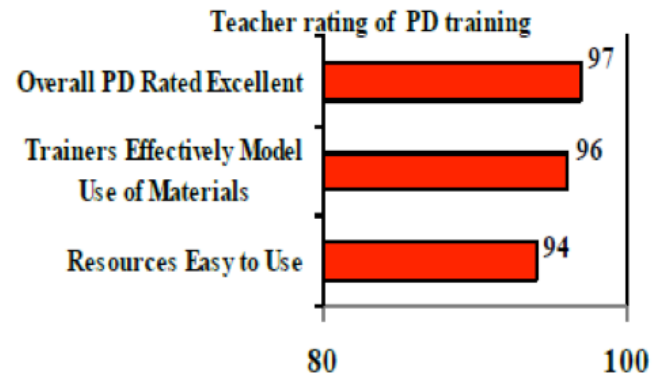


# 2011 – 2012 Highlights

1,177 participated in PD teachers' trainings and received resource materials, bringing the total trained to nearly 14,000 since 2003.



A survey of public and charter school officials cited Prevention Dimensions most frequently as an effective resource to promote a positive school climate and prevent and deter school violence.



79% of trained teachers reported teaching PD lessons during the year. The average teacher reported teaching 2.9 lessons per month which is a slight increase over the previous year.



Utah's School-based Prevention Foundation says

**Thank You!**

**Prevention Dimensions**

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