

PREVENTION DIMENSIONS K-12

Safe and Drug-Free Schools Prevention Education

In Utah, since 1983, there has been a kindergarten through 12th grade resource, Prevention Dimensions, which teachers could use in their classrooms. Teachers are given extensive training by substance abuse prevention specialists. This program meets all criteria for success with children of formative ages. **Incidence and prevalence studies show a significant decline in substance abuse when the program is used consistently. Prevention Dimensions K-12 also reduces other high risk behaviors. When one time approaches are used, the success rate, though temporarily effective, is not long lasting.** The life skills taught in Prevention Dimensions K-12 need to be reinforced every year by well trained teachers. Prevention Dimensions K-12 has excellent, effective activities that can easily be integrated and meet state core curriculum requirements. It also provides students with healthy life skills and resistance to alcohol and drugs. These skills are appropriate for all age levels.

The Prevention Dimension K-12 training focuses on helping teachers to acquire the knowledge, attitudes, teaching methods, and classroom strategies that will assist them in conducting an effective prevention education program with their students. **Utah law (53A-13-102 U.C.A. 1953) requires teachers to present instruction about alcohol, tobacco, and other drugs in a manner which will discourage students from using substances.** The teacher training format includes both large and small group discussions and activities, media previews, and presentations by experts in prevention of high risk behaviors.

Extensive, well documented research has shown that a broad based, teacher presented prevention program that is consistently offered each year of a child's school career will reduce alcohol and drug use by up to 87% and that non-use will continue throughout a child's school career. (See Journal of American Medical Association, April 12, 1995, Dr. Gilbert J. Botvin). This type of program works equally well in rural, suburban, urban and inner city areas. It also works equally well with all ethnic groups. However, research has documented extremely well that **this program only works when it is used by teachers.** Like a life jacket, if it isn't used, it won't work!

Arrangements for teachers to be trained in Prevention Dimensions K-12 can be made by contacting:

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476-7817

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