



All Stars

SPECIFIC OUTCOMES

- Increased commitment to avoid substance use and other high-risk behaviors.
- Increased adoption of a belief in positive peer group norms that make substance use, violence, and premature sexual activity unacceptable.
- Reduced substance abuse by 40% to 60%.
- Reduced sexual activity 80%.
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle.
- Increased bonding to school.

AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 12 - 14
<i>Grade</i>	Grades 6 - 8
<i>Gender</i>	Both Male and Female

PROGRAM DETAILS

<i>Type of Program</i>	Prevention
<i>Audience Size</i>	Minimum 10/Maximum 25
<i># of Lessons</i>	13 – Core Yr 1 9 – Booster Yr 2 13 – Plus Yr 3
<i>Frequency</i>	1-2 times a week
<i>Length of Sessions</i>	45 minutes
<i>Duration of Implementation</i>	Between 7 – 13 weeks
<i>Training</i>	Preferred

HOW IT WORKS

All Stars is a guided multi-year program that is delivered to all students of group members on a preferably weekly basis. Students are engaged through: small group activities, group discussions, enjoyable and meaningful worksheet tasks, videotaping, games and art activities.

BRIEF PROGRAM DESCRIPTION

All Stars is an interactive, research-based curriculum that focuses on five strategies that research has shown to decrease the chances of middle school youth being involved in alcohol and other drug use, violence and early sexual activity. It can be implemented in either school classroom or community settings. It includes thirteen 45-minute sessions with optional one-on-one meetings with individual students. A celebration ceremony concludes the program. A parent/child component is also integrated in the program.

All Stars Booster is the follow-up program in Year Two (nine 45-minute lessons) and All Stars Plus (thirteen 45-minute lessons) is the Year Three follow-up program. All programs aim to strengthen five specific qualities vital to achieving preventive effects: developing positive ideals and future aspirations; establishing positive norms; building strong personal commitments; promoting bonding with positive adults and peer groups and promoting positive parent/adult attentiveness.

During Year 1, thirteen 45 minute lessons are implemented

During Year 2 (one year after the Core program, an optional All Stars Booster, a 9 session booster program can be implemented to enhance material taught in the core program.

During Year 3 the optional 13 session All Stars Plus program can be implemented.

A ceremony concludes each program.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons must be taught in the designated sequence in order to achieve the desired outcome.
- A two-day training is highly recommended for teachers or anyone who plans to deliver the program.

MATERIALS AND TRAINING

Required Materials

Core Teacher's Manual - \$125

Core Teacher's Kit (includes manual) \$200

Core Student Materials - \$45 for 10 students

Booster Teacher's Manual - \$75

Booster Teacher's Kit (includes manual) \$150

Booster Student Materials - \$10 for 10 students

Plus Teacher's Manual - \$90

Plus Teacher's Kit (includes manual) \$140

Plus Student Materials - \$20 for 10 students

T-shirts/Rings - \$9/\$17 per student

Student Surveys - \$1 - \$5 per student

Optional Materials

Training (Preferred)

Implementation Training - \$250 - \$300 per teacher

On-site Implementation Training - \$3,000

PROGRAM CONTACT

For training and program information, contact:

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ADDITIONAL INFORMATION

<http://www.tanglewood.net>

[Program Information Worksheet](#)

[SAMHSA's National Registry of Evidence-Based Programs & Practices \(NREPP\) Review Documents](#)