



Keep A Clear Mind

After four weeks of lessons parent newsletters are sent home every other week.

AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 9-11
<i>Grade</i>	Grades 4-6
<i>Gender</i>	Both Male and Female

PROGRAM DETAILS

<i>Type of Program</i>	Prevention
<i>Audience Size</i>	Minimum 8 / Maximum 30
<i># of lessons</i>	4 take home (1 a week)
<i>Duration of Implementation</i>	4 weeks plus newsletters

RIEF PROGRAM DESCRIPTION

Keep A Clear Mind (KACM) is a take-home drug education program designed to influence known risk factors for substance use among upper elementary school students ages 8 to 12. The program seeks to teach children refusal skills to avoid substance use including "gateway" drugs.

SPECIFIC OUTCOMES

- Increases student ability to resist peer pressure to use tobacco, alcohol, and marijuana
- Increases student recognition of the harmful effects of tobacco, alcohol, and marijuana
- Increases student ability to resist peer pressure to use tobacco, alcohol, and marijuana
- Increases parent-child communication about substance use

HOW IT WORKS

The program consists of 4 lessons (alcohol, tobacco, marijuana, and tools to say no to drugs) 5 parent newsletters and student incentives. Students take lessons home, complete them with a parent or guardian, bring back to school a tear sheet from the lesson signed by the parent and receive a small incentive. (bookmark, bumper sticker, pencil).

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Recruiting a program facilitator (e.g., classroom teacher, counselor, etc.)
- Recruiting fourth, fifth, and/or sixth grade students to participate in the program
- Deliver lessons and newsletters, and monitor the implementation of take-home lessons

MATERIALS AND TRAINING

Required Materials

Lessons, newsletters & incentive - \$4.25 per student

PROGRAM CONTACT

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