

BRIEF PROGRAM DESCRIPTION

The Minnesota Smoking Prevention Program (MSPP) is a school-based curriculum designed for 11 to 15 year old students. The overall goal of the MSPP program is to prevent tobacco use among adolescents. MSPP is a comprehensive tobacco prevention program that includes the following:

- A curriculum designed for students in grades 4–8;
- A community action manual that provides ideas of how to address tobacco prevention community wide through the involvement of parents, students, and other community members;
- An eight-page parent brochure that motivates students' family members to be involved in this important issue. All parent materials in this program are also available in universal Spanish.

SPECIFIC OUTCOMES

The intended outcomes are that adolescents will:

- Avoid tobacco use.
- Discontinue use of tobacco if they have experimented with it.
- Influence friends and family members to not use tobacco.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 11 - 15

Grade: Grades 4 - 8

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8/Maximum 30

of Lessons: 6 (1-3 per week)

Length of Sessions: 45 – 50 minutes

Duration of Implementation: 2-6 Weeks

Training: Preferred

HOW IT WORKS

The MSPP curriculum consists of six developmentally- appropriate classroom sessions for grades 4–8. Each session is 45 to 50 minutes in length fitting well into a normal class period. The curriculum's educational strategies include: cooperative learning groups, group discussions, role-plays, reports, and goal setting. All activities are designed to actively engage the students rather than provide them with lecture-style lessons. Although developed in the Midwest, the program is appropriate for students in all regions of the United States including urban and rural, all socioeconomic groups, and across



ethnicities. The peer-led component of the MSPP program, which uses same-age group leaders to facilitate many of the classroom activities, increases the appropriateness of the program for any group of students since students respond well to their peers. Same-age peers are more likely than teachers or outsiders to speak the same language and have the same perspective as the students.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons must be taught in the designated sequence in order to achieve the desired outcome.

MATERIALS AND TRAINING

Required Materials

MSPP Complete Revised Curriculum - \$249 for 30 students and their parents

Training (Preferred)

Implementation Training - \$2,200



PROGRAM CONTACT

Kaylene McElfresh
Hazelden Publishing
PO Box 176 RW11
Center City, MN 55012
Phone: (651) 213-4324
Fax: (651) 213-4720
E-mail: kmcelfresh@hazelden.org

ADDITIONAL INFORMATION

Website: www.hazelden.org/bookplace

Program Information Worksheet