

## BRIEF PROGRAM DESCRIPTION

AI's Pals: Kids Making Healthy Choices is an early childhood prevention curriculum and teacher training program. Geared for children ages 3 to 8, AI's Pals develops children's social skills, self-control, problem-solving abilities and an understanding that they are not to use tobacco, alcohol and other drugs.

## SPECIFIC OUTCOMES

- Significant increases in pro-social behaviors.
- Significant reductions in problem behaviors such as social withdrawal.
- Significant increases in positive coping behaviors such as seeking help to solve a problem.
- Significant decreases in negative coping behaviors such as the use of physical or verbal aggression to solve problems.
- Prevention of increases in antisocial and aggressive behaviors that might otherwise occur.

### Specific Tobacco Control Lessons and Outcomes:

#### Specific Tobacco Control Lessons

- A full, eight-lesson module addresses “safe and healthy” choices for children. Four lessons specifically address tobacco control: Lesson 28 “Taking Care of Ourselves,” Lesson 31 “What’s Safe for My Body?,” Lesson 32 “What’s Safe to Touch?” and Lesson 33 “Keeping Ourselves Healthy.”
- The entire module reiterates the meaning and importance of “healthy” and teaches children to differentiate between “safe” and “unsafe” by identifying what is safe to eat, taste, smell and put into the body. Throughout these lessons, children are encouraged to seek adult permission and/or assistance and reminded that tobacco products are not safe and healthy for children.

#### Tobacco Control Outcomes:

- Prevents the initiation of tobacco use by youth.
- Promotes attitudes that favor healthy lifestyles, avoiding harmful substances such as tobacco products.
- Develops pro-social skills that help children resist peer pressure and risky decision-making connected to tobacco product use.



## AUDIENCE CHARACTERISTICS

**Age Range:** 3-8

**Grades:** Pre-K to 3

**Gender:** Male and Female

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 8/Maximum 30

**Number of Lessons:** 46 (two per week)

**Minimum Lessons Required to Achieve Fidelity:** 35

**Length of Each Lesson:** 15 minutes

**Frequency of Implementation:** Twice a week

**Duration of Implementation:** 23 weeks

**Recommended Intervention Site(s):** School and community

## HOW IT WORKS

AI's Pals has 46 core lessons that capture real-life childhood experiences and provide opportunities for children to acquire and practice social and emotional skills. The lessons are delivered by a classroom teacher for 10 to 15 minutes twice a week. An original hand puppet named AI is the heart of the program and serves as a positive role model. In addition to AI and puppet pals Ty and Keisha, children are engaged through a wide range of teaching tools including scripted puppet-led discussions, guided creative play, original songs, posters, color photographs, message pads and books.

Through the lessons children learn and practice positive ways to express feelings, relate to others, communicate, differentiate between safe and unsafe substances and situations, brainstorm ideas and solve problems. By reinforcing the AI's Pals concepts throughout the day, the teacher shapes a caring environment, encouraging independent thinking, use of self-control, healthy decision-making and peaceful problem solving. A nine-lesson booster curriculum may be used during the second or third grade to reinforce skills learned through the core lessons.

Letters from AI are regularly sent home to inform parents about the life skills their children are learning and to suggest activities parents can use to help their children practice and retain these skills. The curriculum also includes "AI-a-Grams" — school-to-home messages delivered home by the children that recognize positive behaviors noted at school (e.g., caring about others' feelings or calming down).

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Complete lessons need to be delivered, in sequence, two per week, by a Wingspan-trained classroom teacher.
- The classroom teacher needs to practice, reinforce and model key AI's Pals concepts throughout the day.
- AI's Pals staff is comprised minimally of one Wingspan-trained teacher (typically the classroom educator), who spends at least five hours each week with the children receiving the program. No new staff is required to implement AI's Pals.

**Program Evaluation Tools Available:** Yes

## MATERIALS AND TRAINING

### Required Materials:

- 46-lesson curriculum kit: \$795 plus S&H
- Parent letters for subsequent years: \$60 per classroom
- Certificates of program completion: \$20 per classroom

### Optional Materials and Cost:

- Spanish parent letters: \$30 per set
- Spanish AI-a-Gram school-to-home message pads: \$45 per set
- Spanish certificates of program completion: \$10 per set
- Booster curriculum kit: \$285
- Calm down or problem-solving poster for home use (English or Spanish): \$5
- AI's Healthy Choices children's book: \$12.95
- Music CD for home use: \$15

### Training (Required)

AI's Pals (required) training is offered in two formats – face-to-face or live, online:

- AI's Pals Face-to-Face Core Training:

**Training Cost:** \$325 per person for open enrollment registration OR \$6,800 flat fee for onsite training for a group of up to 24 people – OR \$8,500 flat fee for on-site training for a group of up to 30 people. There is an \$800 fee per supplemental package cost for up to three additional training slots.

*\*Host organization is responsible for shipping and handling fees, training facility, AV equipment, food and trainer travel expenses.*

- o Training Duration: Two days
- o Min/Max Number of training participants: Min. 8, max. 42

- AI's Pals Live Online Core Training:

**Training Cost:** \$325 per person for open enrollment registration or \$4,500 flat fee for private online training for a group of up to 15 people. Cost is \$600 per supplemental package for up to 2 additional online training slots

- o Training Duration: Four sessions, three hours each
- o Min/Max Number of training participants: Min. 8, max. 23



- **Optional Refresher and Advanced Training – Face-to-Face**  
Training Cost: \$1,500 flat fee for onsite training for a group of up to 30 people\*, \$25 per person above 30  
*\*Host organization is responsible for shipping and handling fees, training facility, AV equipment, food and trainer travel expenses.*
  - o Training Duration: Three hours
  - o Min/Max Number of training participants: Min. 10/ Max. 50
- **Optional Refresher and Advanced Training – Live, Online**  
Training Cost: \$1,300 flat fee for online training for a group of up to 30 people, \$1,000 flat fee for online training for a group of up to 12 people. \$100 per supplemental package for up to two additional online training slots
  - o Training Duration: Three hours
  - o Min/Max Number of training participants: Min. 10/Max. 30

**Availability in Spanish:** Only classroom posters and materials sent home to the families are available in Spanish.

## PROGRAM REPLICATIONS CONTACT INFORMATION

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## ADDITIONAL INFORMATION

**Website:** [www.wingspanworks.com](http://www.wingspanworks.com)

**SAMHSA's National Registry of Evidence-Based  
Programs & Practices (NREPP) Review Documents:**

[nrepp.samhsa.gov/ProgramProfile.aspx?id=1223#hide4](http://nrepp.samhsa.gov/ProgramProfile.aspx?id=1223#hide4)