Prevention Through Alternative Learning Styles (PALS)

BRIEF PROGRAM DESCRIPTION
Prevention through Alternative Learning Styles (PALS) is a unique ATOD prevention program that addresses the substance abuse prevention needs of youth ages 11-15. It is especially useful with youth that has alternative learning styles and/or disabilities. Through interactive group activities, students determine how they learn the best and then practice communicating this information to others. Teachers are instructed in how to adapt/modify ATOD prevention messages and are encouraged to use a variety of presentation formats to meet the unique learning needs of their students.

SPECIFIC OUTCOMES
• Increased knowledge of the effects of tobacco on the body.
• Increased confidence in ability to resist peer pressure.
• Increased confidence in ability to “say no” when offered tobacco.
• Decrease in use and/or decrease in intention to use tobacco.

AUDIENCE CHARACTERISTICS
Age Range: 11 - 15
Grade: Grades 6 - 10
Gender: Both Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Min 5/Max 30
# of Lessons: 10 (can be taught daily for 2 weeks or weekly for 10 weeks)
Length of Sessions: 45 – 60 minutes
Duration of Implementation: 2 weeks or 10 weeks
Training: Preferred

HOW IT WORKS
The PALS program contains five (5) units. Each unit consists of one of 5 topic areas which has two easy to follow lesson plans included. For best results, a minimum of two lessons per unit should be implemented. In addition, PALS does include additional materials so that teachers can add additional information, activities, homework, etc. to the original unit lessons. PALS is designed to be modified and adapted to each situation. For example, it can be implemented daily for ten days or can be delivered once per week for ten weeks.

IMPLEMENTATION ESSENTIALS
To replicate with fidelity:
• Teach 2 lessons in each of the 5 topic areas following the lesson plan provided.
• Teach the key points addressed in each of the lessons.

MATERIALS AND TRAINING
Required Materials
PALS curriculum binder - $300

Optional Materials
PALS storybooks - $5 each or $135 for a set of 30.

Training (Preferred)
Two-Day Training - $3,000 plus travel expenses
PROGRAM CONTACT
For training and implementation information contact:
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ADDITIONAL INFORMATION
Website: http://pals.wright.edu/
Program Information Worksheet
SAMHSA’s National Registry of Evidence–Based Program &
Practices (NREPP) Review Documents