

Research Précis

Edition 08 – 4

Winter 2009

Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

Title: Project T.N.T.

Overview:

Project T.N.T. is a comprehensive curriculum designed to reduce initiation of young teen non-users to cigarette smoking and smokeless tobacco as well as frequency of use for those who have already been initiated.

Target: Youth ages 10-15 in grades 5-10

Extent/Duration of Program: The program consists of ten lessons, each approximately 45 minutes in length, presented over a two- to four-week period. Two booster sessions are conducted the following year.

Program Costs:

- One set of curriculum materials (teacher's manual and one student workbook) is \$45.00. Sets of five student workbooks in English or Spanish are \$18.95.
- T.N.T. representatives provide two-day educator and/or three-day train-the-trainer sessions. Costs vary.

For further information, or to order:

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Web site: <http://www.etr.org>

Principles/Approaches/Components: *Project T.N.T. (Towards No Tobacco Use)* is based on the premise that there are multiple causes for tobacco use, risk factors for exposure to these causes vary among youth, and that programs should address these various causes in tandem. The program emphasizes understanding of the short- and long-term negative physiologic and social consequences of tobacco use, dealing with social influences and peer norms, identifying ways in which media and advertisers influence youth, identifying methods for building self-esteem, and developing coping and refusal skills. The program components focus on replacing negative with positive thoughts about resisting peer pressure, interactive explorations of the physical consequences of tobacco use, and games that serve to reinforce learning.

Evidence-based Effectiveness: Across 48 schools and over the period of two years initially involving seventh-grade students and ending as a follow-up with ninth-grade students, evaluation results indicated an almost one-third reduction in initiation of cigarette and smokeless tobacco use among program participants compared to students in control groups. Frequency of regular cigarette use among prior users decreased by 50-60%, and frequency of smokeless tobacco use by 100%.

Safe and Drug-free Schools and Communities Act (SDFSCA) connections:

A.iv - Activities that teach students to recognize social and peer pressure to use drugs illegally and the skills for resisting illegal drug use.

A.i - Activities that address the consequences of violence and the illegal use of drugs.

A.ii - Activities that promote a sense of individual responsibility.

National Standards connections:

Grades 5 through 10

Health Education Standard 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Health Education Standard 2 – Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

National Health Education Standards, Second Edition: Achieving Excellence. American Cancer Society, 2007.

Counseling: Personal and Social Development Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

Counseling: Personal and Social Development Standard C: Students will understand safety and survival skills.

ASCA National Standards for Students. American School Counselor Association, 2004.

Recognition and additional reports:

The following organizations/institutions have recognized *Project T.N.T.* The organizations are in alphabetical order and the status of the recognition is in parentheses.

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services (Programs That Work)

National Institute on Drug Abuse (NIDA) (Programs That Work)

SAMHSA (Model Program)

U.S. Department of Education (Exemplary Program)

GENERAL NOTES: The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

For information on other effective programs for promoting safe and drug-free schools and communities, visit www.designedinstruction.com/learningleads/effective-sdfs-programs.html

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