

FOOTPRINTS for LIFE

Program Description- FOOTPRINTS for LIFE is a research-based primary prevention program designed to build assets and teach skills through the use of puppets and stories that feature “real-life” situations. This program is designed to promote development of necessary assets to deter the first use of alcohol and other drugs. FOOTPRINTS for LIFE is focused on five key social competencies: Planning and decision making skills, interpersonal skills, cultural competence, peer pressure and peaceful conflict resolution.

Program Requirements-

Time: 6 Sessions, Once a week for 6 weeks. 45min-60min sessions.

Grades: 2nd and 3rd

Participants: All children in the classroom setting, teacher included. Also, the parent or guardian at home.

Commitment: FOOTPRINT for LIFE includes a family component with weekly assignments to be supervised by a parent/guardian. The assignments introduce effective language and techniques for communication about feelings and problems. Parents/guardians as well as classroom teachers are strongly encouraged to promote the use of this language to reinforce the value of the program and its concepts around healthy decision-making and peaceful conflict resolution. Each teacher will also be required to fill out an evaluation on each student.

Objectives-

Each of the five characters in the stories has a unique footprint and personality as well as family situations. Each character learns how to become more self-aware and consider the consequences of their actions. The characters demonstrate increased appreciation and understanding of their friends and realize the positive power of healthy problem solving such as coping instead of moping. Lessons also include skills to manage anger and the use of solution spotlight for effective conflict resolution. The information on tobacco and alcohol is age appropriate, woven within the broader themes of decision-making and seeking help from a caring and supportive adult when confronted with situations for which the child feels inadequate or fearful.

A basic premise of the principles taught in FOOTPRINTS for LIFE is that prevention efforts can enhance protective factors and move toward reversing or reducing risk factors. The target areas for deterring first use are family relationships, peer relationships, school environment, and community environment. Deterring first use is accomplished by increasing social-competency skills, adaption of pro-social attitudes and behaviors, and awareness of the harmful health, social, and psychological consequences of drug abuse whether they be legal or illegal substances.