

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 promotes the development of necessary assets to deter the first use of alcohol and other drugs; it focuses on key social competencies. The information on tobacco and alcohol is age-appropriate and woven within the broader themes of decision-making and seeking help from a caring, supportive adult when confronted with uncomfortable situations.

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, their teacher or leader, the program facilitator(s), and the parent or guardian at home

Goals and Objectives-

The goal of *Footprints for Life* is to encourage and help children to build a firm foundation of life skills, stemming from key social competencies. The social competencies that *Footprints for Life* addresses are practicing good planning and decision-making, interpersonal skills, cultural humility, peer pressure, and peaceful conflict resolution. *Footprints for Life* promotes positive, healthy attitudes and behaviors.

