

Program Outline of

A.D.U.P.P.

A Coalition of Drug/Alcohol Free Youth

Prevention
Frontiers, Inc.
A Not For Profit Organization

What this program does:

Introduces parents and children (in grades 4-7) to methods on how to prevent drug/alcohol and tobacco use; connects parents to information and resources through an organized network; introduces children to goal setting and leadership fundamentals while building their character and self esteem; gives children tools to fight drug use and create a large positive peer group. By using excess proceeds, PFI donates to other drug prevention organizations.

Why has the program been created?

By current census figures, there are about 40 million kids between the ages of 7 and 17, and there are at least 60 to 70 million parents who have the responsibility for raising these young people. We feel we can make a difference by helping parents to understand what they should be doing to prevent drug and alcohol use *before it starts*.

Through creating awareness and networks, putting resources at the parent's finger tips, and giving them the physical tools to work with we are initiating a parent's first step in implementing a drug/alcohol free policy that starts within the home.

The adolescents are given tools to say no with. They are encouraged to build value-based characteristics, self-esteem and pride in themselves. Through incentives and awards, they are encouraged to build positive peer groups and become leaders in drug/alcohol and tobacco use prevention.

How do we do this?

By putting information directly into the hands of parents and children we give them direct access to information and tools that are designed specifically to prevent drug/alcohol use.

The Tools are:

A Parent Network Handbook

This book seeks to inform and organize parents in regards to laying the foundation for a drug/alcohol free life-style by: 1. Educating parents on communication with their children. 2. Laying ground rules and bottom lines regarding drug/alcohol *non*-use. 3. Networking parents with all outside influences that can help prevent drug use.

This book is structured to give parents a general outline of what they need to do to be effective in dealing with their children and preventing drug/alcohol use.

A Children's Character-Building Workbook

Seeks to build children's values, character and self-esteem by setting goals to remain drug/alcohol free and to help others resist these pressures as well. We give them a mission and a means with which to carry it out successfully.

We encourage them to ask themselves some tough questions. These are: What do I stand for? Who or what do I want to be? Why do I want to be this type of person? How can I become this type of person? What do I need to do to actually become this type of person? What matters most to me?

We give examples to each so they can question themselves effectively. Through the process of self-discovery, they are better prepared to set their goals on who or what they want to become and what they want to achieve.

Through a section called the Definition Workshop, we ask them to define words that empower them to use good judgement through an instilled value-based vocabulary. A positive affirmation word-search is included for fun.

Then, we give them lists of **“Ways to Say No”** to drugs/alcohol as well as ways to avoid situations altogether which require them to say no.

Next, we provide an outline for group activities planning and leadership skills development.

Finally, we list over 50 activities for children to do when they are convinced that they are bored!

This ADD UP program was written, produced and delivered by Dan Auito a 20 year U.S. Coast Guard veteran. This program was intended to educate children grades 3-7 and the parents whose job it is to guide them. Please feel free to download this no cost course while visiting Dan at www.magicbullets.com. Please tell him how it has helped and feel free to disseminate this material free of charge to all those who could benefit from the research. Children are the future, protect them!