
TIP SHEET

PROJECT TOWARDS NO DRUG ABUSE IMPLEMENTATION

PROGRAM OVERVIEW

Project Towards No Drug Abuse (Project TND) is a drug use prevention program for high school youth. The current version of the curriculum is designed to help students develop self-control, communication skills, acquire resources that help them resist drug use, improve decision-making strategies, and develop the personal motivation to not use drugs.

Project TND targets high school youth, ages 14 to 19. The program has proved successful when implemented in regular as well as alternative high schools, with students from diverse ethnic and socioeconomic backgrounds. Students receive 12 interactive sessions that are 40 to 50 minutes in length. In Project TND sessions, students:

- ▶ Examine their beliefs and perspectives.
- ▶ Examine their ambivalence about drug use.
- ▶ Clarify what kind of person they are and what they value.
- ▶ Resolve self-arguments.

Project TND Program Objectives

At the completion of this program, students will be able to:

- ▶ Stop or reduce the use of cigarettes, alcohol, marijuana, and hard drugs (i.e., cocaine, hallucinogens, depressants, amphetamines, etc.).
- ▶ Stop or reduce weapon carrying and victimization.
- ▶ State accurate information about the consequences of drug use and abuse, including environmental, social, physiological, and emotional consequences.
- ▶ Demonstrate behavioral and cognitive coping skills.
- ▶ Make a personal commitment regarding drug use.

TEACHING STRATEGIES

Project TND is an effective program that is intended to help break the chain between drug use and abuse. A critical point between use and abuse occurs during the high school years. Project TND provides students detailed information about the social and health consequences of drug misuse, provides motivation enhancement strategies, and includes instruction in active listening, effective communication skills, stress management/coping skills, tobacco cessation techniques, self-control, and decision-making skills to counteract risk factors for drug abuse relevant to older teens.

Optional Instructional Format

One of the new features of Project TND is the inclusion of an optional instructional format in sessions 1, 3, and 6. The optional format involves delivery of the same program content but through the use of small discussion groups rather than discussions with the entire class. The optional format can be used in settings in which students may stay on task and participate more actively when they are organized in small groups. The use of the entire class format or small group discussion format is at the discretion of the teacher.

For sessions 1, 3, and 6, the optional format is outlined on the colored pages of the manual. If a teacher chooses to use the optional format, they should begin the session as outlined on the white pages for that session, and then switch to the colored pages, continuing to the end of the session using the steps outlined on the colored pages.

Place students into small groups carefully.

Educators oftentimes want to allow students to have a voice and a choice when choosing groups for small group activities, but program effectiveness may be jeopardized when the groups are constituted based on friendships and shared substance use experiences. Therefore, students who have substance use histories should not be grouped together. If you decide to use the optional small group format for Project TND sessions 1, 3, and 6, the program developers recommend that you create groups in which students will work well together. Generally, it is preferable to have groups of 5 to 8 youth that are heterogeneous in terms of student factors such as gender, ethnicity, and academic achievement.

Make activities fun.

Each of the program sessions is highly participatory and interactive. The sessions provide opportunities for interactions among students and between students and the teacher.

Enjoy the TND game.

The TND game was developed to promote student participation, reinforce learning, and aid the teacher with classroom management. The game is to be used as a previous session review at the beginning of each class (except for session 1). As time permits, it should also be used as a session summary at the end of each class. For the game to be most effective, a reward system should be part of the structure. Extra credit for the winning team or small prizes can strengthen students' investment in the sessions and the game.

ADDITIONAL RESOURCES

For more information about the Youth Prevention Education model programs approved by IDHS SUPR and the implementation conditions and parameters for each curricula, please refer to the [Youth Prevention Education Evidenced-Based Model Program Overview](#) on the [Prevention Strategy Resources](#) page on the Prevention First Website.

For more information about technical assistance or the services we offer, please contact providerservices@prevention.org or call 312-909-9768.

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