

# SUBSTANCE ABUSE PREVENTION

## PROFESSIONAL DEVELOPMENT

**PREVENTION FIRST**  
*Building community capacity to prevent substance abuse*

## TIP SHEET

## ALL STARS: IMPLEMENTATION

### PROGRAM OVERVIEW

All Stars is a school-based program for middle school students (11-14 years old) designed to prevent and delay the onset of high-risk behaviors such as drug use, violence, and premature sexual activity. The program focuses on five topics important to preventing high-risk behaviors. Those five topics are:

- Developing positive ideals that do not fit with high-risk behaviors.
- Creating a belief in conventional norms.
- Building strong personal commitments to avoid high-risk behaviors.
- Bonding with school, prosocial situations, and family.
- Increasing positive parental attentiveness such as positive communication and parental monitoring.

The All Stars curriculum includes highly interactive group activities, games and art projects, small group discussions, one-on-one sessions, a parent component, optional online activities, worksheets, and a celebration ceremony.

The All Stars Core program is designed to be delivered when students are between 11 and 14 years old, which is 6th or 7th grade. There are 13 highly interactive 45-minute sessions, with an additional eight optional sessions if classroom time permits. Weekly or twice weekly delivery is recommended.

The All Stars Booster program is designed to be delivered one school year after the All Stars Core program. The All Stars Booster program includes nine 45-minute sessions that reinforce, but do not duplicate, lessons learned in the Core program. Six additional optional sessions, including a community service project are available to supplement the mandatory lessons.

The All Stars Plus program builds on content covered in the All Stars Core program. The program consists of twelve 45-minute sessions that are supplemented with five optional sessions that can be delivered if time permits. The All Stars Plus program can be taught the same year, but after the completion of the All Stars Core program or the All Stars Booster program, or All Stars Plus is ideal as a third-year dose of intervention.

## **SPECIAL CONSIDERATIONS FOR ILLINOIS SUBSTANCE ABUSE PREVENTION PROVIDERS**

All Stars Core, All Stars Booster, and All Stars Plus all contain mandatory and optional lessons. All mandatory lessons must be taught, but optional lessons are sessions that can be implemented if time permits. Providers are required to implement both the Core program and the Booster program, while the All Stars Plus program is optional.

### **TEACHING STRATEGIES**

#### **Tailor Lessons for Your Students and Yourself**

All Stars is not a scripted program. Teachers are encouraged to thoroughly prepare for each lesson and tailor the language and style of your presentation to fit the setting. It is important to deliver the lessons in ways that will be most relevant with your particular group. Practicing the lessons in advance will ensure you are genuine and believable as an All Stars instructor, and it will help make your lessons memorable.

#### **Model Skills**

Demonstrating skills to be imitated is an important teaching tool. Take the time to practice your demonstration of the skill before entering the classroom to ensure your examples are genuine and practical.

#### **Understand Your Students**

During adolescence young people grow and mature. They change from being concrete thinkers to becoming abstract thinkers. The transition through adolescence increases social awareness, a need to fit in, and the desire to gain a personal identity and social status. Encourage your students to see the “big picture” and think beyond the here and now.

#### **Show Respect**

All adults who interact with youth have the responsibility to help raise the next generation. Treat every student with respect. Listen carefully and acknowledge what young people say. Acknowledge that students ultimately make their own decisions, and clarify that despite the pressures they feel, they have the power to protect themselves and make safe and healthy choices. Respect their ability to set their own personal commitments, even if you feel that the commitment is minimal.

#### **Be Enthusiastic**

Enthusiasm is contagious! If you are excited about the materials and messages you deliver to students, they are more likely to enjoy the program.

#### **Access the All Stars Online Community**

Access to the All Stars Online Community website is offered free to those who purchase All Stars materials. The Online Community allows easy access to “session by session” tips for how to teach All Stars correctly, how to engage students during instruction, how to identify and address the needs of high-risk students, and how to improve teaching effectiveness.

### **ADDITIONAL RESOURCES**

For more information about technical assistance or the services we offer, please contact [providerservices@prevention.org](mailto:providerservices@prevention.org) or call 217-836-5346.

SAMHSA's National Registry of Evidence-Based Programs and Practices – NREPP – [www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)

All Stars Internet Support: [www.allstarsprevention.com](http://www.allstarsprevention.com)

All Stars Materials or Program Inquiries: [allstarsprevention1@gmail.com](mailto:allstarsprevention1@gmail.com) or 1-336-601-9909

All Stars Training Assistance: Kathleen-Nelson Simley [kathleensimley@gmail.com](mailto:kathleensimley@gmail.com) or 1-402-489-1072