



EXECUTIVE DIRECTOR
Geetha Arulmohan



Program Summary Sheet

Title Footprints for Life

CSAP Strategy Education

Risk Factors Addressed Family History of Alcoholism/Drug Abuse;
Early First Use

Evidence-Based Program/Principles NIDA Prevention Principles #1, 2, 6, 7 and 15

| Program | Audience | Lesson Length |
|----------------|---------------|-----------------------|
| Forest Friends | Grades 2 or 3 | 6 (45 minute) lessons |

Program Services Include One pre-program consultation with administration;
6 classroom/group lessons for a maximum of 25 children;
Lessons tailored to age/grade level;
Pre/post surveys, educational materials, personalized certificates and evaluation summary.

Summary
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 experienced by a children’s soccer team. The six-week program is designed to be presented in the classroom setting and includes a parent information letter and weekly home assignments. The program is designed to promote developmental assets to deter the first use of alcohol and other drugs. The curriculum is designed to be implemented in 2nd or 3rd grades and uses developmentally appropriate learning materials.

- Learning Objectives**
1. Encourage self-confidence and self-esteem and learning to make good choices.
 2. Teach youth to resist pressures to use drugs.
 3. Promote useful alternatives for dealing with problems.

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