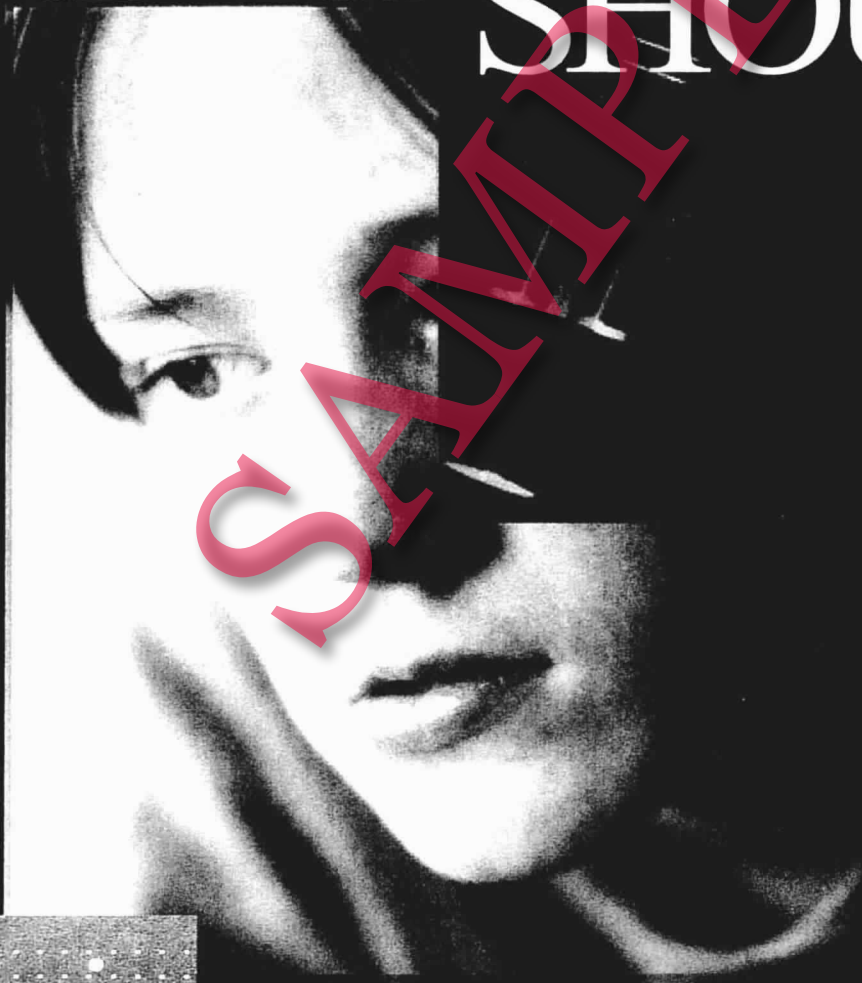


**Youth Substance Abuse
Prevention Programs Archive**

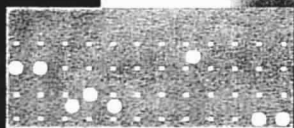
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Project SHOUT

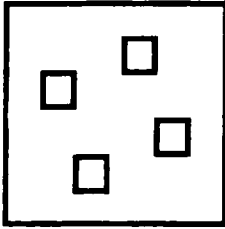


SAMPLE



SOCIOMETRICS

User's Guide



Program Abstract

Title Project SHOUT

Summary *Project SHOUT* (Students Helping Others Understand Tobacco) is a five-year tobacco-use prevention program starting with fifth-grade students. The program uses a psychosocial intervention in a classroom setting (with home booster) that combines educational, social activism and behavioral strategies with personalized telephone and mail boosters. It was originally implemented as a three-year program in 11 junior high schools in San Diego County, California, starting in 1988. Eleven different junior high schools served as controls. College undergraduates who served as seventh- and eighth-grade classroom facilitators over two years led the original program. Subjects then received newsletters and personalized booster telephone calls at home (again conducted by the undergraduates) during their ninth-grade year. Classroom sessions were usually conducted in social studies or sciences classes. A skills training component of the classroom sessions took up approximately 30% of the total classroom time and included learning about the role of social influences on tobacco use, rehearsing methods of resisting pressure to use tobacco, practicing decision making, performing and watching tobacco-refusal skits, and earning prizes for practicing refusal skills. A home-based booster program included a total of five newsletters and four telephone calls to the intervention students. The newsletters contained information regarding local tobacco control events, articles on tobacco industry tactics, state and national tobacco legislation, cessation tips, the latest tobacco-related research, and a question-and-answer column. Telephone calls conducted by trained counselors followed each newsletter and started with a discussion of some of the articles in the newsletter. The interactive calls covered opinion polls, normative education instruction, refusal skills training, and tobacco news and cessation. About 15% of the home-based program was devoted to review and practicing of tobacco refusal skills. Evaluation of the three-year program showed that at the end of the third year, the prevalence of tobacco use in the past month was 14.2% among the intervention students and 22.5% among the control students.

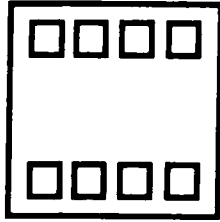


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