

Protecting You / Protecting Me

Lesson Topics and Major Messages

Lesson 1: Our Brain

Students learn about the physical role of the brain and its importance.

Message: Children's brains are different from grown-ups' brains.

Lesson 2: Growth and Development

Students learn about the danger of alcohol exposure to the developing brain.

Message: Brain development within the first 21 years of life provides the foundation for development as an adult.

Lesson 3: Health and Safety

Students learn to not trust their lives to luck, but to make healthy, safe choices.

Message: It's our job to protect our brain as it develops.

Lesson 4: Rules and Laws

Students learn about the purpose and value of using rules and laws.

Message: Rules and laws are created so we don't have to leave our lives to luck. We know how to protect ourselves and others.

Lesson 5: Friends

Students learn that being a friend includes helping a person be safe.

Message: Friends help keep each other safe.

Lesson 6: Choices and Decisions

Students learn that they can, and sometimes need to, say "no."

Message: We can say "no" and keep our friends.

Lesson 7: Media Awareness

Students learn to not trust commercials to give us all the information we need to protect ourselves and others.

Message: We need to know what the media doesn't tell us.

Lesson 8: Communication

Students learn that they can talk to adults about things that are hard to talk about.

Messages: Children can talk to grown-ups about difficult subjects, and children can protect themselves when grown-ups don't.

Grade 5 only:

Protecting Our Brain DVD (12 min.)

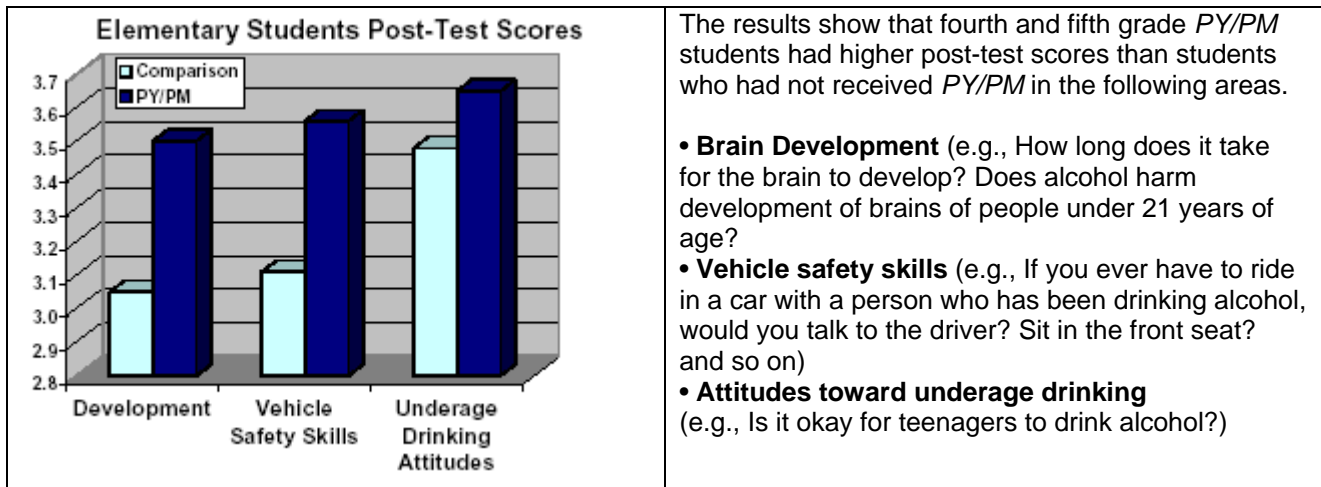
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Evaluation Results

PY/PM has been evaluated by The Bell Group, an independent evaluation company, in conjunction with the Pacific Institute for Research and Evaluation (PIRE). Two evaluation studies of the program have been conducted, one evaluating the youth-led model of implementation, and the other evaluating the adult-led model of implementation.

Adult-Led Model

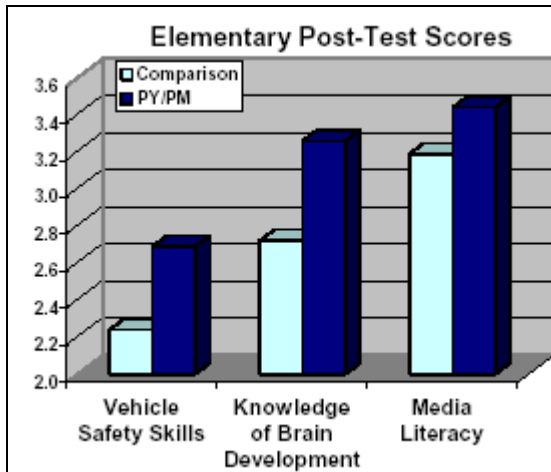
A five-year study was conducted to evaluate the effect of the *PY/PM* lessons on students when taught by classroom teachers. The 2003–2004 school year was the first year it was possible for students to have had all five years of *PY/PM* (grades 1–5). The evaluation study focused on the effect of having *PY/PM* for multiple years, and results showed statistically significant differences between students who received *PY/PM* and the comparison students who received no lessons. Students retained lessons learned in previous years and their scores improved based on the number of years they received the *PY/PM* lessons.



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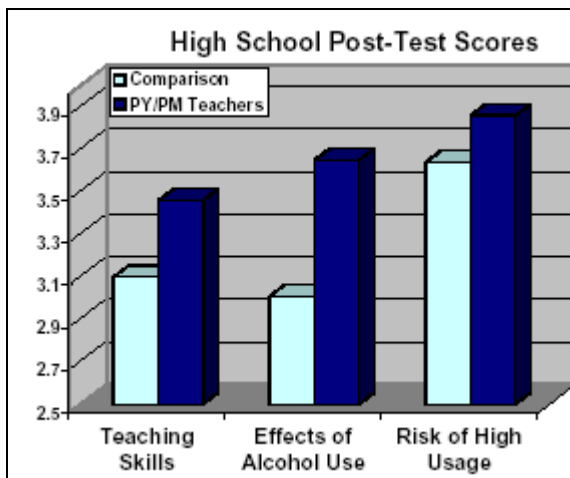
Youth-Led Model

The youth-led evaluation study is funded by the Criminal Justice Division of the Texas Governor's Office to evaluate the effectiveness of *PY/PM* when taught by high school students in the Peer Assistance and Leadership (PAL®) program (peer leaders). Selected peer leaders who are trained and supervised by their teacher teach the lessons to elementary students. The youth-led evaluation is currently in its fifth year. Results have shown that the youth-led model of implementation has a positive effect on the elementary students who receive the curriculum and the high school students who teach it. The youth-led approach has also increased the number of elementary students who receive the *PY/PM* curriculum. In the 2003–2004 school year, 496 peer leaders taught in 387 classrooms to 8,204 elementary students.



Elementary students who received *PY/PM*:

- **Improved their vehicle safety skills** (knowing how to protect themselves when they have no option but to ride with an impaired driver).
- **Became more media literate** (understanding how television and other commercials can slant the truth or not tell the whole story).
- **Increased their knowledge of the brain** (knowing when the brain is fully developed and how alcohol affects the developing brain).



High school peer leaders who taught *PY/PM*:

- **Gained valuable teaching skills**
- **Gained knowledge related to the effects of alcohol use**
- **Increased their knowledge of the risks associated with high levels of alcohol use**