**Protecting You/Protecting Me**

**Evaluation Results**

*Protecting You/Protecting Me* (PY/PM) is a research-based program that has been shown to be effective in changing students' knowledge, attitudes, and behaviors about underage alcohol use and riding with an impaired driver. *PY/PM* has been recognized as a Model Program by the National Registry of Evidence-Based Programs and Practices and the Office of Juvenile Justice and Delinquency Prevention, and has been endorsed by the National Association of Elementary School Principals, the American Medical Association, and the American Academy of Pediatrics.

*Protecting You/Protecting Me* can be taught by trained adults or youth. Adult-led *PY/PM* taught by elementary school teachers was the subject of a five-year evaluation in four schools in Texas and Montana. Youth-led *PY/PM* taught by high school students enrolled in a peer leader course was the subject of two studies: one that involved eight Texas schools and focused on elementary students' outcomes, and another which focused on high school students in twelve Texas schools. Studies of the Spanish-language version of *PY/PM* and of the process of culturally tailoring *PY/PM* for Native Americans have also been conducted.

Students who receive adult-led *PY/PM* have been shown to gain knowledge of the effects of alcohol on the developing brain, perceptions about the harmfulness of underage alcohol use, attitudes that people under twenty-one should not drink alcohol, media literacy, and vehicle safety skills when compared to students not participating in the program. *PY/PM* participants are also 2.4 times less likely to ride with an impaired driver than nonparticipants. The program has been found to be equally effective for females and males and for white and nonwhites with two exceptions: whites showed slightly higher gains in vehicle safety skills than nonwhites, and nonwhites showed slightly higher gains in attitudes against underage alcohol use than whites.

Youth-led *PY/PM* has been shown to have positive effects on the elementary students who receive the *PY/PM* curriculum and the high school students who teach it. The elementary students improved their vehicle safety skills, became more media literate, and increased their knowledge about the brain compared to nonparticipating students. High school peer leaders who taught *PY/PM* increased their perceptions of the risks of high levels of alcohol use, gained teaching skills, and showed less binge drinking.

The following journal articles provide information about the evaluation results of Protecting You/Protecting. Some of the following articles are available at www.PYPM.org:


