

Edition 10 – 2

Summer 2009

# Research Précis

## Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

### Title: Lions-Quest Skills for Adolescence

#### Overview:

*Lions-Quest Skills for Adolescence* is a universal school- and community-based life skills program designed to reduce risk of substance abuse and violence by providing a nurturing, caring environment that enhances character, social and emotional competency, an ethic of community service, and good citizenship skills.

*Target:* Classroom implementation with students in grades 6-8 (ages 10-14)

*Extent/Duration of Program:* The program duration is three years. In the first year students are taken through the foundation unit curriculum, and in the second and third years students are exposed to booster sessions (12 in the second and 6 in the third) that add additional time for developmentally advanced skill building.

#### Program Costs:

- Costs include \$120 for each curriculum set, \$3.95 for each parent book, and \$5 for each student book. Regional training costs \$425 per person, including curriculum, 25 student books, facility and meals. Contract workshops cost \$6,500, including the trainer's travel and curriculum materials (except student workbooks) for up to 36 participants.  
- Each adult receives introductory 2- or 3-day training to receive SFA program materials. An extensive 10-day trainer program prepares local personnel to conduct their own staff development. Preset regional workshops and onsite contract workshops are available.

#### For further information, or to order:

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*Principles/Approaches/Components:* *Lions-Quest Skills for Adolescence* is based on the premise that service learning, skills and character development, substance abuse education, school and community collaboration, and a positive school climate will reduce the risk of adolescent involvement in substance abuse or violent behavior. The program features five components, including a flexible nine-week to three-year classroom curriculum consisting of 45-minute lessons; family and parent involvement through homework, meetings, a parent book, and joint activities; school climate focus through reinforcement of curriculum themes during scheduled events; community involvement through service organizations and community service projects; and professional development for involved adults.

*Evidence-based Effectiveness:* More than 50 studies worldwide have contributed data regarding the Lions-Quest program, but the most significant were the 1992 findings that emerged from a study carried out by the National Institute on Drug Abuse (NIDA). Results after one year revealed that the program effectively deters initiation of cigarette smoking across all

racial and ethnic groups. Results after both one and two years revealed that the program effectively deters marijuana use across all groups. Results after two years further revealed that the program effectively lowers binge-drinking rates among Hispanic students.

**Safe and Drug-free Schools and Communities Act (SDFSCA) connections:**

A.i - Activities that address the consequences of violence and the illegal use of drugs.

A.ii - Activities that promote a sense of individual responsibility.

A.iv - Activities that teach students to recognize social and peer pressure to use drugs illegally and the skills for resisting illegal drug use.

B - Activities that involve families, community sectors, and a variety of drug and violence prevention providers in setting clear expectations against violence and illegal use of drugs and appropriate consequences for violence and illegal use of drugs.

D - Professional development and training in prevention, education, early identification and intervention, mentoring, or rehabilitation referral, as related to drug and violence prevention.

E.xvii - Developing and implementing character education programs that take into account the views of parents of the students for whom the program is intended and such students.

E.xix - Community service, including community service performed by expelled students, and service-learning projects.

**National Standards connections:**

*Grades 6 through 8*

Health Education Standard 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Health Education Standard 8 – Students will demonstrate the ability to advocate for personal, family and community health.

*National Health Education Standards, Second Edition: Achieving Excellence. American Cancer Society, 2007.*

**Recognition and additional reports:**

The following organizations/institutions have recognized *Lions-Quest Skills for Adolescence*.

The organizations are in alphabetical order and the status of the recognition is in parentheses.

Collaborative for Academic, Social, and Emotional Learning (CASEL) (Select Program)

SAMHSA (Model Program)

U.S. Department of Education's Safe and Drug Free Schools and Communities Program (Promising Program)

**GENERAL NOTES:** The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

Designed Instruction’s effective SDFS program research series was funded by the United States Department of Education. For information on other effective programs for promoting safe and drug-free schools and communities, visit [www.designedinstruction.com/learningleads/effective-sdfs-programs.html](http://www.designedinstruction.com/learningleads/effective-sdfs-programs.html)

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