

SPORT MARIJUANA AWARENESS



Young Adolescents Program

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SPORT Marijuana Awareness

YOUNG ADOLESCENTS PROGRAM

Table of Contents

Section 1: Introductory Letter

Section 2: Directions for Implementation

Section 3: Individual Youth Intervention Materials

Section 4: Group Intervention Materials

Section 5: Evaluation Materials

Section 6: Marijuana Myths and Resources

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SPORT

Marijuana Awareness

Section 1:

Introductory Letter

Dear Prevention and Health Professional;

Welcome to **SPORT Marijuana Awareness!** **SPORT**

Marijuana Awareness is an easy to use program for professionals who want to prevent or reduce marijuana use by promoting awareness of marijuana risks and the fitness, health and positive self-image of youth. **SPORT Marijuana Awareness** is an evidence-informed intervention founded on the SPORT Prevention Plus Wellness program, which is listed in the federal government's

SPORT Marijuana Awareness is an easy to use program...to prevent or reduce marijuana use by promoting awareness of marijuana risks and the fitness, health and positive self-image of youth.

National Registry of Evidence-based Programs and Practices (NREPP).

SPORT Marijuana Awareness is a practical, single-lesson program that illustrates how marijuana is harmful to those things important to youth, and corrects common myths, misconceptions and norms about its use. And it also aims to increase protective wellness behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control that enhances future self-image.

SPORT Marijuana Awareness targets naturally motivating positive behaviors and images to increase personal goal setting to improve multiple health habits

and positive self-identity. **SPORT Marijuana Awareness** is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health or intervention programs. It can also be repeated over time, providing a sustained intervention.

The **SPORT Marijuana Awareness Program** was designed to help youth look and feel more active, fit and healthy by having them:

1. Identify wellness enhancing behaviors, along with marijuana risks that interfere with reaching

- wellness behavior goals and positive self-images;
2. Become aware of positive images of youth engaged in wellness promoting behaviors, and desired images of themselves in the future; and
3. Make a commitment to set and monitor multiple goals to increase wellness promoting behaviors, while avoiding wellness harming marijuana use.

Your **SPORT Marijuana Awareness Manual** contains the following materials:

- Step-by-step implementation directions and tips;

- Brief self-administered youth health and fitness behavior screen;
- Tailored scripts for providing an individual youth or optional group lesson;
- Set of colorful slides to present during the lesson;
- Goal plan for motivating multiple behavior change;
- Group exercise to increase classroom interaction during the group lesson;
- Feedback survey for participating youth to evaluate the quality of the lesson;
- Implementer's chart to assess the quality of the lesson presentation;
- Fidelity checklist to increase implementation reliability; and
- Lists of common marijuana myths and helpful evidence-informed resources to learn more about marijuana misconceptions and risks posed to youth.

Your program also includes phone and email program support, and a digital download of reproducible materials.

Check out our website (preventionpluswellness.com) for additional materials and services, including: 1) Marijuana awareness training, campaigns, and slide programs; 2) Online and on-site training workshops for adults and youth leaders; 3) Marijuana, alcohol and tobacco prevention with sports and health programs; 4) Parenting tools to promote drug-free, active and healthy youth; 5) Substance abuse recovery and treatment wellness programs; and 6) Prevention with wellness books and wristbands.

Thank you for choosing **SPORT Marijuana Awareness**. We know you will find this program an easy and enjoyable way to promote knowledge of marijuana risks and myths, increase positive behaviors and self-image, and prevent and reduce marijuana use among your youth.

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Marijuana Awareness

Section 2:

Directions for Implementation

Directions for Implementing

SPORT

Marijuana Awareness

SPORT *Marijuana Awareness* is implemented using these easy to follow procedures:

- 1) **Pre-Implementation:** Select at least two individuals per site to serve as implementers/instructors. It is highly recommended these persons receive online or on-site training to be certified to implement **SPORT *Marijuana Awareness***. Appropriate models for providing prevention and health messages to youth could include teachers, coaches, nurses, counselors, peer leaders, adult volunteers, or parents from your school, youth organization, clinic or church.
- 2) Practice implementing the screening survey, program scripts (individual and group versions), and goal plan three or more times with each other. Practice is critical to becoming familiar and comfortable with the format and content prior to implementing with youth.
- 3) **Step #1: Screening:** Implement the screening survey in a private setting. Read the directions to the screening survey aloud and ask the youth to answer the questions about their health and fitness habits honestly. Screens can be implemented in a couple of minutes to youth individually or in a group.
- 4) **Step #2: Feedback:** Select the youth's screen responses and then "read" the brief individual lesson script to the youth. During the lesson the instructor should maintain good eye contact with the youth, avoid ad libbing, and use an upbeat and varied voice while following the script.
- 5) Show the colorful slides of youth modeling positive health and fitness behaviors, and reinforcing key image terms during the lesson.
- 6) **Step #3: Goal Setting:** Read the goal plan aloud and help the youth complete it. Then you and the youth sign and date the contract. Encourage each youth to complete the goal plan for their benefit, but don't try to force them. Next, ask the youth to post their plan at home as a reminder to monitor their behavior goals. You can keep a copy of each youth's goal plan for a future follow-up session.
- 7) Use the optional group lesson script if you'd rather implement **SPORT *Marijuana Awareness*** to a group of youth. After completing the screening, group script and goal

setting, you may wish to use the optional group exercise to increase interaction and discussion among the youth.

- 8) **Step #4: Follow-up:** Re-administer ***SPORT Marijuana Awareness*** in individual or group format every 6-12 months as a booster program to inoculate youth against marijuana risks. In addition, the goal plan can be re-implemented weekly or monthly for more frequent contact. Use **SPORT Prevention Plus Wellness, SPORT 2** or **In God's Image (IGI)** as follow up programs to increase physical, mental and even spiritual health of youth.
 - 9) **Evaluation Data Collection:** Ask youth to complete the feedback survey immediately after implementing the lesson. We provide an Excel spreadsheet to conduct an analysis of immediate pre-posttest changes on behavioral willingness measures found in the screening and feedback surveys. Each instructor should complete an implementer's chart to assess the quality of program implementation at the conclusion of the lesson. In addition, use the fidelity checklist to ensure the program is being implemented reliably.
 - 10) **Marijuana Myths and Resources:** If you'd like, discuss the list of common marijuana myths with your youth, and provide youth and parents with the list of online resources to help them learn more evidence-informed facts about marijuana misconceptions and risks, especially for youth.
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Marijuana Awareness

Section 3:

**Individual Youth Intervention
Materials**

Date: _____

Code: _____

**SPORT© Marijuana Awareness
Young Adolescent Version
Health & Fitness Screening**

Directions: The purpose of this survey is to determine what you are thinking and doing about your health. Your answers will be kept very secret. **DO NOT PLACE YOUR NAME ON THIS FORM.** The code number on the top of this page will allow us to keep your name secret. We want to know what you really think, so please answer all questions honestly. Thank you.

1. What sports or physical activities did you play in during the last year? (Check all that apply)

- a. Baseball/Softball
 - b. Basketball
 - c. Riding a bicycle
 - d. Dance/Cheerleading/Gymnastics
 - e. Football
 - f. Golfing
 - g. Horseback riding
 - h. Running or walking
 - i. Rollerblading
 - j. Skateboarding
 - k. Soccer
 - l. Surfing
 - m. Swimming
 - n. Track
 - o. Volleyball
 - p. Tennis
-

SPORT© Marijuana Awareness Young Adolescent Version Individual Lesson

Introduction

(Show slide). Hi, _____.
(Youth's name)

habits and how your actions can make you healthy and keep you healthy.



Screening Survey

Now, please take out your copy of the **SPORT** Health and Fitness Screen. The purpose of this survey is to determine what you are doing about your health. Your answers are private. **DO NOT PLACE YOUR NAME ON THE SURVEY.** We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until the survey is

completed).

1. Sports/Physical Activity Last Year

Note: Read only ONE response. If youth checks any sport or physical activity in question #1 on screening, read “Yes” response. If youth answers “r” for question 1, read “No” response.

(Yes) Sports/Physical Activity

1. (Show slide). I see that you do: _____.
(Name of sports/physical activities)

Sports and physical activities are a great way to get regular exercise! Sports and physical activities are fun, help keep you healthy, help you feel good about yourself, give you lots of energy, and can help you do better in school.



SPORTS & PHYSICAL ACTIVITIES:

1. Are fun.
2. Keep you fit & healthy.
3. Make you feel good about yourself.
4. Give you lots of energy.
5. Help you do better in school.

2. (Show slide). However, marijuana and an active lifestyle don't mix. Using marijuana can hurt your health and affect how well you do in sports and physical activities.



☐ (No) Sports/Physical Activity

1. (Show slide). I see that you do not play sports or participate in any physical activities. You can really improve your health and how well you feel by being more active. Sports and physical activities are fun, keep you healthy, help you feel good about yourself, give you lots of energy, and help you do better in school. Pick a fun physical activity that you like to do, such as riding a bike or walking, and do it today!



SPORTS & PHYSICAL ACTIVITIES:

1. Are fun.
2. Keep you fit & healthy.
3. Make you feel good about yourself.
4. Give you lots of energy.
5. Help you do better in school.

2. (Show slide). Marijuana use can keep you from having an active life. Using marijuana can hurt your health and affect how well you do in physical activities and in school.
-



**Marijuana can hurt your health and how
you do in school and sports.**

**AN ACTIVE LIFE AND MARIJUANA
DO NOT MIX**

SPORT© Marijuana Awareness
Young Adolescent Version
Wellness Goal Plan

To be active, healthy, and look and feel good, make sure you:

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit every day, limit junk food, and eat lots of healthy foods such as fresh vegetables and fruits.
3. Do some fun physical activity, such as riding a bike, running, walking, swimming, or playing a sport for at least 30 minutes a day on most days.
4. Most importantly, stay away from all marijuana use!

Keep in mind, being fit does not mean being perfect. Your main goal should be to have a healthy body image and not engage in unhealthy ways to control or lose weight.

I help you achieve the above goals, I want you to make the following pledge:

I _____, promise to stay away from marijuana
(Youth's name)
use each day during the next 30 days.

The parent/guardian who will remind me to continue to stay away from marijuana each day during the next 30 days is _____.
(Parent/Guardian's name)

In addition, one other healthy habit I'd like to improve or continue doing during the next 30 days from the list above is:

- 1. List a specific health habit (e.g., play tennis NOT get more exercise):**

_____.

- 2. Amount (e.g., 30 minutes each time):** _____.
-

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Marijuana Awareness

Section 4:

Group Intervention Materials

SPORT© Marijuana Awareness Young Adolescents Version Group Lesson

Introduction

(Show slide). Hello. For the next several minutes I will be talking with you about **SPORT**, an exciting new fitness and health program. Together we will look at how your actions can make you healthy and keep you healthy.



Screening Survey

Now, please take out your copy of the **SPORT** Health and Fitness Screen. The purpose of this survey is to determine what you are doing about your health. Your answers are private. **DO NOT PLACE YOUR NAME ON THE SURVEY.** We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until everyone has completed the survey).

Sports/Physical Activity Last Year

1. (Ask class members to raise their hands and respond as you read each of the types of physical activities). What sports or physical activities did you play in the last year? For example...

- a. Baseball/Softball
- b. Basketball
- c. Riding a bicycle
- d. Dance/Cheerleading/Gymnastics
- e. Football
- f. Golfing
- g. Horseback riding
- h. Running or walking
- i. Rollerblading
- j. Skateboarding
- k. Soccer
- l. Surfing
- m. Swimming
- n. Track
- o. Volleyball
- p. Tennis
- q. Others (describe): _____

1. (Show slide). Wonderful. Sports and physical activities are a great way to get regular exercise! Sports and physical activities are fun, help keep you healthy, help you feel good about yourself, give you lots of energy, and can help you do better in school.



SPORTS & PHYSICAL ACTIVITIES:

1. Are fun.
2. Keep you fit & healthy.
3. Make you feel good about yourself.
4. Give you lots of energy.
5. Help you do better in school.

2. (Show slide). However, marijuana and an active lifestyle don't mix. Using marijuana can hurt your health and affect how well you do in sports and physical activities.



**Marijuana can hurt your health and how
you do in school and sports.**

**AN ACTIVE LIFE AND MARIJUANA
DO NOT MIX**

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Marijuana Awareness

Section 5:

Evaluation Materials

SPORT Marijuana Awareness Feedback Sheet

CODE: _____

Directions: Please circle one answer for each question below. We really want to know what you think about this part of the SPORT© Program. Please answer honestly. Thank you for your help!

	Not (none) at all	A little	Some	A lot
1) Did you like the <i>SPORT</i> lesson?	1	2	3	4
2) Would you recommend the <i>SPORT</i> lesson to other students?	1	2	3	4
3) Do you think this <i>SPORT</i> lesson will help students make healthy choices?	1	2	3	4
4) Will the <i>SPORT</i> lesson help you increase your physical activity next month?	1	2	3	4
5) Will the <i>SPORT</i> lesson help you avoid alcohol use next month?	1	2	3	4
6) Will the <i>SPORT</i> lesson help you avoid marijuana use next month?	1	2	3	4
7) Will the <i>SPORT</i> lesson help you avoid cigarette smoking next month?	1	2	3	4
8) Will the <i>SPORT</i> lesson help you increase your healthy eating next month?	1	2	3	4
9) Will the <i>SPORT</i> lesson help you increase your sleep next month?	1	2	3	4

SPORT Marijuana Awareness Implementer Lesson Chart

Code: _____

Directions: Circle one response for each item and provide comments.

1. Wellness instructor's comfort level while providing the lesson:

4=A lot

3=Some

2=A little

1=None

Comments on comfort level:

2. Use of active listening and presenting (i.e., eye contact, body position, changing tone of voice, listening):

4=A lot

3=Some

2=A little

1=None

Comments on active listening/presenting:

3. Smoothness or continuous flow in delivery of the lesson:

4=A lot

3=Some

2=A little

1=None

Comments on smoothness or continuous flow of lesson:

Prevention Plus Wellness Program Fidelity Checklist

Implementation

1. Implemented the screen to participants in a private or semi-private setting.
2. Read the screening survey instructions to participants prior to implementation.
3. Implemented the lesson using the script as provided.
4. Maintained good eye contact during each lesson.
5. Did not ad lib during any lesson.
6. Used an upbeat and varied voice during each lesson.
7. Covered all messages in the script during each lesson.
8. Showed the PowerPoint slides during each lesson.
9. Read the goal plan and helped participants complete it.
10. Had participants sign while you co-signed each contract.
11. Asked participants to take home their goal plan and post it.

Evaluation

1. Implemented the feedback survey immediately after each lesson.
2. Monitored participant's responses on the feedback survey to ensure quality implementation.
3. Implemented the implementer's chart immediately after each lesson.
4. Monitored the chart responses to ensure quality implementation.
5. Implemented an outcome survey before and one to three months after the program to assess behavior outcomes.
6. Included a control or comparison group to strengthen the outcome evaluation design.

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Section 6:

Marijuana Myths & Resources

9 MYTHS ABOUT MARIJUANA HARM



Efforts to expand the legalization of recreational marijuana use in the US and abroad is increasing interest in marijuana, and stoking myths about its use.

Because these myths paint marijuana in a favorable light, they could influence marijuana consumption among children, adolescents and young adults. This may be shown in the lessening of perceived risks of using marijuana among American adolescents, reported in the Monitoring the Future Study:

<https://www.drugabuse.gov/publications/drugfacts/high-school-youth-trends>.

For this reason, it is important to correct false marijuana claims, particularly the bedrock myth that marijuana use is harmless.

Below are 9 common myths about marijuana, and the myth-busting reality.

1. **Marijuana is harmless.**

The truth is that marijuana, like all drugs, poses both short and long-term risks. This is the case whether the drug is “natural” like alcohol or tobacco, or completely artificial like synthetic marijuana – Spice/K2. Negative effects of marijuana use for youth involve physical and mental health and social problems. These include, for example, vomiting, arguments with parents and trouble with the law, anxiety and depression, paranoia and hallucinations, poorer school performance, other drug use, accidental injury and death, and physical and psychological dependence. For more information, here is an article discussing

MARIJUANA AWARENESS TRAINING RESOURCES



Drug Facts – Marijuana. National Institute on Drug Abuse (NIDA):
<https://www.drugabuse.gov/publications/drugfacts/marijuana>

Drug Facts: Marijuana. AboveTheInfluence:
<http://abovetheinfluence.com/drugs/marijuana/>

Easy-to-Read Drug Facts: Marijuana Facts. National Institute on Drug Abuse (NIDA):
<https://easyread.drugabuse.gov/content/marijuana-weed-pot-facts>

FDA and Marijuana. U.S. Food & Drug Administration (FDA):
<http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm421163.htm>
