

## Prime for Life! Under 21 Program Summary

Among the 235 youth who provided feedback about their experience with this program, there was considerable support for the core objectives of this program. The three highest ranked items among the nine “impact” items were: “I know my low-risk guidelines” (Average=1.84), “I know more about the harmful consequences of using alcohol, tobacco and other drugs” (Average= 1.72), and “I will avoid using illegal drugs and misusing legal drugs” (Average=1.67). Two of these demonstrate increased knowledge and one represents increased behavioral intent to avoid drugs. Other items close in the top-half were: “I know I can become addicted to alcohol and other drugs” (Average= 1.62) and “I am more clear about what is important to me” (Average= 1.61). Again, these represent increased clarity of values (an attitude) and increased knowledge (about addiction). The item that had the least support was “I am more likely to not use tobacco” (Average=1.40).

There was strong support for the presenters of this program with the highest item representing the “knowledge” of the presenters (Average=1.91), but closely followed by the presenters’ ability to explain the material (Average=1.86) and answer questions (Average= 1.85). Collectively, these represent strong skills among program presenters in communicating with this diverse student group (ages ranged from 12 to 19 years).

In their open-ended comments, the young persons affirmed the importance of knowing their values; making a plan and sticking to it; learning about alcoholism; learning the consequences of alcohol and other drug use; knowing their tolerance levels and triggers; learning low-risk choices; getting to speak your mind; having the knowledge to prepare for the future.

When asked what their best reasons for making low-risk choices, students wrote to keep myself out of trouble; to stay happy and healthy; so I don’t become an alcoholic; because of my family history; so I don’t ruin things for myself; because of my family; for my future; because of sports and school activities; so I can have a good life; so I don’t die; so I don’t have to come to a class like this again; because I will soon have another life to care for and he or she deserves my full attention and responsible child care; and alcohol isn’t worth losing the important things in your life.

In conclusion, the quantitative and qualitative data obtained from the students who participated in this program suggest that the program objectives were met. Student knowledge, pro-social attitudes and behavioral intent to avoid alcohol and other drugs were all increased as a result of this program. The presenters were also praised for their knowledge, their willingness to help and care about the choices that youth make.

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