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## ABSTRACT

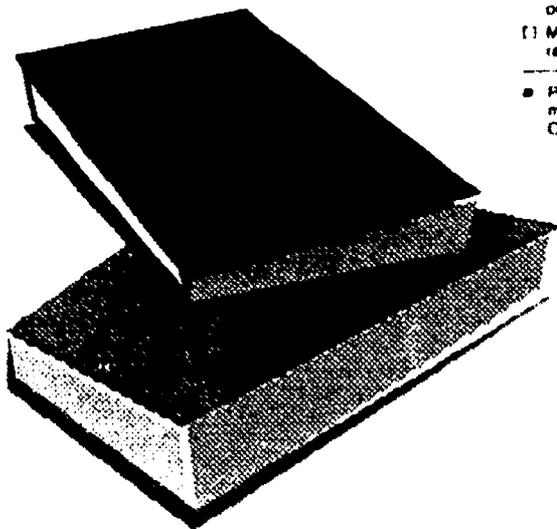
This prevention resource guide (compiled from a variety of publications and data bases and representing the most currently available information) focuses on elementary youth, and is divided into four sections. The first section contains facts and figures from current research about substance abuse prevention for elementary youth. For example, one out of every three 6th-graders say they feel pressured by their peers to use marijuana, and over half of 6th-graders report peer pressure to drink beer, wine or liquor. The second section contains materials that have been reviewed for scientific accuracy based on the latest available scientific findings, appropriateness for the target audience as described by the developers of the materials, and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are based on the principle of "do no harm." All materials contain a clear non-use message for youth. The third section contains abstracts of government publications journal articles, and other publications dealing with substance abuse prevention for this age group. The fourth section lists names, addresses, and phone numbers for pertinent resources such as the American Council for Drug Education, Hazelden Foundation, National Clearinghouse for Alcohol and Drug Information, and the U.S. Department of Education Alcohol and Drug Abuse Education Program. (LLL)

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# PREVENTION RESOURCE GUIDE ELEMENTARY YOUTH

ED341013

June 1991



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Office of Educational Research and Improvement  
EDUCATIONAL RESOURCES INFORMATION  
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This OSAP Prevention Resource Guide was compiled from a variety of publications and data bases and represents the most currently available information to date. This Guide will be updated regularly, and your comments or suggestions are welcome. To suggest information or materials that might be included in updated editions, please write to the National Clearinghouse for Alcohol and Drug Information (NCADD), P.O. Box 2345, Rockville, MD 20852. *The listing of materials or programs in this Resource Guide does not constitute or imply endorsement by the Office for Substance Abuse Prevention, the Public Health Service, or the Department of Health and Human Services.* The materials have been reviewed for accuracy, appropriateness, and conformance with public health principles.

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service  
Alcohol, Drug Abuse, and Mental Health Administration

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MS421

Produced by the National Clearinghouse for Alcohol and Drug Information, a service of the Office for Substance Abuse Prevention; Dora Beatriz Pinelo, staff writer.

For further information on alcohol and other drugs, call 1-800-SAY-NO-TO (DRUGS) or 1-800-729-6686.



Please feel free to be a "copy cat," and make all the copies you want. You have our permission!

# Facts & Figures on Elementary Youth

- ✓ Students say advertisements encourage young people to use cigarettes and alcohol.<sup>1</sup>
- ✓ One out of every three sixth graders say they feel pressured by their peers to use marijuana. Over half of sixth graders report peer pressure to drink beer, wine, or liquor.<sup>2</sup>
- ✓ Children left at home alone for 11 hours or more each week are nearly twice as likely to use alcohol, tobacco, and marijuana as are children under adult supervision.<sup>3</sup>
- ✓ By the fourth grade, 40 percent of students feel pushed by friends to smoke cigarettes. Thirty-four percent feel pressure to drink wine coolers, and 24 percent say their friends encourage them to try cocaine or crack.<sup>4</sup>
- ✓ Nearly all (93 percent) of students in grades four to six know that cocaine or crack is a drug. However, less than half of these students call beer, wine, or liquor a drug, and less than one-fourth of the students know that wine coolers are drugs.<sup>5</sup>
- ✓ Children in the fourth, fifth, and sixth grades say they would be most likely to begin using beer, wine, or liquor to fit in with other kids and to feel older.<sup>6</sup>
- ✓ America's young people are very concerned about drugs. This concern is highest among fifth and sixth graders—61.4 percent.<sup>7</sup>
- ✓ Half of the students in fifth and sixth grades say they have drug education programs in their schools. Among those who do, younger students are twice as positive as older students about the effectiveness of these programs.<sup>8</sup>
- ✓ Grades five through nine are thought to be the most crucial time period for alcohol and other drug prevention education programs.<sup>9</sup>
- ✓ Children in grades two and three learn most of their information about the dangers of alcohol and other drugs from their teachers, parents, and television.<sup>10</sup>

✓ Younger students (5th and 6th graders) would turn to parents if they had a personal problem with drugs—older students (11th and 12th graders) would turn to friends.<sup>11</sup>

✓ Parents can help prevent their children from using alcohol and other drugs by teaching them the facts about such use and by talking with them about their problems.<sup>12</sup>

✓ Almost one out of three boys and one out of five girls classify themselves as drinkers by age 13.<sup>13</sup>

- 
1. Krier, J., *The Scholastic/CNN Newsroom Survey on Students Attitudes About Drug and Substance Abuse*, Scholastic, February, 1990, p. 3.
  2. Borton, T., and Johnson, L., *Weekly Reader National Survey on Drugs and Drinking*, Field Publications, Middletown, CT, Spring 1987, p. 22.
  3. Richardson, J.L.; Dwyer, K.; McGuigan, K.; Hansen, W.B.; Dent, C.; Johnson, C.A.; Sussman, S.Y.; Brannon, B.; and Flay, B., *Substance Use Among Eighth-Grade Students Who Take Care of Themselves After School*, *Pediatrics* 84(3): 564, 1989.
  4. Borton and Johnson, *op. cit.*, p. 28.
  5. *Ibid.*, p. 25.
  6. *Ibid.*, p. 20.
  7. Krier, J., *op. cit.*, p. 3.
  8. *Ibid.*
  9. DuPont, R., *Stopping Alcohol and Other User Before It Starts: The Future of Prevention. OSAP Prevention Monograph 1*, 1989, p. 5.
  10. Borton and Johnson, *op. cit.*, p. 15.
  11. Krier, *op. cit.*, p. 3.
  12. Borton and Johnson, *op. cit.*, p. 38.
  13. Rosenbloom, J., *What's the Problem, Helping Your Students Say No To Alcohol And Other Drugs*, 1980, p. 4.

# Prevention Materials for Elementary Youth

The materials listed in OSAP's Prevention Resource Guide have been reviewed for scientific accuracy based on the latest available scientific findings; appropriateness for the target audience as described by the developers of the materials; and conformance to public health principles and related policies. The underlying guidelines used for the review of materials are first and foremost based on the principle of do no harm. All materials contain a clear non-use (of nicotine, alcohol, and other drugs) message for youth. The listing of these materials, however, does not imply Government endorsement or approval of the messages or materials.

## Tri-Resource Kit

Organization: Wellness Reproductions Incorporated, 23945 Mercantile Road, Beachwood, OH 44122; 216-831-9209  
Year: 1989-1990  
Format: Game, Book, and Poster  
Context: Part of a Program  
Topic: Prevention  
Mode of Delivery: Self-Instructional  
Target Audience: Elementary Youth  
Setting: Home, School  
Readability: Low Literacy  
Availability: Payment Required—\$85 plus \$7 shipping and handling

This program consists of a game, book, and poster. The game, *Bridge of Self-Confidence*, includes dice, player pieces, a game board, emotions cards, a to z cards, and self-management cards. The game board is an adventure trail of 30 blue, green, yellow, and red spaces. The players advance by responding to the questions or words on the cards they draw. They make self-disclosing statements about their emotions; self-affirming statements beginning with the

letter on the chosen card; and answers to self-management questions. The game can be purchased separately for \$49.95. The book, *Life Management Skills*, is a collection of handouts to be used by educators, parents, or other facilitators in planning age appropriate activities. The topics include: assertion exercises, goal planning, nutrition, sleep, risk taking, values clarification, self-esteem, self-awareness, time management, role satisfaction, and emotion identification. The book can be purchased separately for \$29.95. The poster, *Emotions*, is a laminated black and white poster of 63 different faces showing various emotions, such as ecstatic, happy, suspicious, and withdrawn. These emotions are written beneath each face. The poster can be purchased separately for \$12.50.

## To Risk or Not to Risk

Organization: Wellness Reproductions Incorporated, 23945 Mercantile Road, Beachwood, OH 44122; 216-831-9209

Year: 1989  
Format: Poster  
Size: 36" by 24"  
Context: Part of a Packet/Program  
Topic: Prevention  
Mode of Delivery: Self-Instructional  
Target Audience: Elementary Youth  
Setting: Home, School  
Readability: Low Literacy  
Availability: Payment Required—\$12.50 plus  
\$2.50 shipping and handling

**T**he top of this black and white poster reads **To Risk or Not to Risk???** Below it are reasons why one takes risks and how one benefits or suffers from these risks. Below these reasons are squares that can be filled. Above each square reads **I have the opportunity to...**, **If I risk: I may gain - I may lose - If I don't risk: I may gain - I may lose -**. This poster is laminated.

## **Self-Esteem**

Organization: Wellness Reproduction  
Incorporated, 23945 Merchantile Road,  
Beachwood, OH 44122; 216-831-9209  
Year: 1989  
Format: Poster  
Size: 36" by 24"  
Context: Part of a Packet/Program  
Topic: Prevention  
Mode of Delivery: Self-Instructional  
Target Audience: Elementary Youth  
Setting: Home, School  
Readability: Low Literacy  
Availability: Payment Required—\$12.50 plus  
\$2.50 shipping and handling

**T**his laminated and white poster is split in half. The top of the poster says **Self Esteem**. There are six numbered steps with a person standing at the top, with a smile on his face. Next to the person reads **I will climb these necessary**

**steps to greater self-appreciation.** The bottom of the poster has a circle buster in the middle of it. This part reads **I will recognize these symptoms of the path to self-defeat. Below this is a slide of six steps with a person at the bottom crying help.**

## **Positive Problem Solving**

Organization: Wellness Reproductions  
Incorporated, 23945 Merchantile Road,  
Beachwood, OH 44122; 216-831-9209  
Year: 1989  
Format: Poster  
Size: 36" by 24"  
Context: Part of a Packet/Program  
Topic: Prevention  
Mode of Delivery: Self-Instructional  
Target Audience: Elementary Youth  
Setting: Home, School  
Availability: Payment Required—\$12.50 plus  
\$2.50 shipping and handling

**T**he top of the laminated poster says **Positive Problem Solving. Let's Brainstorm.** It lists four steps to solving a problem.

## **Drugs Mean Alcohol Tool**

*Gillespie, J.*

Organization: Hazelden Educational  
Materials, Pleasant Valley, P.O. Box 176,  
Center City, MN 55012-0176;  
1-800-328-9000  
Year: 1989  
Format: Brochure  
Length: 8 Pages  
Context: Stands Alone  
Topic: Alcohol/Drugs and Prevention  
Mode of Delivery: Self-Instructional  
Target Audience: Community Service  
Groups and Elementary Youth  
Setting: Community Organization and  
School

Availability: Payment Required—\$.30, plus \$2.50 shipping and handling for orders under \$10

**T**his prevention brochure teaches kids that alcohol is a drug just as cocaine is a drug, and that alcohol is very addictive. It explains to young people that a person does not have to drink beer to be popular.

## **Drug Free Me**

Organization: Select Media, Incorporated, Educational Films and Video, 74 Varick Street, Suite 303, New York, NY 10013; Attn: Heather Nancarrow, 212-431-8923

Year: 1990

Format: VHS Video

Length: 15:49 Minutes

Context: Training Component

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth and Kindergarten

Setting: School

Availability: Payment Required—\$189 plus \$10 shipping and handling

**T**his video stars Tempestt Bledsoe of the Cosby show. It helps children understand the difference between prescription drugs and illegal drugs, who they should accept medicine from, that they can seek help for the problems that they face, and what they can do if they are offered illegal drugs.

## **One Day at a Time**

*Hallian, P.K.*

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN, 55012-0176; 1-800-328-9000

Year: 1989

Format: Book

Length: 24 Pages

Context: Stands Alone

Topic: Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—4-7

Setting: Home

Readability: Low Literacy

Availability: Payment Required—\$4.95 plus \$2.50 shipping and handling for orders under \$10

**T**his book, in rhyming form, shows children how to feel good about themselves, forget past failures, and not worry about tomorrow.

## **Easy Does It**

*Hallian, P.K.*

Organization: Hazelden Educational Materials, P.O. Box 176, Center City, MN, 55012-0176; 1-800-328-9000

Year: 1990

Format: Book

Length: 23 Pages

Context: Stands Alone

Topic: Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth

Setting: Home

Availability: \$4.95 plus \$2.50 shipping and handling for orders under \$10

**T**his book, in rhyme, shows children how to feel good about themselves and take one day at a time. It makes the point that if you are a winner inside, the daily ups and downs won't bother you.

## **My House Is Different**

*Digiovanni, K.*

Organization: Hazelden Educational Material, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000

Year: 1989

**Format:** Book  
**Length:** 26 Pages  
**Context:** Stands Alone  
**Topic:** Intervention/Treatment and Alcohol  
**Mode of Delivery:** Self-Instructional and Instructor-Led  
**Target Audience:** Elementary Youth and COA's  
**Setting:** Home  
**Readability:** Easy  
**Availability:** Payment Required—\$3.50 plus \$2.50 shipping and handling for orders under \$10

**This** is a short picture book for young children of alcoholics. It presents in a quiet manner the story of a little boy with an alcoholic father. In a dream sequence (following a meeting with a counselor) the boy recognizes that he is a good person and has no responsibility for his father's drinking.

## **Drugs and Addiction**

*Gillespie, J.*

**Organization:** Hazelden Educational Materials, Pleasant Valley Road, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000

**Year:** 1989

**Format:** Brochure

**Length:** 8 Pages

**Context:** Stands Alone

**Topic:** Alcohol/Drugs and Prevention

**Mode of Delivery:** Self-Instructional

**Target Audience:** Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15

**Setting:** Community Organization

**Setting:** School

**Readability:** Easy

**Availability:** Payment Required—\$.30 plus \$2.50 shipping and handling for orders under \$10

**This** prevention brochure explains why drugs are harmful and how people become addicted to them.

## **Drugs and Fitting In**

*Gillespie, J.*

**Organization:** Hazelden Educational Materials, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000

**Year:** 1989

**Format:** Brochure

**Length:** 8 Pages

**Context:** Stands Alone

**Topic:** Drugs and Alcohol/Drugs

**Mode of Delivery:** Self-Instructional

**Target Audience:** Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15

**Setting:** Community Organizations and Schools

**Readability:** Easy

**Availability:** Payment Required—\$.30 plus \$2.50 shipping and handling for orders under \$10

**This** prevention brochure's goal is to teach kids that they don't have to use drugs to fit in.

## **Drugs Mean Nicotine Too !**

*Gillespie, J.*

**Organization:** Hazelden Educational Materials, P.O. Box 176, Center City, MN 55012-0176; 1-800-328-9000

**Year:** 1989

**Format:** Brochure

**Length:** 8 Pages

**Context:** Stands Alone

**Topic:** Drugs—Nicotine, Alcohol/Drugs, and Prevention

**Mode of Delivery:** Self-Instructional

**Target Audience:** Community Service Groups, Elementary Youth—5-12, and Jr. High Youth—13-15

**Setting:** Community Organization, School

Readability: Easy

Availability: Payment Required—\$.30 plus \$2.50 shipping and handling for orders under \$10

**T**his prevention brochure warns kids of the dangers of nicotine on the body. It explains how easily one can become addicted to it.

## **Drugs and Trouble at Home**

*Gillespie, J.*

Organization: Hazelden Educational Materials, P.O. Box 176 Center City, MN 55012-0176; 1-800-328-9000

Year: 1989

Format: Brochure

Length: 8 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—5-12, High-Risk Youth, and Jr.High Youth—13-15

Setting: Home, School

Readability: Easy

Availability: 30 cents plus \$2.50 shipping and handling for orders under \$10

**T**his prevention brochure's goal is to teach kids not to turn to drugs when there are troubles at home. It tells children to deal with the problem.

## **Power of No: The Wizard Returns**

*Mitchell, J.G.*

Organization: Coronet NTZ Film & Video, 108 Wilmot Road, Deerfield, IL, 60015; 1-800-621-2331. In Illinois, Alaska, or Hawaii, 312-940-1260

Year: 1989

Format: Leaders Discussion Guide and VHS Video

Length: 6 Pages, 23 Minutes

Context: Stands Alone

Topic: Alcohol and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Educators, Elementary Youth, and Jr. High Youth, grades 4th-7th

Setting: School Youth Group, Counseling Group

Availability: Video is \$425 and 16 mm is \$525. Both require \$5 for shipping and handling

**T**his video and discussion guide use an imaginary wizard to show an 11-year old girl that she has the power within herself to say no to alcohol and remain true to her dreams, despite pressure from a friend and an alcoholic father.

## **What Are Drugs**

*Super, G., and Sims, B.*

Organization: Twenty-First Century Books, 38 S. Market Street, Frederick, MD 21701; 301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and Instructor-Led

Target Audience: Elementary Youth—Ages 5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—\$14.95 plus \$2.90 shipping and handling

**T**his illustrated, hard bound book is designed to teach children to say no to drugs. It introduces them to various types of drugs. There is a strong healthy body message along with ways to say no and deal with peer pressure.

## **Drugs and Our World**

*Super, G., and Sims, B.*

Organization: Twenty-First Century Books, 38  
S. Market Street, Frederick, MD 21701;  
301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional or  
Instructor-Led

Target Audience: Elementary Youth—Ages  
5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—\$14.95 plus  
\$2.90 shipping and handling

**T**his illustrated, hard bound book teaches children to say no to drugs. It shows why drugs are harmful, what it is like being in a family with a user, the difference between legal and illegal harmful drugs, and how drugs affect non-users.

## **You Can Say No to Drugs! Drug-Free Kids Club**

*Super, G., and Sims, B.*

Organization: Twenty-First Century Books, 38  
S. Market Street, Frederick, MD 21701;  
301-698-0210

Year: 1990

Format: Book

Length: 48 Pages

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and  
Instructor-Led

Target Audience: Elementary Youth  
Ages—5 to 8

Setting: School, Home

Readability: Easy

Availability: Payment Required—\$14.95 plus  
\$2.90 shipping and handling

**T**his is an illustrated, hard bound book aimed at teaching children to say no to drugs. Themes covered include making decisions, health, and peer pressure.

## **Focus on Nicotine and Caffeine**

*Perry, R.*

Organization: Twenty-First Century Books, 38  
S. Market Street, Frederick, MD 21701;  
301-698-0210

Year: 1990

Format: Book

Length: 64 Pages

Context: Stands Alone

Topic: Drugs and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—Ages  
8-12

Setting: Home, School

Readability: Average

Availability: Payment Required—\$14.95 plus  
\$2.90 shipping and handling

**T**his hard bound book discusses the problems of nicotine and caffeine. It gives histories of the use of both chemicals and their effects on the body. It also provides ways to say no.

## **Focus on Alcohol**

*O'Neill, C.*

Organization: Twenty-First Century Books, 38  
S. Market Street, Frederick, MD, 21701;  
301-698-0210

Year: 1990

Format: Book

Length: 56 Pages

Context: Stands Alone

Topic: Alcohol and Prevention

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth—Ages  
8-12

Setting: School, Home

Readability: Easy

Availability: Payment Required—\$14.95 plus \$2.90 shipping and handling

**T**his book describes the alcohol problem, what alcohol is, and what it does to the body. It also presents a brief overview of the history of alcohol. It gives ways to say no, and contains a glossary.

## **Be Smart Game**

Organization: Office for Substance Abuse Prevention

Year: 1989

Format: Board Game

Context: Stands Alone

Topic: Prevention and Alcohol/Drugs

Mode of Delivery: Self-Instructional or Instructor-Led

Target Audience: Jr. High Youth and Elementary Youth

Setting: School, Home

Readability: Easy

Availability: Free. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852; 800-729-6686

**T**his is a board game printed on a heavy sheet of paper. It requires dice and a coin for each player. It allows two-four players. Going around the board, players have opportunities to say no to drugs and to discover alternative activities.

## **Super Heroes Good Health Activity Book**

Organization: DuPont Pharmaceuticals; 1-800-341-4004

Year: 1989

Endorser: National Association of Retail Druggists (NARD)

Format: Comic Book

Length: 18 Pages

Context: Stands Alone

Topic: Prescription Drugs

Mode of Delivery: Self-Instructional or Instructor-Led

Target Audience: Elementary Youth-Grades 3 to 5

Setting: Home, School

Readability: Easy

Availability: Free

**T**his material shows Batman, Superman, etc., teaching kids the safe use of medicine, and the importance of only taking medicine from parents or medical people.

## **If You Want to Fit In, Be Drug Free: Welcome to McGruff's Drug-Free Park**

Organization: National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Publication Date: 1989

Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Dept. of Justice

Format: Poster

Size: 30" by 20"

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Elementary Youth

Setting: School

Evaluated: Focus group tested with youth and survey tested with educators with positive results

Availability: Payment Required—\$2.50 includes shipping and handling

**T**his colored poster shows McGruff with children playing basketball, baseball, riding bicycles, and reading—all alcohol- and other drug-free activities.

## **To Be What You Want To Be: Be Drug Free**

Organization: National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Dept. of Justice

Format: Poster

Size: 30" by 20"

Context: Stands Alone

Topic: Drugs

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth

Setting: School

Evaluated: Focus group tested with youth and survey tested with educators with positive results

Availability: Payment Required—\$2.50  
Includes shipping and handling

**T**his poster has people from many professions with the slogan to be what you want to be, be drug free. It has room for the child to draw himself into the picture.

## **McGruff's Drug Abuse Prevention Kit**

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Department of Justice

Format: Classroom Material

Length: 31 Pages of Individual Materials, Video and Audio Cassette

Context: Part of a Packet/Program

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Elementary Youth—Ages 6-12

Setting: Community Organization, School  
Readability: Easy

Evaluated: This kit was evaluated with positive results

Availability: Payment Required—\$30  
Includes shipping and handling

**T**here are different games, puzzles, a video, and recorded songs for children. Two items are for parents, and they give tips for teaching children how to say no. Materials come as reproducible masters.

## **McGruff's Drug Abuse Prevention Kit: The No Show**

*Saatchi & Saatchi Advertising*

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Year: 1989

Sponsor/Endorser: Bureau of Justice Assistance, Office of Justice Programs, US Department of Justice

Format: VHS Video

Length: 22 Minutes

Context: Part of the McGruff's Drug Abuse Prevention Kit. Also Stand Alone

Topic: Drugs and Prevention

Mode of Delivery: Instructor-Led

Target Audience: Elementary Youth

Setting: Community Organization, School

Evaluated: This video was evaluated with positive results

Availability: Payment Required—\$12  
Includes shipping and handling

**T**he video is part of McGruff's Drug Abuse Prevention Kit. All parts of the Kit including the video, are reproducible for nonprofit educational purposes. Animation is used throughout 25 percent of the video. The video kids create a rock video about refusing drugs.

## Licensed Products Package

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice

Format: Information Package Featuring McGruff the Crime Dog.

Target Audience: People working with Elementary Youth, including Educators, Law Enforcement Officials, and Community Groups

Availability: Free

**T**he National Crime Prevention Council has many specialty items available to teach elementary youth about prevention. This package includes information on a talking robot, a puppet package, stickers, calendars, and many other items.

## Elementary School Materials Package

Organization: The National Crime Prevention Council, 1700 K Street, NW, 2nd Floor, Washington, DC 20006; 202-466-6272

Sponsor: Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice

Format: Materials Package

Topic: Prevention of Alcohol and Other Drug Use

Setting: School or Latchkey Programs

Readability: Easy

Availability: Free

**T**his package contains materials that can be photocopied for students and parents. It was sent to 51,000 elementary schools, and limited quantities are still available from the National Crime Prevention Council.

## The Legend of the Sunakorn

*Wood, J., and Tucker, M.*

Organization: Turner Publishing Co., P.O. Box 3101, Paducah, KY 42002-3101; 502-443-0121

Year: 1989

Format: Book

Length: 38 Pages

Context: Stands Alone and Part of a Packet/Program

Topic: Alcohol/Drugs

Mode of Delivery: Instructor-Led or Self-Instructional

Target Audience: Elementary Youth, Grades K-5

Setting: Home, School

Readability: Fairly Difficult

Availability: Payment Required: \$12.95 plus \$5 shipping and handling. There is a hard bound teacher's guide available for \$22.95, plus \$2.50 shipping. If both products are ordered there is a 10 percent (\$3.59) discount

**T**his story, intended for delivery by an adult reader, was developed to accompany the Sunakorn Drug Prevention Curriculum available in a teacher's guide. It is designed to stimulate discussion on the topics of drug abuse and peer pressure.

## Listen to What I'm Drawing

*Moore, W., and Wheeling, D.*

Organization: Select Media Inc., 74 Varick Street, Suite 303, New York, NY 10013; 212-431-8923

Year: 1989

Format: VHS Video

Context: Stands Alone

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Self-Instructional and Mass Media

Target Audience: Elementary Youth

Setting: School

Readability: Average

Availability: Payment Required—\$189 plus \$10 shipping and handling

**T**his animated video features a musician who is lured into alcohol and other drug use. His friends urge him to stop, and reinforce positive prevention messages. This video also includes a 3-minute show called: Fight To Be Straight, in which a boxer fights drugs in the ring and wins.

### **The Official 'Just Say No' Video Drug Education Kit**

Organization: Magic Music Productions,  
P.O. Box 632941, San Diego, CA 92163;  
619-295-7068

Year: 1989

Sponsor/Endorser: JUST SAY NO International

Format: Workbook, 24 Pages; Video, 58  
Minutes; Audio Cassette, 28 minutes

Context: Stands Alone and Part of a  
Program

Topic: Alcohol/Drugs and Prevention

Mode of Delivery: Instructor-Led or  
Parent-Led

Target Audience: Elementary and Junior  
High Youth Ages—11 to 14

Setting: School, Home

Readability: Average

Availability: Payment Required—\$39.95 plus  
\$4 shipping and handling. 24-hour  
number for Master Card or Visa is  
1-800-369-1214. Check or money orders  
may be mailed to Magic Music  
Productions.

**T**he kit can be used for one child at home, or for a classroom. The video, Don't Say Yes When You Really Mean No, shows how a 12-year-old girl makes the right decision between two parties - one of which will involve alcohol and other drug use. Uses human and slapstick comedy to keep the attention of youth. The audio tape contains the songs from the video, and the

teacher/parent guide contains pointers for discussing alcohol and other drug use.

### **An Alphabetter Answer**

Organization: Select Media, Inc., 74 Varick  
Street, Suite 303, New York, NY 10013;  
212-431-8923

Year: 1989

Format: VHS Video

Length: 32 Minutes

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Self-Instructional

Target Audience: Elementary  
Youth—Grades 4 to 6, and High-Risk  
Youth

Setting: School

Readability: Easy

Availability: Payment Required—\$39.95 plus  
\$10 shipping and handling

**T**his video is about a fifth grade class that creates and performs a play about saying no to alcohol and other drugs. It teaches children to reach out, make positive choices, resist negative peer pressure, and to overcome obstacles without turning to drugs.

### **Drugs Out - Kids In**

Organization: Select Media, Inc., 74 Varick  
Street, Suite 303, New York, NY 10013;  
212-431-8923

Year: 1989

Format: VHS Video

Length: 27 Minutes

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Self-Instructional

Target Audience: Educators, Parents

Setting: Community Organizations, School

Readability: Easy

Availability: Payment Required—\$79.95 plus \$10 shipping and handling

**T**his documentary presents a model in Dallas of a drug and alcohol use prevention program for elementary children.

## **We Steer Clear of Alcohol and Other Drugs!**

Organization: Wisconsin Clearinghouse,  
University of Wisconsin-Madison, P.O. Box  
1468, Madison, WI 53701; 608-263-2797

Year: 1989

Size: 10 3/4" by 16 1/2"

Format: Poster

Context: Stands Alone

Topic: Alcohol/Drugs

Mode of Delivery: Self-Instructional

Target Audience: Elementary Youth

Setting: School, Home

Readability: Easy

Availability: Payment Required—\$2 plus \$1 shipping and handling

**T**his is a poster of children riding bikes, using skateboards, and roller skating as alternative activities to alcohol and other drug use. The caption reads, **We Steer Clear of Alcohol and Other Drugs. That's the Only Healthy Choice for Kids.**

## **Mac's Choice Workbook and Storybook**

*Wert, D.L.*

Organization: Rocky River Publishers, P.O.  
Box 1679, Shepherdstown, WV 25443;  
304-876-2711

Year: 1989

Format: Classroom Material

Length: Workbook, 36 Pages; Storybook, 40 Pages

Context: Used Together or Storybook Can Stand Alone

Topic: Prevention

Mode of Delivery: Instructor-Led

Target Audience: Elementary Youth—Ages 6-12

Setting: Home or School

Readability: Easy

Evaluated: Tested in classroom with positive results

Current Scope: International

Availability: Payment Required—Workbook, \$7.95; Storybook, \$3.50; shipping and handling, \$2.50

**M**ac is a caterpillar who ends up in a marijuana patch, and suffers from the results. The workbook contains educational activities and role playing to help children take a firm stance against drugs.

## **Drugs/Alcohol: Play It Straight**

*Goodwin, A., and Geier, J.*

Organization: Goodwin Geier, Inc.

Year: 1987

Format: Board Game

Topic: Alcohol/Drugs

Target Audience: Elementary Youth

Setting: Home

Availability: Contact Dr. Goodwin; P.O. Box 1971, Tuscaloosa, AL 35403; 205-556-3703

**D**rugs/Alcohol: Play It Straight is a competitive board game that begins with fun but doesn't stop there: Drug prevention is built into the play. Packed with hard-hitting, accurate information and thought-provoking situations for kids, Play It Straight offers an imaginative approach to drug and alcohol prevention. In addition to home use, it is ideal for schools, mental health and chemical dependency programs.

# Studies, Articles, & Reports on Elementary Youth

## **Government Publications and Journal Articles**

### **Drug and Alcohol Attitudes and Usage Among Elementary and Secondary Students**

*Fournet, G.P.; Estes, R.E.; Martin, G.L.; Robertson, E.D.; and McCrary, J.S.*

*Journal of Alcohol and Drug Education* 35(3):81-92, 1990.

Elementary and secondary school students (N=2,290) from four rural school districts responded to a questionnaire measuring incidence and attitudes towards alcohol and other drug use. The subjects' responses indicate that social learning theory is a viable theory for explaining drug involvement in the young. The data suggest that intervention with drug and alcohol education programs should begin prior to the onset of adolescence. 9 Ref.

### **Baby Bottles and Family Rattles: Children and Substance Abuse**

*Johnson, N.P.; Stands, B.O.; and Eames, M.*

*Journal of the South Carolina Medical Association* 86(1):32-37, 1990.

Issues in preventing alcohol and drug use by adolescents are discussed. Topics include primary prevention; secondary prevention; referral; combined use of alcohol and other drugs; stages of drug use; adolescents' use of crack, marijuana, beer, wine, liquor, and tobacco; and peer leadership in intervention programs. 8 Ref.

### **Area Specific Self-Esteem Scales and Substance Use Among Elementary and Middle School Children**

*Young, M.; Werch, C.E.; and Bakema, D.*

*Journal of School Health* 59(6):251-254, 1989.

The relationship between self-esteem and the use of legal and illegal drugs was studied in a group of students in grades four through nine. The study group included 2,032 students who completed an anonymous questionnaire. The study results indicated a significant relationship between home self-esteem and school self-esteem and measures of use and expected use of chemical substances, from coffee, cigarettes, and alcohol through illegal drugs. However, peer self-esteem did not appear to bear any relationship to any of the measures. It is concluded that specific self-esteem enhancement is a potentially important part of comprehensive drug and alcohol prevention programs. In addition, parents and teachers may play an important role in prevention strategies by

promoting self-esteem both at home and at school.  
29 Ref.

### **Differential Effectiveness of an Elementary School-Based Alcohol Misuse Prevention Program**

*Dielman, T.E.; Shope, J.T.; Leech, S.L.; and Butchart, A.T.*

*Journal of School Health* 59(6):255-263, 1989.  
(Reprints available from the publisher.)

**A**n elementary school social skills/peer pressure resistance curriculum for the prevention of alcohol misuse was developed, implemented, and evaluated. Schools were randomly assigned to curriculum and control groups, with half of each group pretested prior to intervention and all students posttested two months, 14 months, and 26 months following intervention. Students in grade five at the beginning of the study were randomly assigned to treatment, treatment plus booster, and control conditions. Students in grade six were randomly assigned to treatment and control conditions. Three way repeated measures analyses of covariance (treatment condition by type of prior drinking experience by occasion) were conducted for each grade level on indices of frequency/quantity of alcohol use and total alcohol misuse. Results indicated the intervention was effective in reducing the rate of increase of alcohol use and misuse among grade six students who entered the study with prior unsupervised as well as supervised alcohol use. After corrections for intraclass correlations on the dependent variables,

the significant finding regarding the alcohol misuse variable was maintained.  
32 Ref.

### **Prenatal, Perinatal, and Early Childhood Risk Factors and Drug Involvement in Adolescence**

*Brook, J.S.; Nomura, C.; and Cohen, P.*

*Genetic, Social, and General Psychology Monographs* 115(2):223-241, 1989.

(Reprints available from Judith Brook, Mount Sinai School of Medicine, Box 1230, One Gustave L. Levy Place, New York, NY 10029-6574.)

**P**renatal, perinatal, and early childhood risk factors of adolescent involvement in cigarettes, alcohol, marijuana, and other illicit drugs were studied. The study group included 638 mother-child pairs studied over 10 years: T1, when the children were 1-10 years of age; T2, when they were 9-18; and T3, when they were 11-20. The study results revealed that unwanted pregnancies and major illness were linked to all drug categories except other illicit drugs. Mother-adolescent protective factors were able to mitigate the impact of early risk factors for adolescent drug usage. It is concluded that children may be vulnerable due to early trauma, but the vulnerabilities can be overcome by the constant nurturance of caretakers. 68 Ref.

### **Behavior Therapy with Children and Adolescents: A Twenty-Year Overview**

*Werry, J.S., and Wollersheim, J.P.*

*Journal of the American Academy of Child and Adolescent Psychiatry* 28(1):1-18, 1989.

(Reprints available from Professor John S. Werry, School of Medicine, University of Auckland, Auckland, New Zealand.)

**B**ehavior therapy with children and adolescents is reviewed, with an emphasis on the last twenty years. Headings within this article are: (1) overview and principles, including historical review, definitions, theoretical considerations, and techniques of behavior therapy; and (2) application to specific Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R) disorders, including developmental and speech disorders, disruptive (externalizing disorders), anxiety disorders and problems, eating disorders and obesity, tic disorders, elimination disorders, speech disorders, and other disorders—stereotype/habit disorders, organic disorders, schizophrenia, mood disorders, psychoactive substance disorders (including tobacco and alcohol), somata form and dissociative disorders, sleep disorders, and psychological factors affecting physical conditions. 169 Ref.

### **Smokeless Tobacco Use Among Native American Schoolchildren**

*Bruerd, B.*

*Public Health Reports* 105(2):196-201, 1990.  
(Reprints available from Ms. Bonnie Bruerd, 1095 Kathy Way South, Salem, OR 97306.)

**S**even published and two unpublished surveys of Native American school children's use of smokeless tobacco (ST) are reviewed. The surveys represent school children in the States of South Dakota, Montana, Nebraska, Washington, Arizona, New Mexico, and Alaska. This review describes and discusses the survey methods, prevalence, duration, and intensity of ST use, and

ST health effects documented in these studies. Prevalence of regular ST use ranges from 18 percent in kindergartners through 6th graders to 55.9 percent among 9th and 10th graders. In two studies that surveyed kindergartners, regular use was reported at 13 percent in one study and 21 percent in the other. Comparisons to use by non-Native Americans, as reported in surveys, demonstrate the severity of the problem in Native American communities. There appear to be three significant findings related to Native American ST use: (1) young age of onset of ST use, (2) similar prevalence of use among adolescent boys and girls, and (3) higher overall prevalence of ST use when compared to non-Native American populations. Acceptance of the habit, peer pressure, and addiction seem to be contributing to the high ST use in Native American communities. 16 Ref.

### **Communicating About Alcohol and Other Drugs: Strategies for Reaching Populations at Risk: OSAP Prevention Monograph No. 5**

Rockville, MD: Office for Substance Abuse Prevention, 1990.

(Reprints available from the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852.)

**P**revention of alcohol and other drug problems among high-risk children and youth requires early, persistent communications programs. This monograph is designed to provide a foundation for such programs. It defines specific audiences; it summarizes what has been learned to date

about the characteristics, knowledge, attitudes, and practices of these audiences; it discusses channels, sources, materials, and messages; and it offers ideas for reaching these groups. Five specific program audiences are discussed: youth from high-risk environments and their families; African American children; Hispanic/Latino youth; parents; and primary care physicians.

## **Other Publications**

### **Weekly Reader National Survey on Drugs and Drinking**

*Borton, T., and Johnson, L. (Eds.)*

Report, Field Publications, Middletown CT, Spring 1987.

(Reprints available from Field Publications, 245 Long Hill Road, Middletown, CT, 06457.)

**R**esults are presented of a 1987 survey of children and youth on their attitudes about drugs and drinking. The survey, conducted by *Weekly Reader* periodicals, is a readership survey, not a random one. The survey was conducted during the week of January 19-23, 1987. More than 20,000 teachers, representing more than 500,000 students, responded to the survey. A sample of 5,450 teacher summary forms was randomly selected for processing. Each teacher form represents roughly 25 students, for a total sample of 136,000 students. For students in grades four to six, school was the primary source of information about the dangers of drugs and drinking in 1987, up significantly from 1983. As a consequence of the increased role of school, television and movies

dropped as the primary source of information about dangers, as did family. The overwhelming percentage of fourth to sixth-graders continued to believe that marijuana is a drug. An increased percentage (37 percent in 1987 compared to 20 percent in 1983) believed cigarettes are drugs. The percentage who believed beer, wine, or liquor are drugs also increased. In 1987, fit in with other kids continued to be the primary reason for using beer, wine, liquor, and marijuana, as it was in 1983. From 1983 to 1987 there was a drop in the perceived peer pressure to try marijuana in grades four to six.

### **Alcoholism: Impact on the Hispanic Child. Report No. 5**

*Singer, M.*

Report, Hispanic Health Council, Hartford, CT, 1989.

(Reprints available from Hispanic Health Council, 98 Cedar Street 3A, Hartford, CT 06106.)

**T**he impact of parental alcoholism on Hispanic children is discussed in this review of the literature, with a focus on the nature of the Hispanic family, the prevalence of Hispanic alcohol use and abuse, the consequences of family alcoholism on the children, and family factors that appear to protect children from the effects of parental alcohol consumption. Headings within this article include: (1) the Hispanic family, (2) Hispanic alcohol use and abuse, (3) children of alcoholic parents, and (4) protective patterns. It is concluded that high rates of alcohol abuse have been reported in Hispanic populations. In some families, the family interaction and family rituals may protect some children from the damaging effects of parental alcohol abuse. 35 Ref.

## **Exposure to Passive Cigarette Smoking and Child Development: Critical Review**

*Rush, D., and Callahan, K.R.*

*In Annals of the New York Academy of Sciences, Volume 562, 74-100. New York: New York Academy of Sciences, 1989.*

**P**ast studies relating smoking during pregnancy (and afterwards) and later child development are critically reviewed. There are consistent deficits among offspring of smokers in stature, cognitive development, and educational achievement, as well as more frequent problems of temperament, adjustment, and behavior, particularly abnormally high levels of activity and inattention. The meaning of these relationships remains obscure, since it cannot be assumed that these abnormalities of child development are caused by parental cigarette smoking. In most studies there has been relatively little attention paid to the potential confounding by social, demographic, and psychological differences between smokers and non-smokers. It is thus essential to carefully balance the comparative impact of social and environmental influences that may be different between families of smokers and nonsmokers, versus the toxic effects of tobacco. 39 Ref.

## **Early Childhood Factors Foretelling Adolescent Drug Use**

*Block, J.; Block, J.H.; and Keyes, S.*

*Brown University Digest of Addiction Theory and Application 8(3):2-3, 1989.*

**O**ne hundred five adolescents were initially recruited into a study at age 3 and were assessed on wide-ranging batteries of personality and cognitive measures at ages 3, 4, 5, 7, 11, and 14.

At age 14, an extensive individual interview was conducted; it included such topics as schoolwork, family dynamics, peer relations, current activities, future aspirations, and drug use. Among both boys and girls, personality characteristics that persist over time and lead to later involvement with drugs could be identified as early as 3-4 years. No important differences were observed between the path to later marijuana or hard drug usage. Correlations between family variables and drug use are discussed. 6 Ref.

# Groups, Organizations, & Programs on Elementary Youth

## **ACTION**

1160 Vermont Avenue, NW  
Washington, DC 20525  
202-634-9757

## **Al-Anon Family Groups**

World Service Office  
P.O. Box 862, Midtown Station  
New York, NY 10018-0862  
212-302-7240 or 800-356-9996

## **Alcoholics Anonymous (AA)**

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
212-686-1100

## **American Council for Drug Education**

204 Monroe Street  
Rockville, MD 20850  
301-294-0600

## **American Federation of Teachers**

555 New Jersey Avenue, NW  
Washington, DC 20001  
202-879-4400

## **Boy Scouts of America**

Drug Abuse Task Force S200  
1325 Walnut Hill Lane  
P.O. Box 152079  
Irving, TX 75015-2079  
214-580-2000

## **Chemical People Project, WQED-TV**

4302 Fifth Avenue  
Pittsburgh, PA 15213  
412-391-0900

## **David M. Winfield Foundation**

Turn It Around Campaign  
2050 Center Avenue  
Ft. Lee, NJ 07024  
201-461-5535

## **Drug Enforcement Administration**

U.S. Department of Justice  
1405 Eye Street, NW  
Washington, DC 20537  
202-786-4096

## **Entertainment Industries Council, Inc.**

1760 Reston Avenue  
Reston, VA 22090  
703-481-1414

## **Families In Action**

3845 N. Druid Hills Road, Suite 300  
Decatur, GA 30033  
404-326-5799

## **Hazelden Foundation**

Pleasant Valley Road  
P.O. Box 176  
Center City, MN 55012  
800-328-9000

## **Just Say No International**

1777 N. California Boulevard  
Suite 210  
Walnut Creek, CA 94596  
800-258-2766

## **Juvenile Justice Clearinghouse**

P.O. Box 6000  
Rockville, MD 20850  
301-251-5307 or 800-638-8736

**Mothers Against Drunk Driving  
(MADD)**  
669 Airport Freeway  
Hurst, TX 76053  
817-268-6233

**Narcotics Anonymous (NA)**  
P.O. Box 9999  
Van Nuys, CA 91409  
818-780-3951

**National Asian Pacific American  
Families Against Substance Abuse,  
Inc.**  
2678 17th Avenue  
San Francisco, CA 94116  
415-753-2094

**National Association for Children of  
Alcoholics**  
31586 South Coast Highway, Suite B  
South Laguna, CA 92677  
714-499-3889

**National Association for Native  
American Children of Alcoholics**  
c/o Seattle Indian Health Board  
P.O. Box 3364  
Seattle, WA 98114  
206-324-9360

**National Black Alcoholism Council,  
Inc.**  
1629 K Street, NW  
Suite 802  
Washington, DC 20006  
202-296-2696

**National Black Child Development  
Institute**  
1463 Rhode Island Avenue, NW  
Washington, DC 20005  
202-387-1281

**National Clearinghouse for Alcohol  
and Drug Information**  
P.O. Box 2345  
Rockville, MD 20852  
301-468-2600  
1-800-729-6686

**National Coalition for Hispanic  
Health and Human Services  
Organizations (COSSMHO)**  
1030 15th Street, NW  
Suite 1035  
Washington, DC 20005  
202-371-2100

**National Congress of Parents and  
Teachers (National PTA)**  
700 North Rush Street  
Chicago, IL 60611-2571  
312-787-0977

**National Council on Alcoholism and  
Drug Dependence, Inc.**  
12 West 21st Street  
New York, NY 10010  
212-206-6770

**National Crime Prevention Council  
Substance Abuse Prevention  
Programs**  
1700 K Street, NW  
2nd Floor  
Washington, DC 20006  
202-466-6272

**National Education Association**  
1201 16th Street, NW  
Washington, DC 20036  
202-833-4000

**National Federation of Parents for  
Drug-Free Youth, Communication  
Center**  
1423 Jefferson Street  
Springfield, MO 65802  
417-836-3709

**National Youth Sports Coaches  
Association**  
2611 Old Okeechobee Road  
West Palm Beach, FL 33409  
407-684-1141

**Nar-Anon World Service Office**  
P.O. Box 2562  
Palos Verdes, CA 90274  
213-547-5800

**PRIDE**

50 Hurt Plaza  
Suite 210  
Atlanta, GA 30303  
404-577-4500

**U.S. Department of Education,  
Alcohol and Drug Abuse Education  
Program**

Drug Abuse Prevention  
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