

# *Footprints for Life™*

A Primary Prevention Program



# What is *Footprints for Life*?

*Footprints for Life* is a six-week, classroom-based primary prevention program. The program is research-based and designed to build developmental assets and teach skills through the use of puppets and stories that feature “real life” situations. *Footprints for Life* is specifically designed to build students’ social competencies. *Footprints* teaches the important life skills that students in 2nd and 3rd grade need to grow up with healthy behaviors and attitudes.



# Why is *Footprints for Life* designed for students in 2<sup>nd</sup> and 3<sup>rd</sup> grade?

- Given research regarding the risks and prevalence of early use, it is critical to provide universal prevention services to students at a very early age.
- Since age of first use is between 10-12 years of age, *Footprints for Life* reaches children before the initiation of use.

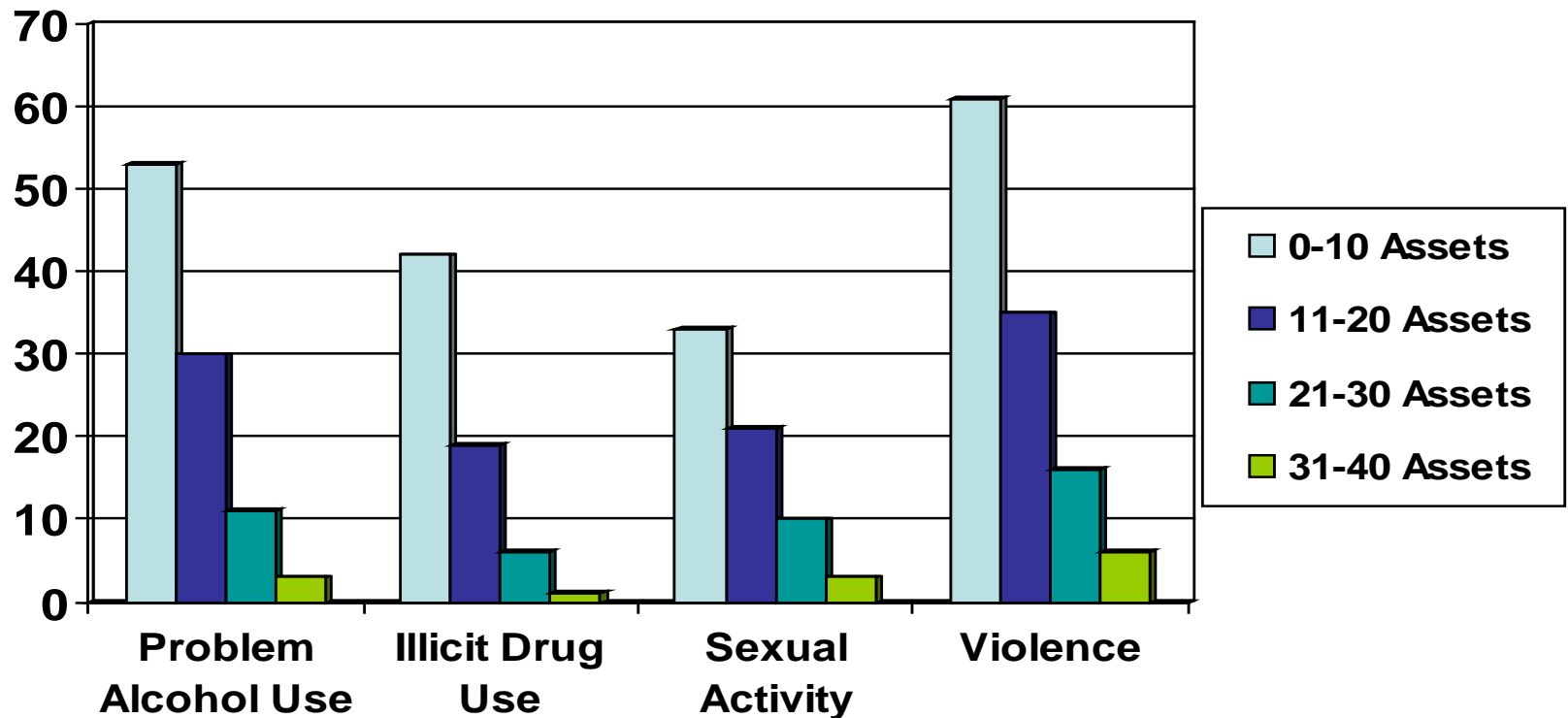
# What are developmental assets?

According to the Search Institute, developmental assets are 40 key building blocks that are critical for young people's successful growth and development.

*Source: <http://www.search-institute.org/>*

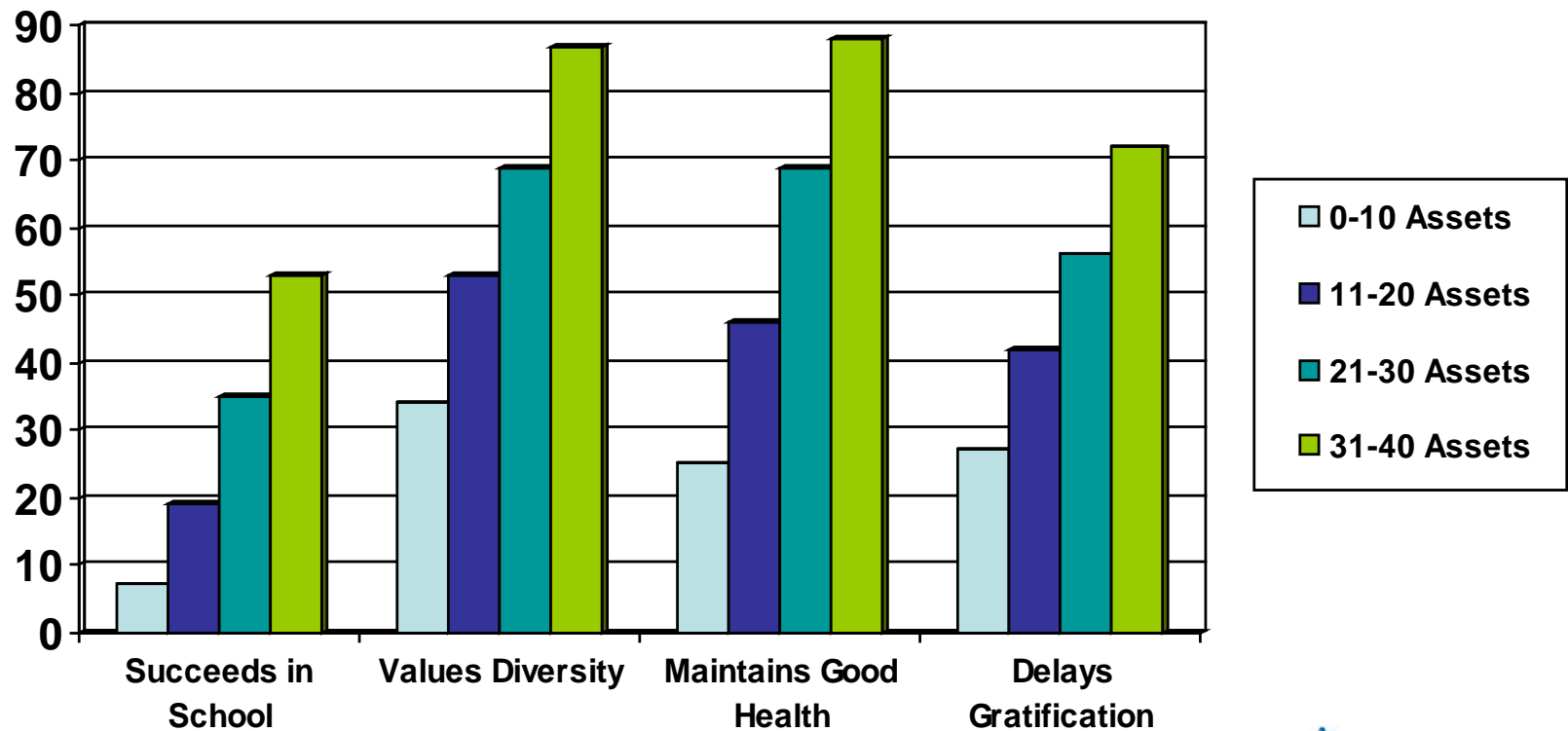


# The Power of Assets to Protect from High-Risk Behaviors



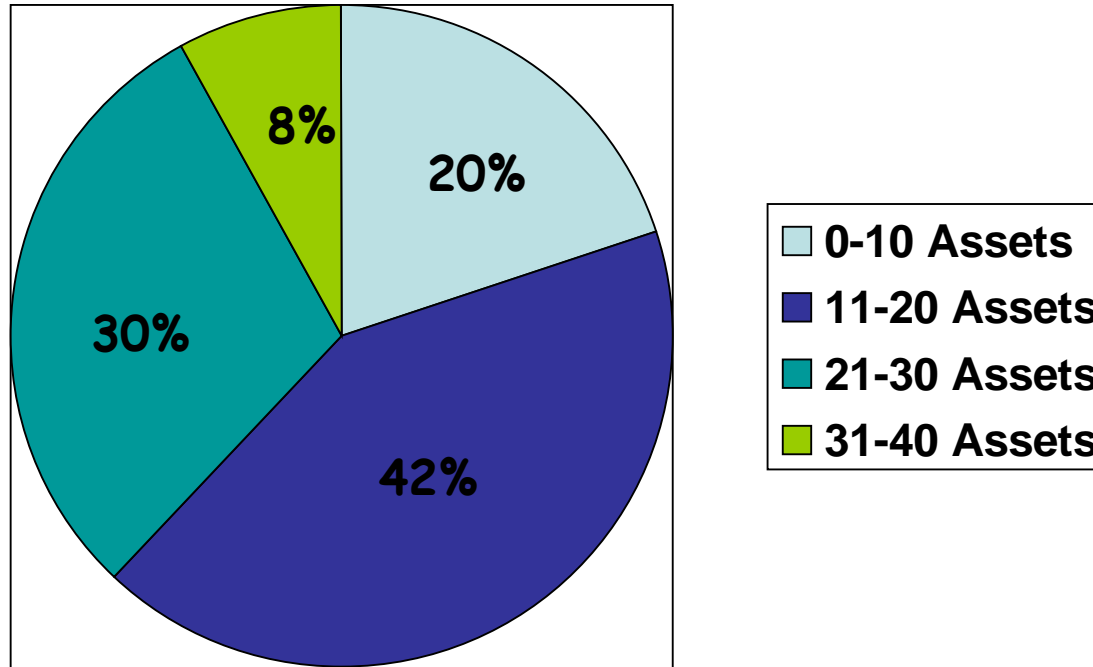
Source: <http://www.search-institute.org/>

# The Power of Assets to Promote Positive Attitudes and Behaviors



Source: <http://www.search-institute.org/>

# The Gap in Assets Among Youth



The goal of *Footprints For Life* is to help young children build a strong foundation of life skills rooted in key social competencies.

Source: <http://www.search-institute.org/>

# The Specific Assets Addressed in *Footprints for Life*

## Social Competencies:

- Interpersonal Skills
- Peaceful Conflict Resolution
- Planning and Decision Making Practice
- Resistance Skills
- Cultural Competencies

# Benefits for Teachers

- The lessons are specifically designed to facilitate students' social and emotional development.
- The program provides teachers with a "starting point" for important discussions.
- Having an outside agency, such as NCADD present within the school, provides an additional resource for identifying potential problems.

# Benefits for Teachers and Administrators

***80% of states and districts require schools to  
teach some lessons on ATOD***

- Enables schools to easily meet the Core Curriculum Content Standards for Comprehensive Health and Physical Education

# Benefits for Parents

- Worksheets provided after each lesson involve parents in their child's learning experience.
- The program opens the door for important discussions or "teachable moments."
- The lessons aid in child's social and emotional development.

# Benefits for Second and Third Graders

- As the age of first use for alcohol and tobacco is now between 10 and 12, Footprints gives students the tools they need to make healthy decisions regarding substance use and the time to practice these tools.
- The lessons reach students while their health-related attitudes, beliefs, and behaviors are at a formative stage.

# Outcomes Attributed to *Footprints for Life*

95% of teachers reported using lessons from Footprints for learning opportunities in class.

Teachers consistently witnessed youth using skills from the curriculum at least once a week.

# Outcomes Attributed to *Footprints for Life*

Youth who received the *Footprints for Life* program had a significantly larger increase in knowledge from pre-test to post-test than youth who did not receive the intervention.

# Awards and Recognition

## SAMSHA

National Registry of Evidence-Based Programs and Practices 2012

## NCADD

2008 Prevention & Education Meritorious Award

## NJ Department of Addiction Services(DAS):

2008 Registry of Evidence Based Programs

## Center for Substance Abuse Prevention (CSAP):

2006 Service to Science Academy



# Contact Information

National Council on Alcoholism  
and Drug Dependence (NCADD)  
of Middlesex County, Inc.

152 Tices Lane  
East Brunswick, NJ 08816

732-254-3344

[www.ncadd-middlesex.org](http://www.ncadd-middlesex.org)

[www.footprintsforlife.org](http://www.footprintsforlife.org)