

PIB Shield® Programme Outline

The PIB Shield® programme is a comprehensive substance abuse prevention initiative designed to support young people from elementary school through to high school, as well as their parents and teachers. Our programme aims to equip students with the knowledge, and skills needed to navigate the challenges of substance use, while fostering a supportive community that encourages healthy choices. Through age-appropriate lessons and engaging activities, students learn about the differences between medicines and drugs, the risks associated with caffeine, vaping, and alcohol, and how to manage peer pressure. Additionally, we offer a shared session for parents and teachers, providing them with the tools to communicate with children about sensitive topics and reinforce the programme's messages at home and in the classroom. By working together, we help young people make informed decisions about their health and well-being, setting them on a path towards a brighter future.

Our programme is tailored to meet the developmental needs of students at every stage of their educational journey:

- **Elementary (8-11):** Introduces substance abuse basics through interactive learning.
- **Middle School (12-13):** Focuses on vaping and alcohol risks, with stories of recovery.
- **Middle School (14-15):** Covers illicit drugs, legal consequences, and helping friends.
- **High School (16+):** Offers advanced knowledge on addiction and positive life choices.
- **Parent and Teacher Session:** Provides tools to support young people, covering trends and conversation starters. Each level builds upon previous knowledge, ensuring a comprehensive approach to substance abuse prevention.

Each level of the programme is designed to build upon previous knowledge, ensuring a continuous and comprehensive approach to substance abuse prevention throughout a student's academic career.

Elementary (8-11 years)

The elementary school programme introduces young students to the basics of substance abuse prevention, tailored to their developmental stage. This programme aims to build a foundation of knowledge and skills that will help children make informed decisions as they grow older.

Frequency: once per year

class	key topics
8-9 years	knowledge about difference between drugs and medicines understanding what medicines are and how they might affect the body. learning through activities, games and stories
10 years	risks of caffeine consumption, energy drinks example examining decision making—reducing risk social norms—how few people use caffeine
11 years	focus on vaping and risks managing peer pressure and influences social norms—real statistics on vaping story of recovering drug addict told in an age-appropriate level

The elementary programme is designed to gradually introduce concepts of substance abuse prevention, starting with basic knowledge and progressing to more complex topics as students age. This approach helps build a strong foundation for future learning and decision-making skills.

Middle School (12-13 years)

The middle school programme for 12-13 year olds, focuses on the risks associated with vaping and alcohol use, which are often first encountered during these years. This programme aims to equip students with the knowledge and skills to navigate peer pressure and make informed decisions.

Frequency: once or twice per year.

class	key topics
12 – 13 years	alcohol and risk—effects on the body, amount of alcohol and drinking limits, dangers around drinking social norms: alcohol questions: Discussion around alcohol advertising, the effects and influence, etc include 'review' of vaping and 'introduction' of marijuana introduction of age-appropriate story of instructor’s story of drinking, using drugs and recovering

This programme addresses the increased exposure to alcohol and vaping that students may face as they enter adolescence. By providing accurate information and discussing social norms, it helps students understand the risks and make healthier choices.

Middle School (14-15 years)

For 14-15 year olds, the programme expands to cover illicit drugs, legal consequences, and practical skills for helping friends. This age-appropriate curriculum addresses the growing curiosity and potential exposure to a wider range of substances.

Frequency: once or twice per year.

class	key topics
14 – 15 years	<ul style="list-style-type: none">details about illicit drugs and legal consequencestrends in drug use and new synthetic drugssocial norms about illicit drug useinfluence of media on attitudes and decisionshow to help a friend and refusal skillsstory of instructor’s story of drinking, using drugs and recovering

This programme builds on previous knowledge and introduces more complex topics, helping students navigate the challenges they may face as they progress through adolescence.

High School (16 years+)

The high school programme provides advanced knowledge about substance abuse, addiction, and recovery. It focuses on preparing students for the challenges they may face in their late teens and early adulthood, including the transition to university and life after high school.

Frequency: yearly or biannually for whole group

class	key topics
16 years +	<ul style="list-style-type: none">what is addiction, risk factors, preventative factorsinstructor’s story of falling into addiction and recoverysocial norms theory-how we misperceive realitymaking positive choices about identityhow to get help for oneself or friendshow to prepare for university and making healthy choices

This programme aims to equip older teens with the knowledge and skills they need to make informed decisions about substance use as they transition into adulthood. It emphasizes the importance of seeking help when needed and making positive choices for long-term health and well-being.

Educators and Parents

The PIB Shield® prevention programme extends its reach beyond students to include parents and teachers, recognizing their crucial role in substance abuse prevention. These sessions are conducted as part of the comprehensive programme or independently to address specific school and community needs.

key topics

current trends in youth substance use

understanding the impact of social media and peer influence

legal aspects of substance use and school/community policies

conversation starters and age-appropriate discussion techniques

building resilience and life skills in young people

recognizing and addressing mental health concerns related to substance use

community resources and support services

These programs aim to create a cohesive support system for students by aligning the approaches of parents and teachers. By providing adults with the necessary tools and knowledge, PIB Shield® enhances the effectiveness of its student-focused programs and creates a more comprehensive prevention strategy.

About Prevention is Better

Prevention is Better is dedicated to empowering young people through evidence-based education and prevention programmes.

We offer programmes for schools delivered by trainers with lived experience, addressing key topics such as vaping prevention, mental health awareness, and building resilience.

Our evidence-based programmes, facilitated by trainers with lived experience, can help you create a healthier, more supportive learning environment, so students like Niall are equipped to make positive choices.

Learn more about our PIB Shield® programme for schools at www.preventionisbetter.com.

