

Grades 5-9:

- **Reach Out Now Toolkit**

<http://www.toosmarttostart.samhsa.gov/community/teachin/Default.aspx>

Since 2001, the U.S. Department of Health and Human Services, through its Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Prevention (CSAP), has collaborated with Scholastic Inc. to prevent underage alcohol use. The *Reach Out Now (RON)* initiative provides fifth- and sixth-grade teachers with an attractively designed package of materials aligned with national education standards.

Community-based organizations (CBOs) have supported the *RON* initiative by conducting *Reach Out Now* Teach-Ins in fifth- and sixth-grade classrooms throughout the country. Teach-Ins are an excellent way for CBOs to deliver messages that build resistance skills among students and increase protective factors that help prevent underage alcohol use. CBOs can build on the momentum of other community prevention activities.

- **Too Smart To Start**

<http://www.toosmarttostart.samhsa.gov/html/tsts-impl/index.aspx>

TOO SMART TO START is a public education initiative that provides professionals and volunteers at the community level with materials and strategies to help them conduct an underage alcohol use prevention initiative. The materials contained in this guide are designed to help you plan, develop, promote, and implement a local initiative to educate 9- to 13-year-olds and their parents about the harms of underage alcohol use and to support parents and caregivers as they participate in their children's activities.

The hallmark of the Too Smart To Start program is its flexibility in the way it can be implemented in the local community. Too Smart To Start is not intended to be prescriptive. Rather, it offers information on the alcohol use behaviors of 9 to 13 year olds, a consistent message, and basic materials and strategies to deliver the core behavioral messages. The expectation is that local specific data will be added to Too Smart To Start information, messages, and materials, and elements will be tailored or adapted to the locality.

Too Smart To Start has three objectives:

- To increase the number of conversations between parents/caregivers and their 9- to 13-year-old children about the harms of underage alcohol use.
- To increase the percentage of 9- to 13-year-olds and their parents/caregivers who see underage alcohol use as harmful.
- To increase public disapproval of underage alcohol use.

For the complete guide visit, <http://www.toosmarttostart.samhsa.gov/html/tsts-impl/introduction.aspx>