

High School:

- **Alcohol Problems and Solution**

<http://www2.potsdam.edu/hanson/dj/UnderageDrinking.html>

Alcohol abuse is a significant problem among young people and a solution needs to be found. This page evaluates prevention programs and identifies effective and ineffective ways to reduce drinking problems among young people, especially high school, college, and university students. The best preventive measures are often the easiest and most economical and can be easily implemented by parents and educators.

- **Students Against Destructive Decisions**

<http://www.sadd.org/>

Originally, the mission of the SADD chapter was to help young people say "No" to drinking and driving. Today, the mission has expanded. Students have told us that positive peer pressure, role modeling and environmental strategies can prevent other destructive decisions and set a healthier, safer course for their lives. And that is why SADD has become a peer-to-peer education, prevention, and activism organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, risky and impaired driving, teen violence, and teen suicide.

- **Life Skills Prevention Program**

<http://www.lifeskillstraining.com/overview.php>

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Developed by Dr. Gilbert J. Botvin, a leading prevention expert, Botvin *LifeSkills Training* is backed by over 30 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention