



Preferred Systems, Inc.

Providing Continuing Education & Training That Works

The All Star Program

PROGRAM OVERVIEW

All Stars is a school-based program for middle school students (11-14 years old) designed to prevent and delay the onset of high-risk behaviors such as drug use, violence, and premature sexual activity. The program focuses on five topics important to preventing high-risk behaviors.

Those five topics are:

- Developing positive ideals that do not fit with high-risk behaviors.
- Creating a belief in conventional norms.
- Building strong personal commitments to avoid high-risk behaviors.
- Bonding with school, prosocial situations, and family.
- Increasing positive parental attentiveness such as positive communication and parental monitoring.

The All Stars curriculum includes highly interactive group activities, games and art projects, small group discussions, one-on-one sessions, a parent component, optional online activities, worksheets, and a celebration ceremony.

The All Stars Core program is designed to be delivered when students are between 11 and 14 years old, which is 6th or 7th grade. There are thirteen highly interactive 45-minute sessions, with an additional eight optional sessions if classroom time permits. Weekly or twice weekly delivery is recommended.

The All Stars Booster program is designed to be delivered one school year after the All Stars Core program. The All Stars Booster program includes nine 45-minute sessions that reinforce, but do not duplicate, lessons learned in the Core program. Six additional optional sessions, including a community service project are available to supplement the mandatory lessons.

The All Stars Plus program builds on content covered in the All Stars Core program. The program consists of twelve 45-minute sessions that are supplemented with five optional sessions that can be delivered if time permits. The All Stars Plus program can be taught the same year, but after the completion of the All Stars Core program or the All Stars Booster program, or All Stars Plus is ideal as a third-year dose of intervention.

Ready to Learn More about Preferred Prevention Programs?

Contact us at **888-455-7437** or info@preferrededucation.com to learn more about our Behavioral Health Prevention Programs.