

The available evidence indicates that the following programmatic characteristics are associated with positive psycho-social and behavioral outcomes related to substance use prevention.¹⁴

- **Uses interactive teaching methods** (e.g., role plays)
- **Is delivered through a series of structured sessions or lessons** at least once a week and providing booster sessions in the following years
- **Is delivered by trained facilitators**, particularly those with formal academic training and credentials/licensure in health education and promotion
- **Provides an opportunity for youth to learn and practice various personal and social skills**, including goal setting, decision making, recognizing and managing risk situations, assertive communication and resistance skills, and coping skills
- **Impacts perceptions of risk associated with substance use**, including immediate consequences on peer and family relationships and personal aspirations
- **Dispels misconceptions regarding the normative nature and expectations linked to substance use**

