# Lions Quest Skills for Adolescence

**TARGET AUDIENCE**

This program is for adolescents in 6th to 8th grade and their parents.

**SUMMARY**

Lions Quest Skills for Adolescence includes an interactive, student-focused curriculum and is designed to reduce drug, alcohol, and tobacco use; decrease violence; and promote academic achievement for participants. This prevention program focuses on life skills and social and emotional competencies.

**EVIDENCE**

A randomized controlled trial found that program participants engaged in less cigarette and marijuana use at the end of the year-long intervention compared to adolescents in the control group (i.e., the usual drug program). Program participants showed less progression to using more advanced substances, and Hispanic participants engaged in less alcohol use compared to adolescents in the control group. One year after the end of the intervention, participants engaged in less marijuana use compared to adolescents in the control group. Also, adolescents who participated in the program and had previously engaged in binge drinking engaged in less binge drinking. However, it should be noted that attrition from sixth to eighth grade was associated with self-reported marijuana use in sixth grade, and schools self-selected into the study, so the ability to generalize findings may be limited.

**COMPONENTS**

There are six units included in the curriculum that focus on developing social and emotional competency, building character, community involvement, and drug prevention:

- Unit 1: A positive learning community;
- Unit 2: Personal development;
- Unit 3: Social development;
- Unit 4: Health and prevention;
- Unit 5: Leadership and service; and
- Unit 6: Reflection and closure.

Booster lessons are available to reinforce skills. Cross-curricular activities for team teaching are also incorporated.

The curriculum can be used as stand-alone lessons or can be integrated into other programs. In addition, the program has an elective family involvement component, which is implemented through shared homework assignments, meetings, school activities, and a parent workbook. Topics for parent meetings include helping youth build self-confidence, understanding internet safety and bullying, discussing drug use prevention, and solving family conflicts.

The program supports the establishment of a school climate committee and encourages participants to commit to community involvement with the Lions Club and other service organizations.

**PREVIOUS USE**

Lions Quest programs have been delivered across the United States since 1984. Over 500,000 educators in more than 90 countries have received training and implemented programs to more than 13 million students. Specific previous use information for the Skills for Adolescence program was not located.
Lions Quest Skills for Adolescence

TRAINING
Teachers must be certified as Lions Quest instructors before using the curriculum in the classroom. Training can be given at the implementation site or at a regional workshop location. On-site workshops for up to 40 participants are offered in 1- or 2-day sessions and cost $2,700 and $3,500, respectively. Regional workshop prices range from free to $220 per participant. Please contact Lions Quest using details in the Contact section for more information on training and costs.

CONSIDERATIONS
Considerations for implementing this program include acquiring administrative, teacher, and parent buy-in; recognizing funds may be needed for training costs; and understanding some implementation materials will need to be purchased.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing Lions Quest Skills for Adolescence, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program includes nine units and over 100 lessons. Most lessons require 45 minutes per week to implement. The program can run for 9 weeks to 3 years.

COST
The curriculum kit is $150 and includes a facilitator's resource guide, the universal program guide, and digital resources. Student journals cost $5 each or $120 for a set of 30. Please visit https://www.lions-quest.org/wp-content/uploads/2015/11/LQ-price-list-2016.pdf for additional materials and program prices or email lcif@brightkey.net or use the phone number listed in the Contact section to make an order.

EVALUATION PLAN
To move Lions Quest Skills for Adolescence program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Lions Quest Customer Service by mail P.O. Box 304, Annapolis Junction, MD 20701-0304, phone 1-800-446-2700, fax 1-240-396-5741, or visit https://www.lions-quest.org/contact-us/

SOURCE
https://www.lions-quest.org/ and www.nrepp.samhsa.gov/ProgramProfile.aspx?id=113