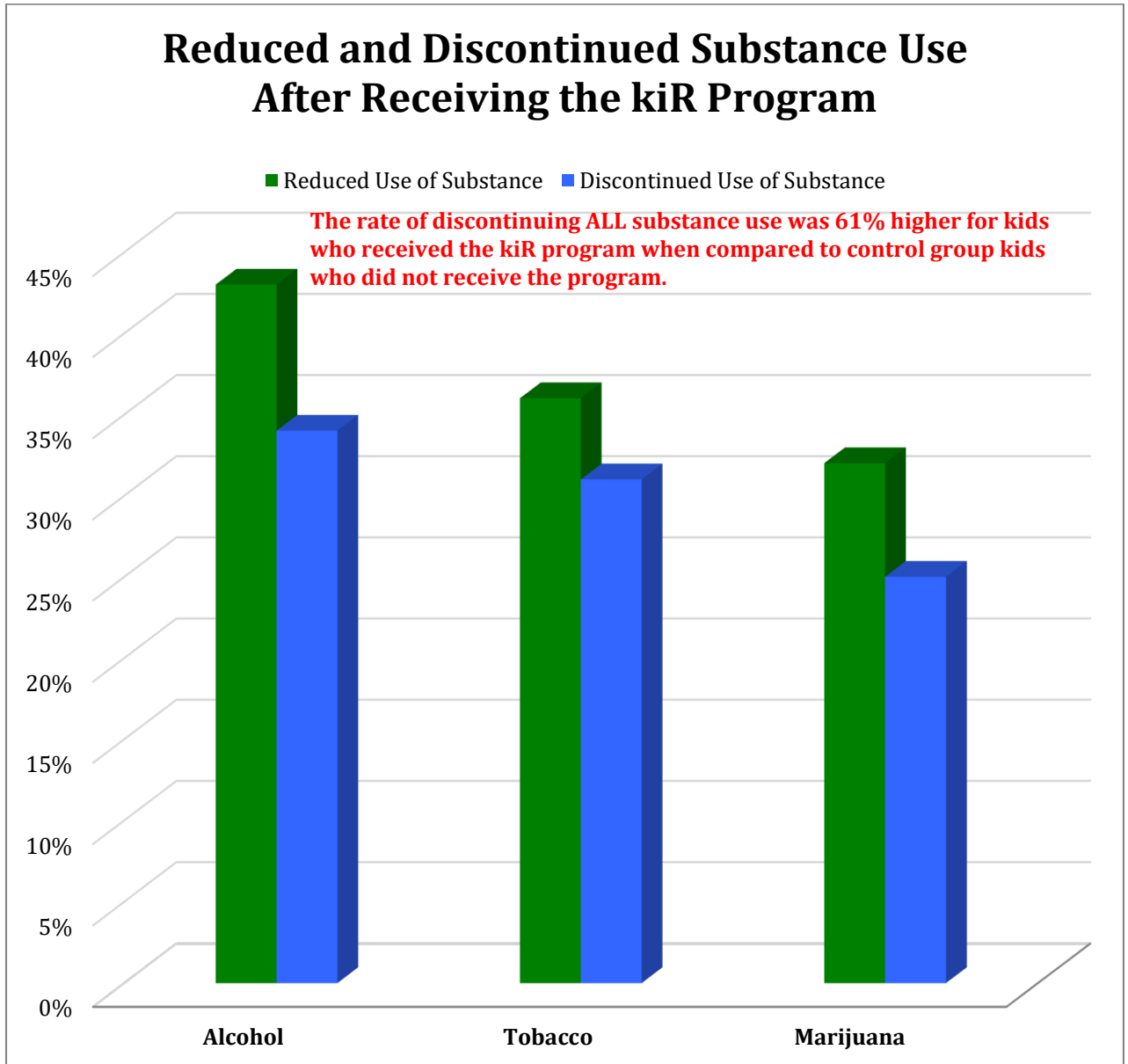


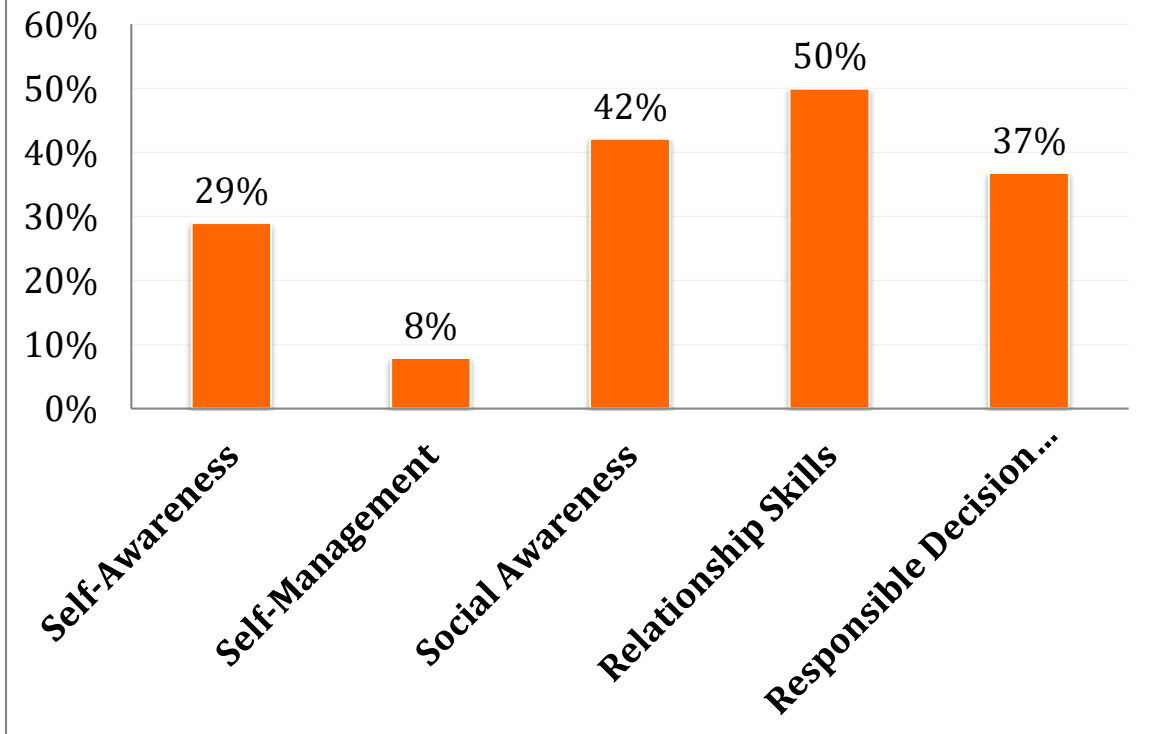
keepin' it REAL Fact Sheet

keepin' in REAL: Top- Rated Substance Abuse Prevention Program

keepin' it REAL is an effective, multicultural middle school drug prevention program derived from evidence-based research



Categories Marked Present in kiR Program Reviews



*Source: Review of 62 Studies. Please contact us for more information on these studies.

Research Evidence of Effectiveness:

- ✦ Cuts tobacco use by 64%
- ✦ Cuts alcohol use by 72%
- ✦ Cuts marijuana use by 56%
- ✦ Increased Refusal Efficiency
- ✦ Increased Multicultural Awareness
- ✦ Demonstrates effectiveness in Criminal Environments
- ✦ Percentage of Studies Showing Improvements:
 - ✓ 50% ↑ Relationship Skills
 - ✓ 42% ↑ Social Awareness
 - ✓ 25% ↑ Self Awareness
- ✦ Increased Communication Competency
- ✦ Increased Decision Making Skills

Sources:

Kulis, S., Nieri, T., Yabiku, S., Stromwall, L. K., & Marsiglia, F. F. (2007). Promoting reduced and discontinued substance use among adolescent substance users: Effectiveness of a universal prevention program. *Prevention Science*, 8(1), 35-49.

Hecht, M. L., Graham, J. W., & Elek, E. (2006). The drug resistance strategies intervention: Program effects on substance use. *Health Communication*, 20(3), 267-276.

Hecht, M. L., Marsiglia, F. F., Elek, E., Wagstaff, D. A., Kulis, S., Dustman, P., et al. (2003). Culturally grounded substance use prevention: An evaluation of the keepin' it REAL curriculum. *Prevention Science*, 4, 233-248.

Kulis, S., Marsiglia, F. F., Elek-Fisk, E., Dustman, P., Wagstaff, D., & Hecht, M. L. (2005). Mexican/Mexican American adolescents and keepin' it REAL: An evidence-based, substance abuse prevention program. *Children and Schools*, 27, 133-145.

Duration of Effects

Up to 18 months

Populations

Tested on Mexican/Mexican American Youth

Target Age

Middle School: Grades 6-9

Program Length

Middle School Program: 10 class sessions

Program Components

Teachers Manual and Student Guide, Videos, Booster Sessions

Providers

Teachers, Peer Leaders, or Health Professionals