

An Apple a Day©

Kindergarten through grade 4

The Program

An Apple a Day® (AAAD®) is a literacy-based substance abuse prevention education program. It is used in school settings, after school sites, summer programs, and/or daycare settings. A parent-training component is also available.

The curriculum can be incorporated into existing health curricula or can be implemented as an independent 6-8 week program. The strategies of AAAD® include the use of trade books, student journals, characters from literary selections as examples of role models, and role-play scenarios. Reading and writing exercises, picture drawing, and brain storming activities engage students in an interactive learning process that fosters resiliency and self-determination about substance abuse.

Results

Over a two year period, AAAD® has demonstrated increased knowledge among students about substance abuse, the identification of safe people and safe places, and an increase in healthy habits. Parent trainees and school staff also report a high degree of program satisfaction.



Learning Standards

English Language Arts: (1) read, write, listen, and speak for information and understanding;
(3) read, write, listen, and speak for critical analysis and evaluation.

Health, Physical Education & Home Economics: (1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health; (2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Contact

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