



DEPARTMENT OF HEALTH

ADAP Strategy/Activity Planning Tool

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| STRATEGY | ADVISING AND TRAINING OF PEER LEADERSHIP/YOUTH EMPOWERMENT GROUPS IN SCHOOLS |
| Goal | Reduce underage and binge drinking among persons aged 12 to 20, Reduce cannabis use among persons aged 12 to 25 |
| Evidence based? | No |
| IOM Category | Universal Direct |
| CSAP Strategy type | Alternative Drug-free Activities |

Peer leadership programs provide opportunities for students to develop, refine, and practice leadership skills and enable students to experience their power to effect change by exercising leadership in their environment through formal and informal interventions.

STEPS IN WORK PLAN COULD INCLUDE (BUT ARE NOT LIMITED TO):

- Engage school partners to ensure the Peer Leadership / Youth Empowerment Group has support from the school community—particularly from school administrators
- Select a model to follow such as Dover’s Youth 2 Youth One Voice Youth Empowerment Toolkit <http://dover2y.org/resources/toolkit/>, or Above the Influence <https://abovetheinfluence.com/>
- Identify an adult advisor
- Recruit students to participate
- Identify student-driven goals of the group and associated activities
- Set meeting schedule
- Provide opportunities for reflection and ongoing evaluation of efforts
- Meet regularly as defined by schedule
- Foster connections with the broader school community—may include presentations or other in-school communications (e.g. newsletters, posters, school announcements, etc)

Additional indicators to be reported to ADAP:

- a. At which school(s) did you advise peer leadership/youth empowerment groups during the past quarter?
- b. Please describe the types of peer leadership/youth empowerment groups that have been meeting during the past quarter?
- c. Please indicate the total number of **new** individuals reached by this intervention during the past quarter. If no **new** individuals were reached by this intervention during the past quarter, please enter 0.

Sources:

ADAP’s SBSAS program guidelines for youth leadership groups.

Updated 10.16.20