



# YPRC

YOUTH  
PREVENTION  
RESOURCE CENTER

# YEAR-ROUND Planning Guide



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# WELCOME to the YPRC

We are excited that you are invested in youth substance use prevention and youth leadership development. The Youth Prevention Resource Center (YPRC) is a leader in providing support for the youth in our communities, guided by a steadfast commitment to their well-being and empowerment. At the YPRC, we believe in the power of a holistic approach, where the voices of our youth are not only heard but valued and respected. Our mission is clear: to equip young individuals with the necessary tools to navigate life's challenges and to foster their growth opportunities. We understand that the landscape of youth needs is ever-evolving, which is why we continuously strive to be responsive, updating our resources to meet these changing demands. With a focus on substance misuse, mental health and wellness, and youth leadership development, we aim to pave the way for a brighter, more promising future for every young person we serve. Together, let us embark on this journey of empowerment, collaboration, and transformation.

Welcome to the YPRC family!

**YPRC Mission:** To equip youth with the tools to navigate the challenges in their lives and ensure their success by increasing their growth opportunities.

**Vision:** To provide youth with the tools and opportunities to become the architects of their future.

# WHO IS THIS GUIDE FOR?

This guide is designed for youth leaders and adults who support youth leadership, and individuals involved in programming within schools and communities. It's intended for those we are welcoming for the first time to the ideals of prevention and those who have experience in youth substance use prevention. Use this resource as your catalyst for igniting enthusiasm and keeping your passion aligned with our mission and vision! For youth leaders, this guide offers a comprehensive overview of your critical role in shaping the future of our communities. Use this guide to spark discussions at your peer leadership meetings, ensuring that all members are well-acquainted with your goals and objectives. Adults who support youth leadership will find this guide equally valuable in understanding the significance of prevention planning within school and community environments.

Moreover, this guide serves as a step by step blueprint for success. By utilizing the included planning guides, you can streamline your planning process and ensure that your initiatives are clearly defined and aligned with yearly prevention campaigns. As you assemble for your inaugural peer leadership meeting, the YPRC enthusiastically encourages you to delve into this guide and uncover its wealth of valuable information. Use it not only to acquaint new members with your organization's purpose but also to remind experienced members of their role in prevention. Together, let's continue to make a positive impact on the lives of youth in our schools and communities.



# WHY MAKE A PLAN?

This guide will give you a step-by-step plan for your year of prevention and leadership activities. A year-long plan allows for a holistic and comprehensive approach to addressing youth substance use prevention. It provides ample time to design, implement, and evaluate a range of activities targeting different aspects of prevention, including education, skill-building, and community engagement. A year-long plan provides the flexibility to adapt activities based on emerging needs, feedback from participants, or changes in the community environment. It allows for ongoing assessment and adjustment to ensure that prevention efforts remain relevant and effective. Having a specific, consistent schedule of activities throughout the year helps maintain momentum and engagement among participants. It prevents gaps in programming and ensures that prevention efforts remain a priority over time.

Substance use during adolescence can have significant negative impacts on physical and mental health. It can interfere with brain development, increase the risk of addiction, and contribute to long-term health problems. Preventing youth substance use in your community has lasting positive effects. By being involved in prevention and leadership programs, young people can take control of their health and future. When they participate in making informed choices and resisting peer pressure to use substances, they can protect themselves and pave the way for a healthier, more successful life.

# GROWTH MINDSET

A growth mindset is a belief system or attitude that views intelligence, abilities, and talents as qualities that can be developed and improved over time through effort, learning, and perseverance. Individuals with a growth mindset believe that their abilities are not fixed traits but can be developed through dedication, practice, and learning from failure.

By fostering a growth mindset in youth substance use prevention planning, you can empower young people to develop the skills, resilience, and attitudes needed to effectively address prevention challenges and make a positive impact in their communities.

Overall, a growth mindset is characterized by a belief in the power of effort, learning, and resilience to overcome challenges and achieve success. It fosters a positive attitude towards learning and development and empowers individuals to reach their full potential.



# PEER LEADERSHIP

## Thrives on Data, Growth, and Collaboration

Engaging students in leadership roles should be approached with a growth mindset perspective. Cultivating a growth mindset can profoundly impact the development of young leaders.



### Embrace Challenges

See challenges as opportunities for growth rather than obstacles to avoid. Embracing challenges can lead to valuable learning experiences.

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### Prioritize Needs Utilizing Community/School Data

Focus on the health and safety needs by analyzing the data of your community/school.

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### Set Goals

Continuously set goals for your group. Goals should be measurable and realistic for your group needs.

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### Learn from Set-Backs

Instead of fearing failure, use this opportunity as a chance to learn and grow. Analyze mistakes, adjust your approach, and use them as stepping stones toward success.

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### Celebrate Progress

Acknowledge and celebrate your progress, no matter how small. Recognizing achievements and milestones is contagious and a great way to invite more students to participate.

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### View Efforts as a Path to Achievement

Understand that effort and hard work are essential components of program implementation. Embrace the journey and adapt to challenges.

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### Share Your Journey

The YPRC is a partner in your journey and is available for technical support along the way. More importantly we want to understand your process and celebrate your successes!

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### Grow Continuously

Seek opportunities to learn from implementation and use data to facilitate new program implementation. Look for opportunities to enhance the impact of prevention while aligning with your mission.

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# WHAT ARE SMART GOALS?

A SMART goal is a specific, measurable, achievable, relevant, and time-bound objective designed to guide goal-setting and performance improvement. The SMART acronym stands for:

1. Specific: Goals should be clear, well-defined, and focused. They should answer the questions of who, what, where, when, and why. Specific goals provide clarity and direction, making it easier to understand what needs to be accomplished.
2. Measurable: Goals should be quantifiable and include criteria for measuring progress and success. Measurable goals allow you to track your performance, assess your achievements, and determine if you're on track to meet your objectives.
3. Achievable: Goals should be realistic and attainable within the resources, constraints, and timeframe available. Although goals should challenge you to stretch beyond your comfort zone, they should also be within reach with effort and commitment.
4. Relevant: Goals should be aligned with your overall objectives, values, and priorities. They should be meaningful and relevant to your personal or organizational aspirations. Relevant goals ensure that your efforts are focused on outcomes that matter.
5. Time-bound: Goals should have a defined timeframe or deadline for completion. Establishing deadlines creates a sense of urgency and helps prevent procrastination. Time-bound goals also enable you to prioritize tasks and allocate resources effectively.

**By setting SMART goals, individuals and organizations can increase their chances of success by creating clear, actionable, and achievable targets that drive progress and performance improvement.**



# CREATE YOUR PLAN

## Using SMART Goals

**Objective:** Help ninth graders at our school understand how mental health stress can affect their lives and how to seek assistance.

<b>S</b> Specific	Clearly State Your Goal	Educate all 9th grade students at XYZ High School about the signs of mental health stress and how to obtain assistance.
<b>M</b> Measurable	Ensure Your Group Can Measure Success	XYZ club will deliver 20 minute educational sessions about the signs of mental health stress and how to obtain assistance during 9th grade health classes in September.
<b>A</b> Attainable	Assure You Can Achieve Success	XYZ club will deliver 20 minute educational sessions about the signs of mental health stress and how to obtain assistance during 9th grade health classes and engage the health teacher as instructors.
<b>R</b> Realistic	Set Goals Relevant to Your Group's Capacity	XYZ club will deliver 20 minute educational sessions about the signs of mental health stress and how to obtain assistance during 9th grade health classes by dividing the delivery into teams of 2-4 peer educators and health teachers as instructors.
<b>T</b> Time-Based	Set a Deadline for Completion	XYZ club will deliver 20 minute educational sessions about the signs of mental health stress and how to obtain assistance during 9th grade health classes on or by October 31st.

# CREATE YOUR PLAN

## Using SMART Goals

Objective:

<b>S</b> Specific	Clearly State Your Goal	
<b>M</b> Measurable	Ensure Your Group Can Measure Success	
<b>A</b> Attainable	Assure You Can Achieve Success	
<b>R</b> Realistic	Set Goals Relevant to Your Group's Capacity	
<b>T</b> Time-Based	Set a Deadline for Completion	

Use this template to make your plan!

# PLAN YOUR YEAR

Please review the YPRC calendar of events and visit the YPRC website to explore various awareness weeks and programming opportunities that your student leadership group can participate in to create change! We want you to keep us informed about the excellent work your group is doing so we can highlight your success.

Additionally, ensure you incorporate Illinois-specific programs into your planning efforts. You can reach out to the YPRC for programming ideas, training, and technical assistance available through [our website](#) or email us for further information at [yprc@prevention.org](mailto:yprc@prevention.org).



# CALENDAR OF EVENTS

## July

- Fourth of July
- Minority Mental Health Month
- 100 Deadliest Days Campaign, continues
- International Day of Friendship

## August

- Back to School Month
- Women's Equality Day
- National Drug Overdose Awareness Day
- End of 100 Deadliest Days Campaign

## September

- National Suicide Prevention Month
- National Recovery Month
- National Suicide Prevention Week
- World Suicide Prevention Day
- Child Passenger Safety Day
- International Day of Peace
- Start with Hello Week

## October

- National Bullying Prevention Month
- Domestic Violence Awareness Month
- Pedestrian Safety Month
- Mental Illness Awareness Week
- International Walk to School Day
- National Depression Screening Day
- World Mental Health Day
- Coming Out Day
- National Teen Driver Safety Week
- National School Bus Safety Week
- Red Ribbon Week
- Drug Take Back Day

# CALENDAR OF EVENTS

## November

- Drowsy Driving Prevention Week
- World Kindness Day
- International Day for Tolerance
- Great American SmokeOut
- National Runaway and Homeless Youth Prevention Month

## December

- National Drunk and Drugged-Impaired Driving Prevention Month
- World AIDS Day
- National Human Rights Day

## January

- National Law Enforcement Appreciation Day
- National Human Trafficking Awareness Day
- No Name Calling Week
- MLK National Day of Service

## February

- Teen Dating Violence Awareness and Prevention Month
- Random Acts of Kindness Week
- National Eating Disorder Awareness Week

## March

- National Nutrition Month
- International Women's Day
- National Sleep Awareness Week
- National Inhalants and Poison Awareness Week
- National Day of Action
- National Drug and Alcohol Facts Week

# CALENDAR OF EVENTS

## April

- Alcohol Awareness Month
- Take Down Tobacco National Day of Action
- National Distracted Driving Awareness Month
- National Stress Awareness Month
- National STD Awareness Month
- Sexual Assault Awareness Day of Action
- National Public Health Awareness Week
- National Youth Violence Prevention Week
- National Volunteer Week
- National Day of Silence
- Global Youth Service Days
- Earth Day
- National Drug Take Back
- National Culture Week

## May

- Mental Health Awareness Month
- National Physical Fitness and Sports Month
- National Bike Safety Month
- Sleep Awareness Week
- Children's Mental Health Awareness Day
- Click it or Ticket Mobilization Begins
- World No Tobacco Day
- Memorial Day - Start of the 100 Deadliest Days
- National Prevention Week

## June

- 100 Deadliest Days, continues
- LGBTQ+ Pride Month
- National Safety Month
- World Environment Day
- Family Health and Fitness Day
- Juneteenth

# YEARLY CALENDAR

Use this template as a guide to plan programs your group will implement during the upcoming year.

## January

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## February

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## March

National Drug and Alcohol Facts Week

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## April

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## May

Mental Health Awareness Month

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## June

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## July

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## August

Back to School Month

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## September

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## October

Red Ribbon Week

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## November

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## December

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# AFTER IMPLEMENTATION



## We Want To Hear From You!

Don't forget to keep the YPRC in the loop. We'd love to highlight your work through our social media platforms and our monthly newsletter.

The YPRC monthly newsletter contains important programming information on all things YPRC. Click [HERE](#) to Join!



<https://www.facebook.com/YPRC.IL>



[@yprc\\_il](#)





**Website**

[prevention.org/yprc](http://prevention.org/yprc)

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