

**PROJECT NAME:** Project STAR  
**PROJECT LEAD:** Franklin C. Shontz, Ph.D.

**TIMELINE:**

**CONTENT AREA:**

**FUNDER:** Ewing Marion Kauffman Foundation

**CLIENT:**

**AUDIENCE:**

**RESEARCH  
METHODOLOGY:**

Project STAR, a community-wide program committed to substantially reducing drug and alcohol abuse, teaches drug resistance skills to more than 150,000 students a year. Project STAR is a community-wide, prevention program aimed at reducing alcohol and drug abuse. Project STAR provides consulting and training services for schools and communities that want to implement comprehensive prevention programs. The program targets 7th and 8th grade students. Teachers provide in-depth material on (1) the effects of drug use, (2) resistance techniques, (3) peer pressure, (4) advertising techniques and effects, and (5) how to make informed decisions.

**OVERVIEW:** Several sessions include homework assignments that students and parents complete together. These lessons develop interpersonal and social skills and promote communication about attitudes about alcohol and drug use and abuse. The program trains parents to support their children's resistance skills through active involvement in school-based programs. Project STAR was eventually funded by the National Institute on Drug Abuse through a grant to the University of Southern California. This project is part of the Midwest Prevention Project.

**LINKS:**