



Empowering decision making
by giving youth...

...**research-based information**
about dangerous substances...

... **& guiding reflection & practice**
on why and how to avoid them.

Outreach

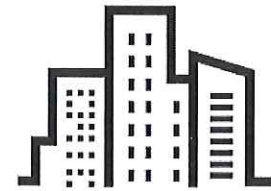
During the 2016-17 school year alone...



4,866 youth



from 16 middle schools



in the Omaha & Council Bluffs metro area

...benefited from Me360 presentations.

Curriculum

Risks & Outcomes

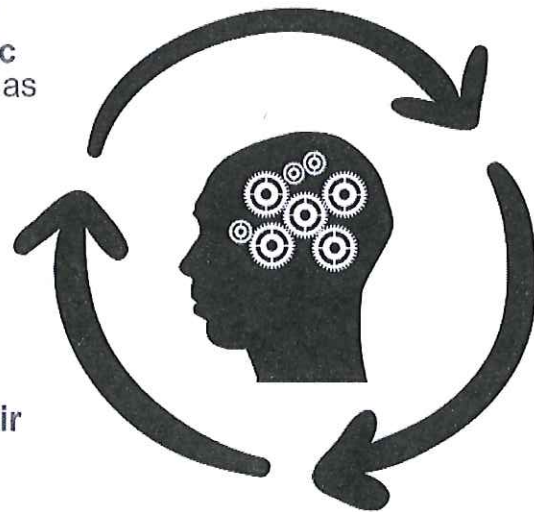
Youth learn about the dangers and effects of substances like **alcohol, marijuana, synthetic drugs, prescription drugs, and meth**, as well as individual susceptibility to addiction.

Making Choices

Youth learn the difference between **low risk** and **high risk** choices and of the impact their decisions have on their lives.

Awareness & Self-Efficacy

Through guided discussion, youth **identify their values and sparks**. Working through "what would you do" scenarios, youth practice protecting things that matter most.



Collaboration



Me360 works best through collaboration with teachers & schools.

Outcomes

Results show that students perceive more risk related to substances after Me360.



A service of Prevention Means Progress
Visual produced by STEPs