

# KEEP A CLEAR MIND

**KEEP A CLEAR MIND** is a four week, take home drug education program designed for elementary school students in grades 3-5 (ages 9-11) and their parents to develop specific skills to refuse and avoid use of "gateway" drugs.



"Embracing the Community"



**Friends of Yates, Inc.**

1418 Garfield Avenue  
Kansas City, Kansas 66104

Phone: 913-321-1566  
Fax: 913-321-1569  
[www.friendsofyates.org](http://www.friendsofyates.org)

# Keep A Clear Mind

A Drug Prevention  
Program  
for Elementary Schools

**Implemented by the  
Della Gill/Joyce H. Williams  
Center**

Sponsored by  
Friends of Yates, Inc.



## HOW IT WORKS

The *Keep a Clear Mind* program is a comprehensive and beneficial curriculum that has proven results in helping students resist drug pressure and educating parents.

The program consists of four take-home lessons dealing with tobacco, alcohol, marijuana and saying no to drugs.



These lessons are to be sent home at the beginning of each week.

The students are then

asked to complete these lessons with the help of their parents.

Students will receive small prizes for completing each weekly lesson.

After the four weeks of lessons, follow-up will consist of five bi-weekly parent news letters. These newsletters will help aide the continuation and implementation of the skills learned. KACM requires minimal effort on the part of each classroom. It is an easy and cost-free way for schools to address known risk factors for substance abuse. The Della Gill/ Joyce H. Williams staff will assist the schools with further information as requested.

## Keep A Clear Mind helps parents and children talk about substance use.

Research is clear that when parents provide clear and consistent no-use messages to their children, these young people are less likely to use alcohol, tobacco or other drugs. In fact, clear parental expectations is more important than any other protective factors that a child or teen can have in predicting substance use. The *Keep a Clear Mind* program Facilitates parent-child dialogue about the use of alcohol, tobacco and marijuana.



Together, parents and their children learn about the dangers of these substances and practice ways to say no. As part of the lessons, parents learn about their important role and have the opportunity to communicate with their child the expectation that their child will not use these substances.

As a result of the family-based *Keep a Clear Mind (KACM)* program, parent indicated the following results:

- 75% of the parents reported completing all of the KACM lessons with their children.
- Of the parents who completed all the lessons: 22% talked with their children about substance use at least 5 times in the previous month and 91% talked with their children about resisting peer pressure to use within the last month.
- Of the parents who did not complete all the lessons, only 14% talked as often with their children about substance abuse. 84% reported talking about peer pressure with their children within the last month.

