

THE KC★STAAR PROJECT

is a 3-year grant funded program through the U.S. Department of Education's Grants to Reduce Alcohol Abuse. The target audience includes students in grades 6-12, their parents, and the surrounding school community. Guided by our action team, composed of school staff, teens, parents and community leaders, the grant works to accomplish three goals:

- Decrease the percent of students who binge drink (drinking 5 or more alcoholic drinks in one sitting)
- Increase the percent of students who believe that alcohol abuse is harmful to their health
- Increase the percent of students who disapprove of alcohol abuse

School Districts Included:

Keota Community School District
Pekin Community School District
Sigourney Community School District
Tri-County Community School District



Keokuk County Partners

SIEDA Substance Abuse Prevention
Community Health Action Partnership
Youth Substance Abuse Prevention
Sigourney Police Department
Keokuk County Sheriff's Department
Keota Police Department
Keota Community School District
Pekin Community School District
Sigourney Community School District
Tri-County Community School District
Community Leaders
Parents
Teens

Resources for Parents and Other Adults

www.drugfreeinfo.org
www.theantidrug.com
www.alcoholfreechildren.org

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*Keokuk County Schools Tactics
for Alcohol Abuse Reduction*

www.kcstaar.org

KC★STAAR P R O J E C T

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Reconnecting Youth/Life Connections

Life Connections is a class that emphasizes three primary goals: to increase school performance, improve mood management, and control drug use. Improving grades and attendance, managing the emotional “ups and downs,” and staying or becoming drug-free are challenges often faced by teens in high school. Students will spend time in small group activities with 10 or 11 other students and a specially trained staff member learning about enhancing self-esteem, decision making, personal control, and interpersonal communication. This class is designed for students who wish to develop new and supportive relationships and to experience personal successes. The class is offered once a year per school and allows students to earn one elective credit toward graduation.

Project Northland

Project Northland is a classroom curriculum for students in grades 6, 7, and 8 throughout four school districts. The program was designed by prevention researchers to delay the age when youth begin drinking, to reduce use among young people who have tried alcohol, to limit the use of other drugs, and to reduce alcohol-related problems. Project Northland employs grade-specific tasks, exercises, and activities in a variety of highly engaging, interactive formats, such as comic books and posters, to reach young people at an age when they are most likely to try alcohol.

Decision Education Foundation

The mission of the Decision Education Foundation (DEF) is to improve the lives of young people by teaching them how to make better decisions. DEF believes that decision skills training helps young people succeed academically, as well as beyond the classroom in their personal lives. DEF takes a broad-based approach, using both head and heart that helps kids be conscious of the many choices in their lives and gives them the tools to choose wisely.

Statistics

According to the 2008 Iowa Youth Survey, Keokuk County students said:

- 66% of 11th grade students have tried alcohol
- 36% of 11th grade students are regular consumers of alcohol
- 31% of 11th grade students are binge drinkers
- 75% of 11th grade students say alcohol is easy or very easy to access

According to the American Athletic Institute:

- 82% of athlete's parents surveyed believe their son or daughter does not drink. 52% of their underage student athletes admitted to drinking.

Other Statistics:

- The total cost for underage drinking in the Iowa each year is estimated at 582.2 million dollars in 2005. (This translates to a cost of \$1,960 per year for each youth in the state.)

Dr. Ted Miller - Pacific Institute for Research and Evaluation, July 2007

- Youth who drink before age 15 are four times more likely to develop alcohol dependence than those who began drinking at age 21.

NIAAA, 1997

- In 2005, underage drinkers consumed 21.4% of all alcohol sold in Iowa, totaling \$242 million in sales. These sales provided profits of \$117 million to the alcohol industry.

Miller, TR, Levy, DT, Spicer, RS, & Taylor, DM. (2006) Societal costs of underage drinking Journal of Studies on Alcohol, 67(4) 519-528.