

Ways to be Involved

- ◆ Contact local 4-H extension office
- ◆ Request trainings
- ◆ Ask about incentives
- ◆ Tailor the program to your needs
- ◆ Run the program through your organization



For more information:

Health Rocks!®

Reached over 110,393 youth since 2010
with 10 or more hours of teaching

After Health Rocks!®

Youth Reported:

- ◆ 95% of youth reported that they could help other teens resist alcohol and drugs
- ◆ 89 % disapprove of risky behaviors
- ◆ 96% disapprove underage tobacco use
- ◆ 97% express intent to pursue healthy behaviors and avoid risky behaviors
- ◆ 96% intend to avoid underage tobacco use
- ◆ 86% demonstrated possible health-related behavior change



**A curriculum designed
to reduce tobacco,
alcohol, and drug use
among younger youth
ages 8-12 as well as
ages 12-14**



Health Rocks!® is a healthy living program designed to:

- ◆ **Reduce youth smoking and tobacco use**
- ◆ **Help youth build life skills that lead to healthy lifestyle choices with special emphasis on youth smoking and tobacco use prevention**
- ◆ **Engage youth and adults in partnerships to develop and implement community strategies that promote healthy lifestyle choices**
- ◆ **Build positive, enduring relationships, with youth involved as full partners, through widely varying “communities of interest” to address risk behaviors of youth.**

Curriculum topics

The **Health Rocks!®** curriculum focuses on three general areas.

All about me

- **Learn how drugs affect behavior and the health consequences of drug use**
- **Learn and practice decision-making skills**
- **Understand stress and learn how to relieve it**

What influences me?

- **Learn skills to resist risky behaviors**
- **Learn how family, peers, media and technology influence choices**

Taking it beyond me

- **Share message with community**
- **Commit to and celebrate being drug-free**

Health Rocks!®

- ◆ **Easy to use**
- ◆ **Interactive hands-on learning**
- ◆ **Pick and choose activities to teach**
- ◆ **Each activity is 30-45 minutes in length**
- ◆ **Can be used in 4-H clubs, after-school settings, classrooms and more**
- ◆ **Meets National Health Education Standards**

