

**Title of Intervention:** Stay SMART – Tobacco-related activities

**Intervention Strategies:** Group Education, Supportive Relationships

**Purpose of the Intervention:** To teach at-risk youth social and personal competence skills to help them identify and resist peer and other social pressures to use cigarettes

**Population:** 13 year-old members of Boys and Girls Clubs

**Setting:** Boys & Girls Clubs in urban, suburban and rural communities; community-based

**Partners:** None mentioned

**Intervention Description:** Stay SMART is a component of SMART Moves, the National Prevention Program of Boys & Girls Clubs of America (BGCA) adapted from Botvin's Life Skills Training (LST) Program, which was originally designed as a school-based intervention.

- **Group Education:** Education was delivered in 1.5-hour small group sessions. Topics included gateway drugs, decision-making, advertising, self-image and self-improvement, coping with change, coping with stress, communication skills, social skills, assertiveness, relationships and life planning skills. Activities in the group sessions included advertisement analysis, role-play, discussion, culturally- and regionally-appropriate music videos and television commercials. Some participants also received booster sessions consisting of small group meetings. The SMART Leaders booster programs included experiential activities and videotapes that were made culturally-relevant. The booster sessions were designed to build on the knowledge and skills gained in the initial program.
- **Supportive Relationships:** Participants completing the booster program were encouraged to serve as peer role models by wearing SMART leader shirts, helping with other Club activities and modeling drug-free behavior.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Staff
- **Training:** Staff received training in Stay SMART curriculum
- **Technology:** Audiovisual equipment
- **Space:** Rooms for group sessions
- **Budget:** \$600,000 over five years
- **Intervention:** Educational materials, t-shirts, advertisements, commercials, music videos, other media
- **Evaluation:** Questionnaire

**Evaluation:**

- **Design:** Quasi-experimental
- **Methods and Measures:** A questionnaire measured attitudes toward alcohol and marijuana, cigarette, alcohol and drug usage behavior and drug knowledge.

**Outcomes:**

- **Short Term Impact:** Not measured
- **Long Term Impact:** Stay SMART only and Stay SMART + Boosters participants reported significantly less cigarette-related behavior than the control group. Both groups also reported significantly less overall drug-related behavior than the control group. No effects were found for chewing tobacco or snuff behavior.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Pierre, T. L., et al. (1992). "Drug prevention in a community setting: a longitudinal study of the relative effectiveness of a three-year primary prevention program in boys & girls clubs across the nation." *Am J Community Psychol* 20(6): 673-706.