

## What Can The **APPP** Experience Do for Your School?



- Peer accountability
- Positive school culture change
- Decreased bullying
- Increased student team building
- Heightened peer leadership skills
- Community recognition as a preferred choice school
- Sets school apart from others
- Custom, at-risk research for your organization

## Allies for Positive Peer Pressure Pledge

APPP members are required to sign a pledge in which the student promises to:

- Recognize that every day presents me with opportunities to help or harm, to build up or knock down. I will choose to help.
- Do everything in my power to make decisions that will support my goals, my health, and my overall well-being.
- Not use alcohol until age twenty-one, and will use it in moderation thereafter.
- Remain drug-free from this day forward.
- Treat others with respect, and do all that I can to prevent bullying.
- Build respectful, caring relationships, and I will avoid sex outside of marriage.
- Promote and positively represent Allies for Positive Peer Pressure.
- Support my friends, especially those who also take this pledge, and others who share these values.



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## The **APPP** Experience

### Positive Peer Pressure as a Strategy to Decrease At-risk Behaviors



APPP, Allies for Positive Peer Pressure — a strategy to decrease AODA, bullying/harassment and unhealthy relationships, offering outstanding benefits to students, teachers, and schools.

*Created by Greg Masarik, MA and Dr. Sidney Vineburg*

## What is APPP?

Allies for Positive Peer Pressure is a middle school level/high school, student-led program the goal of which is the decrease of at-risk behaviors in three categories: AODA, Bullying/Harassment, and Unhealthy Relationships. APPP has been documented to be successful in changing school culture by integrating student interest groups, providing role modeling and employing student-created and student-led educational/social programs and events.

## How Does APPP Work?

The **mission** of Allies for Positive Peer Pressure is "Students uniting to eliminate alcohol and drug use, bullying, and premarital sex through positive peer pressure and fostering good decision-making."

Following a needs-appraisal of a school, Burg Educational Consultants develops a custom program that uses selected student leaders and advisors to enhance student culture by bringing together interest groups and building a sense of accountability within them. Students are trained to lead meetings and advance the group's mission. The key to success is that the students are truly the organizational leaders who drive the agenda. Positive peer modeling is the foundation of APPP!



## Solid, Real-case Results of APPP

Notre Dame Academy, Green Bay, Wisconsin, reports after four years:

- APPP is demonstrating continual, significantly decreasing YRBS (Youth Risk Behavior Survey) numbers in the areas of AODA and bullying.
- Participation in APPP grew from 15.6% to 78.1% of the student body.

## What Focus Groups say about Allies for Positive Peer Pressure

### Student Members

"We are used to having adults tell us what to do; having friends show us is better."

"Peers act as a support team; adults are authority figures. Peer leadership is cooperative."

"**APPP** is led by students – no adults present."

"**APPP** appeals to a larger variety of students which unites all the students."

"**APPP** brings you together with people you might not know."

### Parent Comments

"Students look up to an older student leader more than a teacher or parent. There is someone besides an adult telling them to make good choices. More apt to do it that way."

"We have an upcoming 7th grader – this would be a very good program for her."

### Teacher Views

"Fosters exploration of behavior and choices, and provides a peer support network."

"Student appreciated group – they want to be known for good decisions."

"Younger and younger students are taking leadership roles. APPP has helped break student boundaries – cliques, grade boundaries. It creates a positive culture."

"It has been effective and its effectiveness is growing. School culture has really changed – a majority of students want to make correct choices."

"As a teacher, I am happy that we have APPP at the school!"

"APPP works! Before APPP, 20% of our students had used or tried alcohol. Now, that number has dropped to 7%! We have seen a change in our students and our school through positive peer pressure and student leadership!"

*Dr. John Ravizza  
Principal, Notre Dame Academy*

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