

FORGING THE FUTURE:



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Friday FACTS

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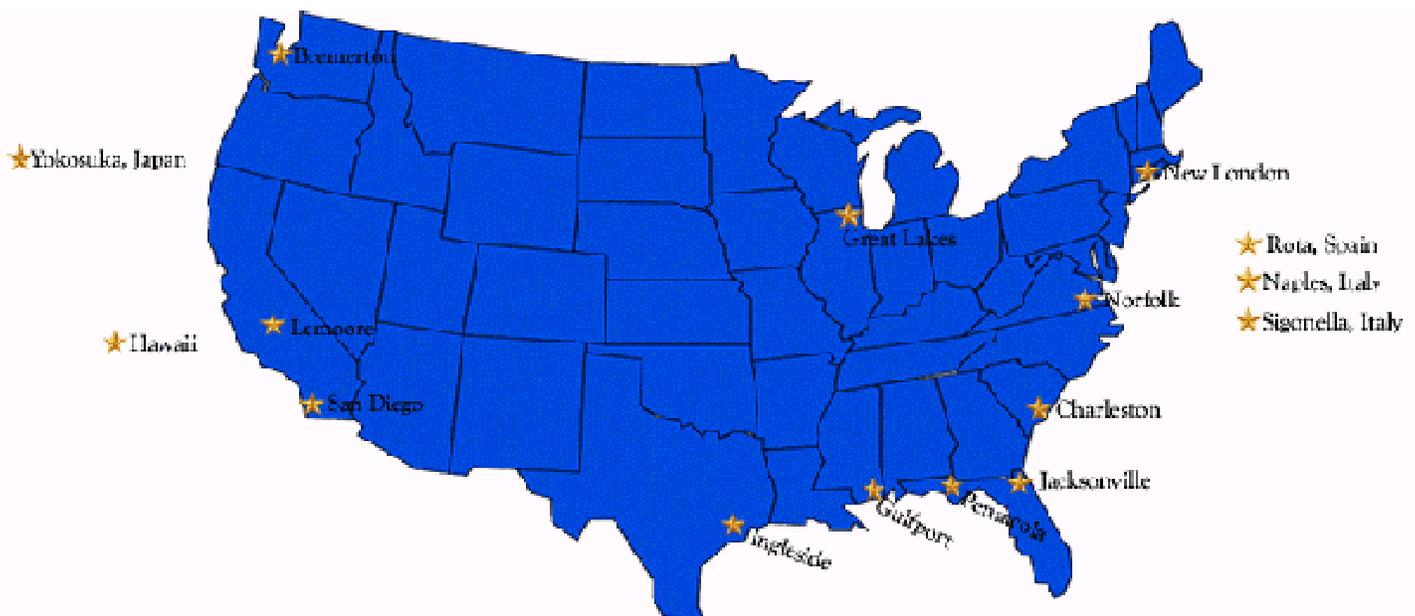
"Leadership, Partnership, and Championship"

Personal Responsibilities and Values: Education and Training

PREVENT is the Navy prevention education and health promotion class for 17-26 year old sailors. The goal of the program is to provide sailors with the necessary education and training to be viable, personally responsible, contributing members of the Navy. *PREVENT* is one element of the Navy's Right Spirit campaign designed to deglamorize the use of alcohol. *PREVENT* focuses on a variety of behavioral issues, personal responsibility and Navy core values. Included are alcohol abuse and drug use, interpersonal responsibility, financial responsibility, health and wellness, life skills such as communications and decision making, and personal responsibility for life-style choices.

Service members who attend the 24-hour course actively participate in an open learning environment studying four training modules including; *Alcohol Misuse and Drug Use Prevention, Interpersonal Responsibility, Personal Finances and Health and Readiness*. To ensure active participation the course material is facilitated rather than lectured. Unique to the *PREVENT* experience is to ask each sailor what he/she will do or has done with the information they have learned in *PREVENT*. The *PREVENT* workbook distributed to each sailor contains the latest factual material on each topic, summarizes Navy policies and provides extensive resources for future use.

To maximize the time and create an interactive learning atmosphere, participants learn basic communication skills and practice the components of personal responsibility for one's actions in the classroom. These skills are designed to enhance each participant's understanding and demonstration of personal responsibility in the facilitated class experience. You may register for a *PREVENT* class by signing up at <http://www.preventonline.org> or by contacting the *PREVENT* site nearest you.



PREVENT is offered worldwide at 16 major sites and over 50 ancillary locations.

**"Think of your health the same way you do your reputation.
If you lose it, you may never get it back."
- Vince Sperrazza**