

## Peer Assistance Leadership (PALs) I-II

Scope and Sequence 2024-2025

**Course Description:** The Peer Assistance and Leadership® (PAL) program focuses on working with elementary, middle, and high school age youth. Participants receive effective training in resiliency strategies. Course content and interactive activities combat issues like school violence, drug use/abuse, teen pregnancy, gang participation, school dropouts, and/or behavior problems. PAL® began in 1980 as a peer mentoring program, commonly referred to as “peer helping”, by combining peer assistance and peer leadership strategies originally developed in the 1970’s. PAL® applies these basic prevention strategies by implementing the program as informal, extra-curricular activities, or as structured, evidence/curriculum- based programs. The outcomes identified through implementation of the PAL® program in a school setting are a reduction in substance use/abuse, an increase in academic performance, a reduction of absences/truancy, a reduction of discipline referrals to the school office, and an increase in positive decision-making skills and risk resiliency. Parents and school administrators note a favorable perception of the program effectiveness. Students selected for PALs must complete an application, submit recommendations and schedule an interview with the PALs sponsor.

Instructional Units	Days**	
First Semester	80	End Date
1 <sup>st</sup> Grading Period: Getting Started, Skill Development	08/19/2024	10/18/2024
*2 <sup>nd</sup> Grading Period: Skill Refinement	10/21/2024	12/20/2024
Second Semester	90	End Date
3 <sup>rd</sup> Grading Period: Skill Integration, Tying it Together	01/07/2025	03/07/2025
*4 <sup>th</sup> Grading Period: Service Delivery	03/17/2025	05/29/2025

\* Includes time for Final Exams.

\*\*The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is meant to allow teachers the opportunity to plan for the needs of their students and to accommodate re-teaching or review when necessary. If pre-assessment indicates student mastery could be obtained in a fewer number of days, the additional time could be used for extension or carried into the next unit.

### Instructional Material(s):

**PAL Teacher / Student Manual**

palsusa.org

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