

CFISD Peer Assistance and Leadership (PALs) I-II (2025–2026)

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.

Texas Essential Knowledge and Skills:

[Peer Assistance and Leadership I TEKS](#)

[Peer Assistance and Leadership II TEKS](#)

First Semester (81 Days**)

1st Grading Period

Unit	Start Date	End Date
Getting Started, Skill Development	08/13/2025	10/9/2025

*2nd Grading Period

Unit	Start Date	End Date
Skill Refinement	10/15/2025	12/18/2025

Second Semester (92 Days**)

3rd Grading Period

Unit	Start Date	End Date
Skill Integration, Trying It Together	01/06/2026	03/6/2026

*4th Grading Period

Unit	Start Date	End Date
Service Delivery	03/16/2026	05/28/2026

Notes

* 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 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 shorter number of days, the additional time could be used for extension or carried into the next unit.

Instructional Materials

PAL Teacher / Student Manual

palsusa.org

Updated August 2021