

COOPERATIVE EXTENSION
EXTENDING KNOWLEDGE
Changing Lives

Contact:

Family and Consumer Sciences
Extension
102 Erikson Hall
Lexington, KY 40506-0050
(859) 257-3887

<http://fcs-hes.ca.uky.edu/>

**When you support
Extension, youth
and their families
realize the legal,
financial, physical
and emotional
consequences of
substance use and
abuse.**



"Truth and Consequences is a powerful deterrent in preventing teen drug use. It's not a scare tactic-it is reality." School Health Education Teacher

***Truth and Consequences: The
Choice is Yours Simulates the
Repercussions of Substance
Use and Abuse for Teens and
Their Families***

Over 10,594 students and parents completed the program in 2016. Counties who have conducted the program for 4 years or more have seen reduced use of alcohol, tobacco, and drugs among teens in their counties.



“I think *Truth and Consequences* is one of the most beneficial programs that I’ve ever participated in with the youth in our county. I believe we are seeing success because of this and what young people are seeing in the scenarios and demonstrations.”

Minister, Clinton County

According to the Robert Wood Johnson Foundation, drug overdose deaths exceed motor vehicle mortality rates in Kentucky. Overdose deaths, arrests, court cases and financial loss impact youth both directly and indirectly. In 2007, the Clinton County Family and Consumer Sciences Agent, with assistance from the Clinton County Alliance for Prescription Drug Diversion and grant funds from the Kentucky Division of Mental Health and Substance Abuse Prevention Program, developed *Truth and Consequences: The Choice is Yours* (T&C) in response to the need to divert prescription drug abuse in Clinton County. Since inception, the program has been replicated in 38 Kentucky counties reaching more than 10,500 youth and parents and 1,200 community partners in 2016.

T&C guides students through a role-play of substance abuse scenarios and interactions with community partners such as judges, law enforcement, officers, medical professionals, and counseling/treatment providers. At each program, approximately 20 community partners share the reality of what students would experience if he or she committed that offense. Parents and volunteers, such as Extension Homemakers, accompany students as they participate in the scenarios. This enrichment program is designed to show students the legal, financial, physical, and emotional consequences associated with both legal and illicit substance abuse.

Since 2007, 905 freshman students at Clinton County High School have participated in T&C. According to the Kentucky Incentive for Prevention (KIP) School Survey, Clinton County youth have increased their perception of risks related to tobacco, marijuana, prescription drugs, and alcohol use. The rate of school violations for tobacco, alcohol, marijuana, and other drugs declines from 25.78 in 2004-2005 to 9.22 in 2008-2009 (Kentucky Center for School Safety). Kentucky State Police data indicates that juvenile DUI arrest rates have declined and Kids County data documents that more youth have been successfully diverted from the juvenile justice systems (21 in 2007 compared



In 2016, over 4,200 parents learned about substance abuse resources in their community.



“It really hit me when I watched my son in the mock accident following the scenarios. We really need to communicate...not just to the kids but to the parents and the community.”- Director of Pupil Personnel, Clinton County

to 52 in 2012).

The success of the Clinton County program resulted in Family and Consumer Sciences Extension creating the T&C curriculum and evaluation materials. Further, trainings have been conducted for Extension agents across the state on how to replicate the program. Of those counties reporting data in 2015, 66% of students had not talked to a parent or guardian about the dangers of substance abuse within the past 12 months. Additionally, 87% of students had a better understanding of the legal consequences of substance use and abuse, and 85% of the students had a better understanding of the emotional consequences of substance use and abuse at the completion of the program.