



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# BABES

## Beginning Alcohol and Basic Education Studies

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BABES is a primary prevention program designed to help young children, preschool and kindergarten, develop positive life skills. The purpose of the program is to support the social/emotional development of young children. Participants learn and practice age appropriate life skills including understanding feelings, decision making, coping, getting help, and awareness about medicine and drugs. The program supports and reinforces the development of healthy attitudes and behaviors at a critical developmental phase for these children. The program also helps to identify and redirect inappropriate behaviors,

The BABES program uses puppet presentations as an age-appropriate teaching strategy to engage the students in positive life skill development. The program is

presented in the classrooms of children by certified presenters or teachers to ensure program fidelity. The program consists of five weekly lessons which are approximately 30 minutes in length. BABES utilizes the puppets and their stories to teach lessons on self-image, feelings, decision making, peer pressure, coping skills, getting help, and alcohol and drug information.

During the 2004- 2005 school year, the BABES program was presented in 12 schools in Delaware county including kindergarten and preschool classrooms. Presenters worked with schools from three districts, the Head Start Program, and independent pre-schools. 855 children participated in the program. 70% of the students were in kindergarten and 30% were in pre-school.

“Great program with wonderful lessons. Puppets help make it age-appropriate. The kids love them.”-  
Teacher



### Program participants demonstrated improvement in life skills

Preschool and kindergarten age students are at a critical developmental stage during which the formation of social/emotional skills is extremely important. The BABES program is designed to help develop key age appropriate life skills. The program targets understanding feelings, making good choices, coping skills, medicine safety, and asking for help. The teachers evaluate a sample of their students to assess how well they understand the life skills taught in the program..

- 61% of sampled students demonstrated improved

coping skills at the end of the program.

- 57% of the sampled students demonstrated improvement in their ability to make good choices
- 50% of the sampled students demonstrated improvement in their ability to understand their feelings and their ability to ask for help when needed.
- 84% of the students sampled improved in at least one life skill taught in the curriculum. 46% of the students improved in 3 or

more life skills taught in the curriculum.

- The average scores of each of the subscales was significantly greater at the end of the program,  $p < 0.001$ .

### Delaware County Prevention 2005 Summary Report

#### Included in this report:

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### PROGRAM HIGHLIGHTS

- 84% of the students sampled improved in at least one of the life skills taught in the program.
- 46% of the students improved in at least 3 of the life skills taught in the program.
- 100% of teachers said that the presenter was always responsive and non-judgmental to the students.
- 96% of the teachers said that the presenters were well prepared and on time.

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### Teachers felt that students responded well to the lessons.



When teaching young children it is extremely important to provide the lessons in an age-appropriate way. The lessons must include activities that reach the children and evoke a positive response from participants. At the end of the program, many teachers noted the quality of the presentations and made the following comments about how children responded.

- “The kids loved the BABES program. They remembered all the characters, stories, and even sang the songs.”
- “The children looked forward to seeing the puppets and they talked about what they had learned from the puppets throughout the day.
- “Very positively! When I told them the puppets were coming to visit they would cheer.”
- “Well! They remembered from week to week and can “recap” from the prior weeks.”

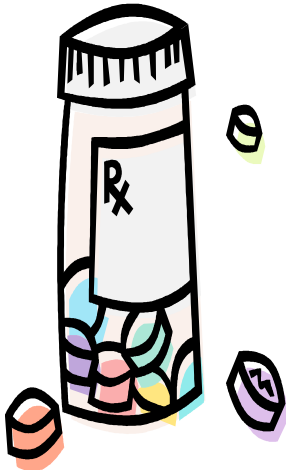
### Teachers reinforced BABES lessons in the classroom

Repetition is important in teaching young children. Our program staff emphasize the importance of reinforcing the lessons and activities with teachers and school staff. Our goal is that the 30 minute BABES lesson is just the beginning of the education that the students receive. We asked the teachers to tell us how they reinforced the lessons in their classrooms.

- “We used the coloring pages the next day and re-told the story.”
- “We talk about how the kids are feeling, we talk about making choices and taking responsibility

for your own actions. We always talked the rest of the week about the lessons.”

- “We refer back to the subject that was taught and review.— Remember what happened when....”
- “I incorporated the lessons into my lesson plans for the following week to reinforce the skills that were taught.”



### Students understanding about the dangers of medicine improved at the end of the program

The BABES program is designed to teach students about the dangers of medicine. It teaches them that medicine is not for play. The program stresses that medicine and drugs can be dangerous. The lessons also emphasize that they should only take medicine when it is given to them by a safe person or adult.

The teachers rated their students' ability to understand that medicine and drugs can be dangerous and that they know that they should only take medicine from a safe person or adult. Teachers rated their students' awareness higher at the end of the program.

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