



Human Performance Project in Nebraska is a project geared to lead to changes in school climate and behaviors among the student body. This project is a best-practice education tool for junior high, high school and college students that are participating in activities. Project includes: revision of student codes of conduct to support healthy lifestyle choices; policy changes that encourage positive behavior among the school activities community; youth leadership training to develop team unity; and student, sponsor, coach, parent and community education on the impact of lifestyle choices and how to make healthier ones. This approach provides the science behind the development of Human Performance Project in Nebraska. This project is designed to support student behavior changes with focus on proper nutrition, adequate sleep and abstinence from alcohol and other substance use.

Human Performance Project in Nebraska has three primary goals:

- Reduce rates of substance use among students
- Increase positive lifestyle choices
- Nurture successful healthy individuals

Human Performance Project in Nebraska is a 5-prong approach which includes:

1. MANDATORY PRE-SEASON MEETING

Establishing mandatory attendance policy at a seasonal meeting for parents and the students to discuss conditions for involvement, expectations, philosophy and what it means to be a participant and representative of your school.

2. CODES OF CONDUCT

Bringing a code of conduct from conceptualization to implementation and enforcement based on principles of Restorative Justice; includes strategies for fan behavior, parental issues and non-negotiable conditions for being a part of the team.

3. ENGAGEMENT AND TRAINING FOR COACHES

Engage and train all coaches and sponsors at all levels to understand and promote positive lifestyle choices amongst their students including workshops on how to send a message to the students and student leaders to monitor team dynamics.

4. STUDENT LEADERSHIP

Students gain the understanding of the consequences of lifestyle choices by Identifying and developing student team leaders who assist in improving performance and team unity through the promotion of positive lifestyle choices.

5. STAKEHOLDER UNITY

Ensure all members of the community take a stake in increasing positive lifestyle choices among students.

Call for more information or a readiness assessment 308-635-6162 (work) 308-631-7291 (cell)/
www.humanperformanceprojectne.org

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