To improve the **health and wellness** of all athletes through the translation of prevention research to **effective programs, policies, and practices.** [http://athletewellness.uncg.edu](http://athletewellness.uncg.edu)
WHAT IS MYPLAYBOOK: THE FRESHMAN EXPERIENCE?

The Freshman Experience is a free web-based resource that provides a curriculum of interactive educational modules to support the student-athlete wellness efforts of member schools. These interactive modules employ health promotion strategies such as behavioral expectancies, behavioral intentions, bystander decision making and harm prevention skills. The modules also include personalized feedback, technical assistance and user friendly administrative and data collections tools to facilitate quality program delivery and program assessment.
WHAT TOPICS ARE INCLUDED IN THE CURRICULUM?
The curriculum includes a core module for alcohol, banned and recreational drugs as well as supplemental modules for mental health, sexual violence prevention and time management. Additional modules on sleep wellness, hazing prevention and sport nutrition are expected to be released in the spring of 2018. Athletics departments may choose to take advantage of the entire Freshman Experience educational curriculum or select individual modules from the curriculum that best fit the educational needs at their school.

Mental Health

Sexual Violence Prevention

Banned and Recreational Drugs

Alcohol

Sport Nutrition*

Time Management*

Hazing Prevention*

Sleep Wellness*
Core Module: Alcohol & Other Drug Prevention

Identify drugs banned by the NCAA, understand why they are banned, and review NCAA drug testing policies.

Examine social norms related to alcohol use and drug use among student-athletes.

Guide student-athletes through understanding their expectations about what will happen if they use alcohol or drugs.

Help student-athletes to identify harm prevention strategies for themselves and others.
Sexual Violence Prevention

Identify the problem of sexual violence on college campuses, the impact of sexual assault, and the role of alcohol

Explore the responsibilities of the campus community, the rights of a student who experiences sexual assault, and the role of teams and athletic departments

Recognize the importance of language in creating a positive and supporting culture

Learn about the bystander effect and ways to intervene safely
Mental Health

Time Management

Coming soon:

Hazing Prevention

Sport Nutrition

Sleep Wellness
WHO CAN BE ENROLLED?

The Freshman Experience is available at no cost to freshman student-athletes at NCAA member schools. While the curriculum is designed specifically for first-year students, transfer student-athletes may also access the program at no cost. If schools would like to provide the Freshman Experience to upperclassmen student-athletes, they have the option to purchase individual modules from the curriculum.
Implementing myPlaybook

How do I get started?

• Abby will work with you to create your specific implementation plan:
  – Course selections
  – Implementation schedule (start/due dates)
  – Communication preferences
• You will send IPAHW your student-athlete list for enrollment
Implementing myPlaybook

Increasing student-athlete participation

• Announce in appropriate meetings.
• Setting a due date.
• Communicate with Abby DuPre so that she can support your specific implementation plan.
• Coordinating the implementation of myPlaybook with other student-athlete specific AOD education efforts.
• Regular email correspondence with student-athletes by the institution about myPlaybook.
• Informing all athletic staff about myPlaybook
SCREEN COMPILATION

This lesson contains audio. Please adjust your speakers/headphones accordingly.

Click "Start" to start this lesson or click the "?" to learn how to navigate.
myPlaybook™

For more information about myPlaybook: the Freshman Experience, please contact Abby DuPre at eadupre@uncg.edu