



## Peer Assistance and Leadership® (PAL) I and II

PEIMS Code: N1290005, N1290006

Abbreviation: PAAL1, PAAL2

Grade Level(s): 11–12

Award of Credit: 1.0 per course

### Approved Innovative Course

- Districts must have local board approval to implement innovative courses.
- In accordance with Texas Administrative Code (TAC) §74.27, school districts must provide instruction in all essential knowledge and skills identified in this innovative course.
- Innovative courses may only satisfy elective credit toward graduation requirements.
- Please refer to [TAC §74.13](#) for guidance on endorsements.

### 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.

### Teacher qualifications:

- An assignment for PAL I or II is allowed with a valid secondary teaching certificate.
- Successfully completed PAL® Teacher Training conducted by PAL® Services of Workers Assistance Program, Inc.

### Additional information:

Districts must contact the owner of the course, Workers Assistance Program, Inc., directly. Please contact Dwayne Smetzer, Chief Executive Officer, [dsmetzer@workersassistance.com](mailto:dsmetzer@workersassistance.com) or 512-328-8518 for information regarding these courses.

[www.palusa.org](http://www.palusa.org)