

CULTIVATING A CULTURE OF CARE & PREVENTION

For **collegiate athletic administrators** who want to create the best possible student-athlete experience

myPlaybook is an online educational program that promotes student-athlete health and well-being through simple, evidence-based behavioral strategies and life skills addressing topics including alcohol and drug education, sexual violence prevention, and mental health and stress management.



PROACTIVE

- ★ Provides student-athletes with practical strategies to tackle challenges proactively instead of reacting to problems after they occur.
- ★ Meets NCAA minimum guidelines for drug and sexual violence prevention education.

PROVEN

- ★ Based on prevention science and developed under a rigorous NIH grant in partnership with the Center for Athlete Well-being.
- ★ An evaluation of myPlaybook among collegiate athletes found it significantly changed social norms and intentions to use harm prevention strategies.

TURNKEY

- ★ Start-to-finish program management and technical support.
- ★ Engaging web-based instructional design.
- ★ Personalized feedback.
- ★ Integrated data collection tools to assess program impact.

PACKAGE OPTIONS

13+ educational course module options

- **OPTION #1 myPlaybook Single Course** – Select a single course module per student-athlete
- **OPTION #2 myPlaybook Mental Health Package** – Stress Management Course Module + Hilinski's Hope Online Mental Health Course
- **OPTION #3 myPlaybook Unlimited Access** – Full access to myPlaybook course modules

GET STARTED

Join the **400+ NCAA schools** who have supported **50,000+ collegiate student-athletes** through myPlaybook.

Let us help you get started.

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