

The PALS program is based on the following clinically-supported research principles:

- One Caring Adult is more effective than all other environmental factors.
- The PALS Program is a Resiliency Prevention program that uses a public health approach by inoculating youth with information about the dangers of drug use. It mimics a viral/bacterial immunization process, where the individual is vaccinated with information about the dangers of drugs, followed by booster shot sessions to reinforce these concepts.
- Matching program presentation with students needs, such as disabilities, is an approach developed by the Center for School and Community Integration Institute at Indiana University.
- Prevention practices can be incorporated into any educational curriculum.
- Teachers capitalize upon teachable moments, no matter how short in duration, during classroom periods to illustrate the dangers of substance use as well as ways to avoid alcohol, tobacco, illicit drugs, and violence.
- Teachers tailor their instruction to individual students, actively engaging them one-on-one in activities that reinforce resistance to substance use and violence.

