

Programming for Youth Grades K-6

RESILIENCY SKILLS CURRICULA

NCADA offers a variety of resiliency skills curricula for students in grades K-6. Lessons in all units range between 30 and 50 minutes in length and are normally delivered in classroom settings once a week. All lessons are highly interactive and have proven, over many years, to produce positive changes in children’s knowledge, attitudes and behaviors.

Each unit is designed for different ages and developmental levels. All units are unique in their goals, strategies, and content, but each focuses on building resiliency skills (self-esteem, social competency, problem-solving, managing bullies, decision-making, communication, handling anger and frustration). Best-practices research confirms that students with strong resiliency skills are at reduced risk for substance abuse and violence.

UNITS FOR GRADES K-6

The following units can be used independently at each grade level and are designed to build upon each other to foster grade level and/or school-wide change.

Grades K and 1

Winning Friendships—This four (or five)-lesson unit promotes language and behaviors that build friendships and provide skills to handle uncomfortable feelings such as anger and conflict.

Caring 4 Classmates—This four-lesson unit helps young children develop social competency skills: self-respect, sharing, and reaching out to friends.

Grades 2 and 3

Friendship Rules—This four-lesson unit introduces children to four friendship rules: 1) Friends laugh and play together, 2) Friends Include others, 3) Friends give others a chance, and 4) It’s okay for friends to be different.

Building You, Building Me—This four-lesson unit explores the different levels of friendship and focuses on the language and behaviors that can either build and deepen, or destroy friendships.

Grades 4 and 5

Bullying 101—This four-lesson unit helps students recognize bullying behavior both in person and online and gives them the skills to either refuse or report the behavior to an adult.

Respect Rules: Bullying—This four-lesson unit provides an in-depth look at the meaning of respect and its importance in human relationships. It defines and promotes understanding of bullying behaviors and how to manage them. It weaves the concept of respect (or lack thereof) into bullying, bystander and victim behaviors.

Taking Charge of Me I—This four-lesson unit promotes some important ways to be in charge of yourself: recognize and respect the uniqueness of self and others; set goals for yourself; and take responsibility for your actions.

Grades 5 and 6

Taking Charge of Me II—This four-lesson unit promotes the concept of “taking charge of yourself” by developing skills in setting goals, understanding what healthy choices are and how to make them, understanding and managing peer pressure, and promoting tolerance.

Taking Charge of Me III—This four-lesson unit helps students explore the meaning of success. It motivates students to be successful and develops skills in perseverance, making healthy choices and leadership.

Standing Up For Me—This four-lesson unit develops skills in managing anger effectively and solving problems peacefully.

O2BDrugFree—This four-lesson unit provides information on alcohol, tobacco and marijuana. It also helps students understand that respecting themselves and using refusal strategies will give them the inner strength to stay away from alcohol and other drugs.

DdUknw?—Grade 6—This eight (or nine)-lesson unit combines drug specific information with related resiliency skills development including making friends, peer refusal, and analyzing media pressures.

BEST PRACTICES CURRICULA FOR GRADES K-6

Best practices (evidence/science based) curricula have demonstrated effectiveness in reducing substance abuse and violence through the development of resiliency skills. NCADA owns many nationally recognized curricula and implements them or adaptations of them in classroom, community, and small group settings. The following are *samples* of NCADA offerings for grades K-6:

- **Protecting You Protecting Me (PYPM)** includes eight lessons for grades 1-5. Developed by MADD (Mothers Against Drunk Driving), PYPM helps children understand and value their growing brains and also encourages the safe and healthy choices that protect it.
- **Project TNT—Towards No Tobacco Use** includes 10 lessons with two booster sessions that can be used with students in grades 5-8. TNT's focus is tobacco information, consequences of use, refusal skills, media analysis, resiliency skills, and activities to discourage use.
- **Second Step**—Developed by Committee for Children, Second Step includes 12 to 21 lessons at each grade level, grades 1-6. Lessons increase social competency and problem-solving skills by developing self-esteem and empathy; fostering skills to manage anger, bullies and frustration; focusing on making friends and handling friendship challenges; and promoting accountability and responsible behavior.
- **Too Good for Drugs** offers 10 lessons at each grade level combining resiliency skills development with specific information about alcohol, tobacco, and marijuana. **Too Good for Drugs and Violence** is also available.

ADDITIONAL PROGRAMMING FOR GRADES K-6

Classroom Presentations—NCADA makes single or a series of classroom presentations on a variety of topics, e.g., bullying, peer refusal, friendship, teamwork, and specific drugs.

Community Service—NCADA assists students with projects that benefit the school or general community, e.g., food and clothing drives and making holiday cards for nursing home residents.

Managing My Anger—This two-lesson series deepens 4th graders' understanding of anger and conflict and introduces them to skills to resolve problems peacefully. (Most appropriate for grade 4, but can be used, at times, in grades 3 or 5.)

Peer Mediation—NCADA trains 5th and 6th graders in two, 2 ½ hour time blocks to be third party problem-solvers for peers whose conflicts have the potential to lead to physical fights and/or disciplinary action. On occasion, some 4th graders are included in the training.

Red Ribbon Leadership Training—Sixth graders are invited to join 7th and 8th graders at these four-hour trainings. Students learn about alcohol and other drugs; develop leadership skills; and plan projects for peers during Red Ribbon Week, the last week in October.

Goal Setters (formerly known as Skills Groups) – NCADA offers four to six weeks of assistance for small groups of students, grades 5-12, who are motivated and capable of setting their own personal and academic goals. **Goal Setters** groups are limited to 10 same-age peers and meet in conjunction with NCADA staff’s implementation of prevention curriculum in their classrooms. On occasion, NCADA facilitates personal growth groups for same or mixed-gender peers. Contact an NCADA staff person for additional information.

Programming for Youth Grades 7-12

ACTS (Aware Control Talk Solve) of Anger—Grades 7-12

This four-lesson series helps students understand the devastating effects of out-of-control anger and rage and gives them practical skills to stay in control.

Bench the Bullies—Grades 7-8

This four-lesson unit helps students understand the effects of bullying; the ways bullying happens, including cyber-bullying; and strategies to manage yourself if you are a bully, a bystander, or a victim.

Challenges and Choices—Grades 7-8

This 3 ½ hour program helps students explore the role attitudes, beliefs, peers and media play in the decisions they make about a range of topics including the use of alcohol and other drugs.

Champions Goin’ the Distance—Grades 9-12

This six-hour training empowers student athletes to use their influence to assist schools in preventing teen alcohol and other drug abuse. Coaches and parent workshops are also available.

Check Your Attitude—Grades 9-12

This six-hour training allows students to experience the impact of attitudes and beliefs on their own decisions regarding the use of alcohol, tobacco and other drugs. (Modeled on Teen Baseline.)

DdUknw? Grade 7

This eight (or nine)-lesson unit combines drug specific information with related resiliency skills development including making friends, peer refusal, and analyzing media pressures.

DdUknw? Grade 8

This eight (or nine)-lesson unit combines drug specific information with related resiliency skills development including making friends, peer refusal, and analyzing media pressures.

FOR REAL Youth Council—Grades 9-12

FOR REAL is an area-wide youth-led coalition. Students visit legislators to advocate for laws and policies that prevent underage drinking and marijuana use; offer drug-free social activities for teens; and educate parents and community groups about issues related to underage drinking and illegal drug use.

Friends Help Friends—Grades 9-12

This five-hour workshop provides teens with the knowledge, skills and confidence to talk constructively to someone whose substance use or other behavior is a cause for concern.

Fun Factor!—Grades 7-12

This one to six hour program trains teens to lead non-competitive games and other fun activities. Fun Factor! can be used for fostering communication and problem-solving skills; as ice-breakers for club meetings; and as a way to have alcohol and drug-free fun at lock-ins, after-prom parties or informal gatherings.

HiSTEP (High School Taught Education Program)— Grades 9-12

A two-day (five hours per day) peer teaching model where teens learn to teach prevention lessons to students in grades 1-8 on such topics as: friendship, self-esteem, handling bullies, problem-solving, managing feelings, making healthy choices, and staying away from alcohol and other drugs. **Advanced HiSTEP**, a five-hour training, offers additional strategies for experienced HiSTEP teachers.

Peer Helping— Grades 7-12

Youth learn listening and problem-solving skills and how to make referrals to adults who can help. Peer helpers can also tutor or mentor peers. Training can last from one to five days depending on the school's goals.

Peer Mediation—Grades 7-12

This six-hour training prepares teens to facilitate a problem-solving process for peers in conflict. Program content and format vary for middle and high school levels.

Prevention by the Book—Grades 7-12

This five-hour peer teaching model trains teens to teach lessons that use children's literature and related activities to develop resiliency skills in students, grades K-3.

Prevention Leadership Conference—Grades 7-12

This one-day conference trains students, their adult sponsors, TREND Chapter representatives, and other adults to establish and expand youth prevention programs in their schools and communities.

Red Ribbon Leadership Training—Grades 7-8

This four-hour training educates students about alcohol and other drugs; develops leadership skills; and helps students plan projects to implement during Red Ribbon Week, the last week in October.

Refuse to Lose I—Grades 7-8

This four (or five)-lesson unit presents information on specific drugs.

Refuse to Lose II—Grades 7-8

This eight (or nine)-lesson unit presents information on specific drugs.

TATU (Teens Against Tobacco Use)—Grades 9-12

This five-hour peer teaching model prepares teens to teach tobacco prevention lessons to students in grades 4-6 and to lead smoke-free advocacy projects in their schools and communities.

Teen Institute—Grades 10-12

This four-day retreat provides teens with the knowledge, skills and motivation to lead prevention programs in their schools.

TryPOD (Try Putting Off Drinking)—Grades 9-12

This six-hour peer teaching model trains high school juniors and seniors to teach freshmen and sophomores the latest research on the effects of binge drinking on the developing teen brain.

BEST PRACTICES CURRICULA FOR GRADES 7-12

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- **Community Works**, developed under the auspices of *Teens, Crime and Community*, teaches middle and high school students about community problems; develops resiliency and leadership skills; bonds students to school, community, and peers; introduces students to community resources; and promotes service-learning by supporting teens as they plan a project to improve their community.
- **Life Skills** includes 12 lessons for grade 6; 10 for grade 7; and 5-9 for grade 8. Most lessons focus on developing resiliency skills.
- **Reconnecting Youth** is a semester course for high-risk students focusing on development of resiliency skills, time management, study, and organizational skills.
- **Second Step** includes 15 lessons for grade 6, and 8 lessons each for grades 7 and 8. Lessons develop empathy, anger management, social competency, and problem solving skills.
- **Too Good for Drugs and Violence** includes 14 lessons appropriate for students in grades 9-12. Lessons include drug-specific information plus development of skills in: setting goals, managing emotions, making healthy choices, communicating assertively, resolving conflict, developing healthy relationships, respecting self and others, managing stress, and staying safe and healthy.

ADDITIONAL PROGRAMMING FOR GRADES 7-12

Classroom Presentations—NCADA makes classroom presentations on a variety of topics, e.g., teen brain and drugs, bullying, peer refusal, dating and healthy relationships, drug specific information, energy drinks, handling difficult people, internet safety, leadership and team-building, managing feelings, making decisions, prescription drugs, refusal skills, teamwork, and music literacy.

Community Service—NCADA assists students with projects that benefit the school or general community, e.g., food and clothing drives and making holiday cards for nursing home residents.

Goal Setters (formerly known as Skills Groups) – NCADA offers four to six weeks of assistance for small groups of students, grades 5-12, who are motivated and capable of setting their own personal and academic goals. **Goal Setters** groups are limited to 10 same-age peers and often, but not always, meet in conjunction with NCADA staff's implementation of prevention curriculum in their classrooms. On occasion, NCADA facilitates personal growth groups for same or mixed-gender peers. Contact an NCADA staff person for additional information.

Major support for NCADA's prevention programs is provided by:

- Cardinals Care
- Clifford Willard Gaylord Foundation
- Franklin County Community Resource Board
- Missouri Department of Economic Development, Youth Opportunities Program
- Missouri Department of Mental Health, Division of Alcohol and Drug Abuse
- Missouri Foundation for Health
- Siteman Family Foundation
- Saint Louis County Children's Service Fund
- Saint Louis County Department of Health
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