

NCADA Prevention Programming 6-8

ACTS (Aware Control Talk Solve) of Anger – Grades 7-8

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

Bench the Bullies – Grade 6-7

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

Challenges and Choices – Grades 7-8

This three and one-half 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.

DdUknw?

Units differ for grades 6, 7, and 8. However, both are eight (or nine)-lesson series that combine drug specific information with related resiliency skills development including making friends, peer refusal, and decision-making.

Download THIS!

This one-lesson presentation helps middle school students become more aware of the dangers of revealing too much information in cyberspace. Students learn how to guard their privacy while connecting through social media networks, video games and geotagging.

Fun Factor!

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.

Handle It – Grades 7-8

This four-lesson series provides an in-depth look at bullying, emphasizes the power of bystanders, provides practice in confronting bullying behavior, and guides students in using their personal power to “get a handle” on bullying.

Peer Helping

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

Peer Mediation

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

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.

Refuse to Lose

This four (or five)-lesson unit presents information on specific drugs (e.g. alcohol, tobacco, marijuana and prescription drugs).

Taking Charge of Me II – This four-lesson unit promotes the concept of “taking charge of yourself” by developing skills in setting goals, making healthy choices, managing peer pressure, and promoting tolerance.

Taking Charge of Me III – This four-lesson unit helps students explore the meaning of success and develops skills in perseverance, making healthy choices and leadership.

TBD – Grade 8

Because their identities are still “**To Be Determined**” this four-lesson unit series helps teens shape a positive reputation and sense of self by building their integrity and encouraging leadership.

Tune In

This one hour presentation for middle school students helps them explore the media’s messages regarding alcohol, tobacco, and other drug use. Student’s learn that media (movies, TV, magazines, video games, music) does, in fact, influence their decisions.

ADDITIONAL PROGRAMMING

Goal Setters – 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 to discuss implementation of prevention curriculum in their classrooms.

BEST PRACTICES CURRICULA

Best practices (or evidence/science based) curricula have demonstrated effectiveness in reducing substance abuse and violence through the development of resiliency skills; e.g., self-esteem, getting along with others, goal setting, anger management, problem solving, effective communication, making healthy decisions, understanding and coping with feelings. NCADA owns many of these nationally recognized curricula and implements them in classroom, community, and small group settings. The following list represents a sample of NCADA offerings for middle school students:

Life Skills

General resiliency skills development

Second Step

Social competence and problem solving

Teens, Crime and Community (also called *Community Works*)

Self-esteem, leadership, and promoting understanding of crime and crime prevention to keep teens and communities safe and drug-free

Too Good for Drugs and Violence

General resiliency skills plus drug-specific information