

## **NCADA Prevention Programming K-5**

### **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 social competency by focusing on language and behaviors that can either build or wreck friendships.

*Managing My Anger* – This two-lesson series introduces an understanding of anger and identifies skills to resolve problems peacefully.

*Mend Your Mad* – This four-lesson unit helps students recognize feelings of all kinds and provides effective strategies for managing anger.

### **Grades 4 and 5**

*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 empathy (or lack thereof) into bullying, bystander and victim behaviors.

*Bullying: The 3Rs* – 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.

*Taking Charge of Me I* - This four-lesson unit promotes important ways to be in charge of yourself: recognizing and respecting the uniqueness of self and others; setting goals for yourself; and taking responsibility for your actions.

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

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

### **ADDITIONAL PROGRAMMING**

*Peer Mediation* – NCADA trains 5th and 6th graders in two, 3 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.

*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 meet in conjunction with NCADA staff’s 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. 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 elementary school students:

*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 encourages the safe and healthy choices that protect it.

*Project TNT –Towards No Tobacco Use* – Grades 5-8, Tobacco information; 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.