

## **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 gives them practical skills to stay in control.

### **Bench the Bullies — Grade 7**

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 and 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 use. Coaches and parent workshops are also available.

### **Check Your Attitude — Grades 9-12**

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

### **DdUknw? – Grades 7 and 8**

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

### **Download THIS! — Grades 6-8**

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. (Most appropriate for grades 6-8, but can be used in grade 5.)

### **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.

### **Handle It – Grades 7 and 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.

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

A six-hour 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.

**Marketing the Message — Grades 9-12**

This one hour training for high school students helps them explore the strategies that advertisers use to influence our decisions. Students are then challenged to set standards for what products they purchase/use and are encouraged to work to change messages that promote substance use.

**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 two-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 and 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 — Grades 7 and 8**

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

**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.

**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.

### **Tune In — Grades 7 and 8**

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

### **What's Private, What's Not? — Grades 9-12**

This one hour presentation helps high school students become aware of the dangers of revealing too much information in cyberspace. Students learn how to guard their privacy on various social networking sites and webcams, and learn about the dangers of "sexting."

### **Best Practices Curricula for Grades 7-12**

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 nationally recognized curricula and implements them or adapts them in classroom, community, and small group settings. The following are samples of NCADA offerings for grades 7-12:

- **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.