

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 40 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 focus 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 use 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-lesson unit promotes language and behaviors that build friendships and provide skills to handle uncomfortable feelings.

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

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

Grades 2 and 3

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

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 or "wreck" friendships.

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 respect (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 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.

Bench the Bullies — 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.

DdUknw?—Grade 6 — This eight-lesson unit combines drug specific information with related resiliency skills development including making friends, peer refusal, and decision-making.

Best Practices Curricula for Grades K-6

Best practices (evidence/science based) curricula have demonstrated effectiveness in reducing substance use 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 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

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, 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. 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.