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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.

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.

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.

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 empathy.

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.

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

Too Good for Drugs and Violence

General resiliency skills plus drug-specific information