

NCADA Prevention Programming 9-12

ACTS (Aware Control Talk Solve) of Anger

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

Champions Goin' the Distance

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 available.

Check Your Attitude

This four (or five)-lesson unit presents information on alcohol, tobacco, marijuana and another topic of your choice.

Friends Help Friends

This five-hour training provides teens with the knowledge, skills, and confidence to talk constructively to someone whose substance use or other behavior is a cause for concern.

HiSTEP (High School Taught Education Program)

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.

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.

TATU (Teens Against Tobacco Use)

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.

TryPOD (Try Putting Off Drinking)

This award-winning 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.

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 and high school students:

Reconnecting Youth

Social competence, self-esteem, anger management, setting goals

Too Good for Drugs and Violence

General resiliency skills plus drug-specific information