Middle School Substance Abuse Education

Curriculum: Second Step

Presentation Days: 3-5

Grade Level: 6

1. Day 1 (Source: Second Step, 2011; APS Substance Abuse Counselor)
	1. Getting Help
		1. Introduction of the Substance Abuse Counselor
		2. APS Substance Use Policy
2. Day 2 (Source: Second Step, 2011)
	1. Grow Your Brain
		1. Middle School Brain
		2. Making Mistakes
3. Day 3 (Source: Second Step, 2011)
	1. Values and Decisions
		1. Different from You
		2. I Don’t Want That
	2. Making Friends
		1. The Ultimate Friend
		2. Strings Attached
4. Day 4 (Source: Health and PE SOLs)
	1. Steps of Refusal Skills
		1. What is a refusal skill? a set of **skills** designed to help youth avoid participating in high-risk behaviors, such as: smoking cigarettes and vaping.
	2. Steps of refusal skills
	3. Types of refusal skills
	4. Guidelines for using refusal skills
	5. Refusal skills activity
		1. <http://teentalk.ca/wp-content/uploads/2014/05/Refusal-Skills-2015.pdf>
5. Day 5 (Source: YRBS data)
	1. Substances to Know
		1. Tobacco
			1. Cigarettes
			2. Smokeless Tobacco
			3. Cigars
		2. Vaping
		3. Alcohol
		4. Marijuana
		5. Prescribed Medication
		6. Over-the-Counter Medication