Middle School Substance Abuse Education

Curriculum: Second Step

Presentation Days: 3-5

Grade Level: 7

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. Personalities Change
      1. I am not, I am
      2. Getting Smarter
3. Day 3 (Source: Second Step, 2011)
   1. Personalities Change
      1. Overcoming Challenges
4. Day 4 (Source: Second Step, 2011; Health and PE SOLs)
   1. My Unhelpful Thoughts
   2. Five Steps of Refusal Skills
   3. Refusal skills activity
      1. Refusal skills scenarios
5. Day 5 (Source: YRBS data)
   1. The Effects of Dangerous Substances
      1. Tobacco
         1. Cigarettes
         2. Smokeless tobacco
         3. Cigars
      2. Vaping
      3. Alcohol
      4. Marijuana
      5. Prescribed Medication
      6. Over-the-Counter Medication