Middle School Substance Abuse Education

Curriculum: Second Step

Presentation Days: 3-5

Grade Level: 8

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 (Health and PE SOLS)
	1. Stages of Change
		1. Pre-contemplation
		2. Contemplation
		3. Preparation
		4. Action
		5. Maintenance
	2. What is Addiction?
	3. The Effects of Addiction and Co-dependency on the Family
3. Day 3 (Source: Second Step, 2011; Health and PE SOLs)
	1. Grow your Brain
		1. Responsibility Roundtable
	2. Effects of Drugs and Alcohol on the Brain
		1. Short and Long-Term
		2. What is Dopamine?
		3. What is Glutamate?
4. Day 4 (Source: YRBS data)
	1. The Effects on the Brain of these Dangerous Substances
		1. Tobacco & Vaping
		2. Alcohol
		3. Marijuana
		4. Prescribed Medication
5. Day 5 (Source: Health and PE SOLs)
	1. Refusal versus Blame