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