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