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