**Programming for Youth Grades K-5**

The following curricula’s can be used independently at each grade level and are designed to build upon each other to foster grade level and/or school-wide change.

**Kindergarten**

*Winning Friendships* — This four-lesson unit promotes language and behaviors that build friendships and provide skills to handle uncomfortable feelings.

**1st Grade**

*Caring 4 Classmates* — This four-lesson unit helps students develop social competency skills: self-respect, sharing, and reaching out to friends.

**1st or 2nd Grade**

*Mend Your Mad* — This four-lesson unit helps students recognize feelings of all kinds and provides effective strategies for managing anger.

**2nd Grade**

*Friendship Rules* — This four-lesson unit introduces students to four friendship rules: 1) Friends include others, 2) Friends give others a chance, 3) It’s okay for friends to be different, and 4) Friends laugh and play together.

**3rd Grade**

*Building You, Building Me* — This four-lesson unit explores the different levels of friendship and focuses on the language and behaviors that can either build or “wreck” friendships.

**4th Grade**

*Taking Charge of Me I* — This four-lesson unit promotes some important ways to be in charge of yourself: recognize and respect the uniqueness of self and others; practice empathy; and be accountable for your actions.

**5th Grade**

*O2BDrugFree* — This four-lesson unit provides information on alcohol, tobacco/vaping, and marijuana. It also helps students understand that respecting themselves and using refusal strategies will give them the inner strength to stay away from alcohol and other drugs.

**5th or 6th Grade**

*Taking Charge of Me II* — This four-lesson unit promotes the concept of “taking charge of yourself” by developing skills in self-control, understanding what healthy choices are and how to make them, understanding and managing peer pressure, and promoting inclusion.

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**Leading the conversation on alcohol & other drugs**

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