



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.

Leading the conversation
on alcohol & other drugs

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