

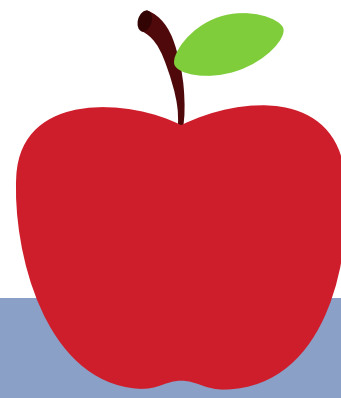


Social Skills Programs

The social skills programs include **An Apple A Day**, **Skills for Tomorrow**, **SPORT**, **Too Good For Violence**, and **Too Good For Drugs**. These are designed for students in elementary through high school and offer primary prevention curricula for the development of social and life skills.



Through role playing, stories, discussions, and activities, prevention educators address the issues and pressures students tend to face on a daily basis.



An Apple A Day

An Apple A Day (AAAD) is a universal literacy-based program that helps to build and reinforce skills needed to make positive behavior choices at home as well as in the classroom. This program is geared toward children in pre kindergarten through fourth grade.

The program focuses on the following concepts:

- Strengthening literacy skills
- Development of:
 - Positive friendships
 - Self-esteem and dealing with feelings
 - Respect for self and others
 - Positive behavior choices
 - Identifying a safe-person and a safe-place

These programs are designed to:

- Provide students with the information they need to make healthy decisions
- Enhance students' social skills so that they will be able to deal with a variety of issues effectively
- Help students identify the different support systems within their lives
- Increase their social, emotional, mental, and physical well-being



Skills for Tomorrow

Skills for Tomorrow (SFT) is a program designed to teach students grade 2-8 important social skills to increase their success both in and out of the classroom. The program offers lessons in an interesting and interactive way. Curriculum topics include:

- Anger management
- Conflict resolution
- Bullying
- Feelings
- Goal setting
- Healthy relationships
- Peer pressure and refusal skills
- Recognizing and managing stress



Social Skills Programs

SPORT

The **SPORT** program is a brief, one-time intervention that works to increase and promote healthy lifestyles while helping students to minimize and avoid substance use. The program is geared toward adolescents ages 13-17, but can be tailored to fit younger audiences as well.



SPORT is a one-time intervention that can be implemented during:

- The school day
- Health or gym class
- After school programming
- Sports practice
- Summer camp



These program focuses on:

- Anger management
- Conflict resolution
- Character development
- Effective communication
- Respect for self and others
- Drug education

Too Good For Violence/Drugs

Both Too Good for Violence and Too Good For Drugs (TGFV/TGFD) are universal prevention and character building education programs that teach social, emotional, and learning skills, which research has linked with healthy development and academic success.

Grade Level 4-8



TGFV and TGFD consist of 10, forty-minute sessions. Scheduling is flexible and can be implemented in a way that is convenient for the classroom teacher/school.