



Too Good in Middle School Grades 6 through 8

Too Good for Drugs and Violence in Middle School empowers teens to meet the challenges of middle school life by addressing more complex emotions and personal situations. Lessons build on the skills introduced in earlier grades to foster confidence and self-efficacy and resistance to substance use through goal setting and achievement, responsible decision making, positive conflict resolution and healthy relationships.

The program is a universal violence prevention, bully prevention, and character education program to develop skills for conflict resolution, anger management, and respect for self and others by learning the negative consequences of aggressive behavior. Students also learn how to avoid and resolve conflict through effective communication, anger management, emotional self-awareness, and self-control.

Important characteristics of *Too Good in Middle School*

- Focuses on prevention and risk reduction strategies to adolescent health problems
- Discusses concepts of tolerance, respect for others, and dignity
- Reinforces the social emotional skills students need to build prosocial relationships and make healthy choices to reduce bullying
- Ability to understand the association between decisions and consequences
- Development of personal and interpersonal skills to solve conflicts
- Stresses how drugs can affect students today and into the future
- Counters the myth that “everyone uses”
- Identifies internal and external pressures to use drugs
- Targets substances that are used first and most widely among youth
- Actively involves students in the learning process

Curriculum Objectives

- Introduction to *Too Good*
- Understanding the road ahead
- Areas of adolescent development and behavioral interference
- Goal Setting
- Consequences associated with different substances
- Stress management skills
- Effectiveness of assertive communication
- Peer pressure strategies

Implementing Too Good:

- Ideally, the program is presented in ten 40-45 minute sessions.
- It is important that the program is delivered with fidelity; the core curriculum can be condensed into 8 sessions if necessary for scheduling purposes.
- We suggest that your school staff meet with Council staff to discuss the special needs of your school. Additional information can be incorporated into the curriculum at your request.