



Too Good in Elementary School Grades K through 5

Too Good for Drugs and Violence in Elementary School teaches the fundamental elements of social and emotional learning through developmentally appropriate activities that set the foundation for healthy adolescence by building the skills needed to set goals, identify emotions and feelings, and make healthy choices that contribute to their overall health and well-being.

The program focuses on character based skills, and behaviors to help elementary students: differentiate between feelings and actions, encourage respect between peers, and celebrate diversity. Program lessons and activities help kids appreciate that as individuals and as a group, they are too good for substances, bullying, and violence.

Important characteristics of *Too Good*

- Variety of life skills including character development, citizenship, civility, communication, media awareness, and personal safety
- Establishes anti-bullying norms and the commitment to a safe and supportive school environment
- Focuses on the child and not the substance and assists with making informed decisions
- Reinforces the fact that the brain and body of children and adolescents are still maturing and respond to substance use dramatically differently than those of adults, putting children at a much higher risk
- Recognize influences which affect healthy choices and behaviors
- Discussion and activities to increase social competence, autonomy, and a sense of purpose
- Understand goals and the effects of substance abuse on these goals
- Ability to identify emotions and feelings and communicate these effectively
- Personal responsibility in the decision making process
- Discuss consequences of personal choices as they associate with underage substance use

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.