



## ***Too Good in High School*** **Grades 9 through 12**

*Too Good for Drugs and Violence* in High School builds on the prevention concepts of previous education with real world challenges teens face in high school and beyond. The program explores practical guidance for understanding dating and relationships, violence and conflict, underage drinking, substance abuse, and healthy friendships. Lessons further enhance skills for responsible decision-making, effective communication, media literacy, and positive conflict resolution.

### **Important characteristics of *Too Good* in High School**

- Defining positive goals and personal growth
- Recognize assertive communication skills
- Understanding the relationship between sense of self and peer influences
- Discuss one's role in dealing with prejudice and discrimination
- Focuses on developing personal and interpersonal skills to solve conflicts
- Stop or reduce the use of cigarettes, alcohol, and other substances
- State accurate information about environmental, social, physiological and emotional consequences of drug use and abuse
- Demonstrate behavioral and cognitive skills
- Perception of harm and risk regarding drug use and violence
- Make a personal commitment about drug use

### **Curriculum Objectives**

- Introduction to *Too Good*
- Goals and negative consequences of substance abuse on these goals
- Effective decision making
- Characteristics of an effective communicator
- Decision making and commitment
- Define and analyze prejudice, stereotype, and discrimination
- Understand human growth/development and quality of life associated with substance abuse
- Define the progressive stages of addiction and assistance resources available

### **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.