

"Growing Up Drug and Violence Free"



About Our Program

North Central Behavioral Health Systems strives to provide students with the opportunity to positively respond to today's challenging social, emotional and behavioral interactions with peers and others. Presentations are designed to meet the students' particular level of maturity.

Pre-K - A one-day program. The "Purple Turtle" story teaches children how to stay healthy and the right way to take medicine.

Kindergarten - Fourth Grade

A three-day program is provided for grades K-4. Different topics are introduced each day for the purpose of establishing a foundation of a "No Tolerance Attitude" to drugs and violence. Below are scenarios of parts of each program. Presentations include information on alcohol, tobacco and other drugs, handling feelings, respect, making choices and self-esteem. Topics are presented in novel ways incorporating videos, worksheets, role-plays and other hands-on activities young children enjoy.



Kindergarten - The children will learn about the harmful effects of tobacco from "Sooper Puppy". They will also learn about feelings and why it is okay to be different.

First Grade - "Doing the Right Thing" is a presentation that emphasizes attitudes of sharing and respecting each-other which is essential for young children to learn. Students are lead to discuss simple ways to resolve conflicts and how to "Use Your Words". "Let's Talk About Drugs" teaches the children about alcohol, tobacco and medicine.

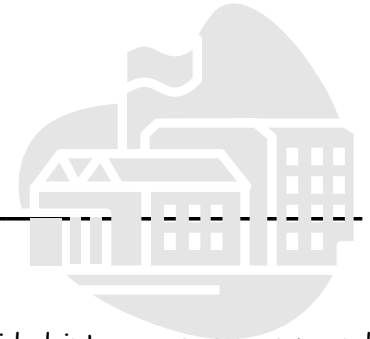
Second Grade - "Don't Call Me Names" is a unique presentation stressing the importance of accepting each other and building positive friendships. Children learn appropriate techniques to help them deal with their frustrations and all about being honest. "Why I Won't Do Drugs" focuses on choices and consequences, refusal skills and peer pressures.

Third Grade - "What About Tobacco" helps the student understand the harmful effects of tobacco. "What's a Bully" and "My Best Me" teach children about respect and how treat others.

Fourth Grade - Alcohol, Tobacco, Marijuana and Inhalants are discussed in two presentations which help reinforce the importance of thinking about the consequences of decisions you make. "I Can Make Good Choices" teaches the children how to make a good choice.



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Fifth - Eighth Grade -

At the Junior High level, "Growing Up Drug and Violence Free" is divided into a core program and booster sessions. To meet the standards of evidence-based, a core program includes eight presentations at the entry level with five booster sessions being presented each subsequent year. A wide variety of age appropriate topics are discussed including effects of specific drugs and skills needed to refuse them, making responsible decisions, resolving conflicts peacefully, handling stress, media and it's effects, proper communication skills and healthy life style choices. Making a personal commitment to not use drugs can be found in each program. Videos, worksheets and role-plays are some activities used to reinforce the messages presented.



Fifth Grade - Programs provide an introduction to a variety of Gateway drugs with Inhalants being the main focus. Students discuss dealing with peer pressure, how to handle their angry feelings, respecting yourself and others and taking responsibility for your choices. The "Power of No" teaches students different resistance skills.

Sixth Grade - Presentations include information on the effects of specific drugs with Tobacco being the main focus. Students learn alternatives to angry behavior and how to make positive decisions. Time is spent understanding and recognizing internal and external pressures we are under and ways to handle them. The students discuss the importance of self-esteem in making healthy life-style choices.

Seventh Grade - Programs provide a review of the effects of alcohol and other drugs on the body. Special focus is placed on social skills of handling violence peacefully, coping with stress and anger, dealing with pressure and forming good decision making skills.

Eighth Grade - Presentations provide a review of drugs and extends into current trends with teens, alcohol poisoning, club drugs, ownership of decisions, healthy alternatives to violence, and the importance of goal setting.



To Reserve Your Spot...

These quality programs are available through North Central Behavioral Health Systems.
For more information or to schedule your program, please call
Health Promotion & Educational Services Department
815-223-0160

Partially funded through The Department of Human Services