



Developed by the Mendez Foundation, the school-based Too Good for Drugs ("TGFD") program provides facts about alcohol, tobacco, prescription and over-the-counter medication inhalants, marijuana, and other drugs to help students set goals and make good decisions pertinent to their health and well-being. Program lessons and activities develop necessary skills to communicate effectively, counter social influences, analyze media messages, and refuse peer pressure, as well as reduce the use of alcohol, tobacco, and illegal drugs in middle and high school students. The TGFD program's instructional methods build self-efficacy and promote pro-social attitudes and behaviors in fun and engaging ways for students in kindergarten through 12th grade (5 to 18 years old).

The program is provided in five 30 to 45 minute modules, all coordinated in advance with school administrators and teachers. TGFD - as used and implemented by Coulee Council - has a separate, developmentally appropriate curriculum for each grade level.

The objectives for the students include:

- a. Discussing how safe and healthy choices help a person to reach his/her goals
- b. Discussing how unsafe and unhealthy choices can prevent people from reaching their goals
- c. Demonstrating how to make good decisions in a variety of age-appropriate situations involving alcohol, tobacco and other drug use and other problem behaviors.
- d. Discussing the effect of social influences such as peer pressure, family role models, advertising and media on personal decisions.
- e. Listing sources of help and support during times of crisis
- f. Discussing the importance of communicating decisions assertively
- g. Demonstrating a variety of ways to effectively handle peer pressure including, for example: walking away from them; saying "No"; stating the real facts about substance abuse; making an excuse for not succumbing to peer pressure and using; steering clear of peers who use or advocate the use of alcohol and illegal substances; reversing the peer pressure and encouraging others not to use; and, telling users that they sound like a broken record.

Facilitated by Coulee Council's Prevention Educator, the TGFD program's highly interactive teaching methods encourage students to bond with pro-social peers. It also engages students through role-playing, cooperative learning, games, small group activities and class interactive discussions. Students have many opportunities to participate and receive recognition for their involvement. TGFD also impacts students through a family component used in each grade level: "Home Workouts" are available for use with families in kindergarten through 5th grade.

Teens face a whole new set of challenges when they enter their high school years. A new school and more challenging academic goals coupled with dating and the prospects of graduation, and peer pressure. *Too Good for Drugs and Violence High School* grows up right with your students equipping them with the skills and knowledge they need to navigate this exciting stage in life. Designed to mitigate risk factors and develop protective factors, the interactive lessons provide practical guidance for understanding dating and relationships, violence and conflict resolution, underage drinking, substance abuse, and building healthy friendships. The program also builds skills for responsible decision-making, effective communication, media literacy, and conflict resolution.