

REACH COUNCIL

Dear Parent/Guardian:

REACH Council is in its 36th year of partnering with schools in Ellis and Johnson counties to provide exciting programs, presentations and activities aimed at discouraging and preventing substance abuse among youth. REACH will be partnering with your student's school this year to implement a tested and proven prevention program. The goal of this program is to empower youths to resist the dangers of substance use and misuse and encourage them to make healthy choices. It will also help them to improve the skills they need in life.

Your youth can participate in the Too Good for Drugs curriculum along with other youth. The program consists of 10 weekly lessons, implemented during a pre-selected class on your student's campus. There is no cost for your youth to participate in this program and participation is voluntary. REACH Council works closely with your student's campus to ensure this program does not interfere with your youth's required lessons, classes or activities. If you would like more information about this program, visit <http://www.toogoodprograms.org/>. To learn more about REACH Council, please visit www.ReachCouncil.org.

Attached is a session outline of the Too Good For Drugs program, Form 5100 - Participant Rights, and Form 5109 - Youth Prevention Universal Parent/Guardian Opt-Out Signature. If you do not want your youth to participate, complete Form 5109 - Youth Prevention Universal Parent/Guardian Opt-Out Signature. **Note:** A signed Form 5109 only needs to be returned if you do **not** want your youth to participate in this program.

If you have any questions, please feel free to contact Tom Kowatch, Director of School Programs for REACH Council at 972-723-1053 x 11 or tom.kowatch@reachcouncil.org.

Forms may be returned to your child's teacher or sent to REACH Council at tom.kowatch@reachcouncil.org.

We thank you for the opportunity to have your child in our program and we are looking forward to another wonderful and successful school year!

Respectfully,

Tom Kowatch
Director of School Programs
Certified Youth Prevention Specialist
REACH Council Prevention Services

Participant Rights (Keep This Page)

The services that your student receives will be confidential as required by Federal Regulation 42 CFR Part 2. We also want you and your student to know their rights as a participant in REACH Programs, and have listed them below.

Participants shall have the right:

- a. To be free from abuse, neglect, and exploitation.
- b. To be treated with dignity and respect.
- c. To file a complaint with REACH Council or the Health and Human Services Commission at any time.
- d. To be free from unlawful discrimination based on race, color, national origin, religion, sex, age, or disability.
- e. To know about the prevention program, including the program content and the length of the program before agreeing to participate in it.
- f. Not to participate in any session when they or their parents/guardians do not feel comfortable.
- g. To expect that all discussions will not be shared outside the group unless there is suspected harm to self or others.

Complaints to the organization may be made by calling: REACH Council Prevention Services at 972-723-1053.

Complaints to the funding agency may be made to the Texas Health and Human Services Commission by calling 1-800-832-9623.

Curriculum Summary – Too Good For Drugs

Lesson 1: Set to Win: *Goal Setting*

- Define a goal
- Differentiate short-term and long-term goals & define a goal
- Identify & apply the steps for setting and reaching a personal goal
- Identify available resources for support & assistance in working towards a goal

Lesson 2: The Decision is Yours: *Decision Making*

- Identify and apply the four steps in the decision-making model
- Define consequences & differentiate positive & negative consequences
- Recognize the role of personal responsibility when reflecting on decisions & their potential outcomes

Lesson 3: Understanding Me: *Identifying and Managing Emotions*

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions & signs of stress
- Identify & manage the emotions of others

Lesson 4: Say it with Style: *Effective Communication*

- Define effective communication
- Identify the elements of effective verbal & nonverbal communication
- Recognize how tone of voice, facial expressions & body language affect meaning
- Demonstrate assertive speaking & active listening techniques

Lesson 5: The Right Connection: *Bonding and Relationships*

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating w/ pro-social others
- Differentiate healthy friend qualities & unhealthy friend qualities

Lesson 6: Addiction Notice: *Addiction*

- Define and differentiate addiction & chemical dependency
- Discuss the stages of addiction
- Compare the stages of addiction & associated behaviors
- Define tolerance & withdrawal & identify withdrawal symptoms
- Identify several reasons some teens consider drug use & list alternative solutions

Lesson 7: A Toxic Waste: *Tobacco*

- Identify the various types of tobacco & nicotine products
- Identify the chemical makeup of tobacco products
- Analyze the social consequences of nicotine use
- Describe the harmful short-term & long-term effects of nicotine use, including secondhand smoke, on the body

Lesson 8: Al K. Hol: *Alcohol*

- Describe the harmful short-term effects of underage alcohol use
- Identify possible sources for the false expectations people have about alcohol
- Define media literacy & discuss its potential influence on teen behavior
- Differentiate the common misperception of alcohol as an energizing par drink & its actual effects as a depressant

Lesson 9: The Real Deal: *Marijuana*

- Differentiate accurate & inaccurate sources of information about drugs
- Differentiate myth and reality regarding marijuana
- Identify the effects of marijuana on the body, particularly on brain function
- Describe the impact of marijuana use on reaching goals
- Describe the impact of marijuana use on everyday activities

Lesson 10: A Drug is a Drug: *Street, Prescription (Rx), and Over the Counter (OTC) Drugs*

- Identify the harmful effects of OTC & Rx drug abuse on the human brain & body
- Differentiate the appropriate use & the abuse of Rx & OTC
- Compare the harmful effects of abusing Rx & OTC to those of street drugs
- Demonstrate a knowledge of the facts regarding nicotine, marijuana, street drugs, Rx & OTC medications.

Program Opt-Out Form

If you **DO NOT** wish for your student to participate in this program, please return this opt-out form to your student's teacher.

Student Name (Print)

Campus

I DO NOT wish for my child _____ to participate in this program.
(Student's Name)

Parent/Guardian Name (Print)

Date

Parent/Guardian Signature

If you **DO NOT** wish for your student to participate in this program, please return this opt out form to your student's teacher.