

Videos

- Anger
- Boundaries
- Coping Strategies
- Digital Safety
- Emotions
- Growth Mindset
- Making Friends
- Peer Pressure
- Refocus
- Respect
- Self-Esteem
- Setting Goals

Substance Use and Misuse

- Alcohol
- Bath Salts
- Cocaine
- Hallucinogens and Dissociative Drugs
- Heroin, Fentanyl, and Synthetic Opioids
- Inhalants and the Choking Game
- MDMA/Ecstasy
- Methamphetamine
- Prescription Drugs
- Tobacco and Nicotine
- Emotions and Drugs

Modules

- Adrenaline
- All-or-Nothing Thinking
- Anger Management
- Anxiety
- Avoiding Exploitation
- Bullying and Cyberbullying
- Character Traits
- Coping Strategies
- Depression
- Digital Citizenship
- Future Goals
- Healthy Communication
- Healthy Relationships
- Impulsive Decision-Making
- Irrational Thinking
- Learned Helplessness
- Learning How to Say “No Thanks”
- Life Changes and Adjustments
- Mindfulness
- Motivation
- Primary and Secondary Impacts of Behavior
- Putting It All Together
- Raising Awareness of Opioid Addiction
- Restorative Practices
- Self-Esteem
- Strategies for Successful Return to School
- Stress Management
- Suicide Education and Prevention
- Truancy
- Vision of Self

Erin’s Law

- Section 1: Introduction for Parents/Guardians
- Section 2: Body Safety
- Section 3: Boundaries
- Section 4: Navigating Consent in Relationships
- Section 5: Recognizing Abuse, Building Awareness, and Taking Action
- Section 6: Assertive Communication
- Section 7: Help-Seeking and Reporting
- Section 8: Building Healthy Relationships: The Power of Connection

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