

COMPREHENSIVE PREVENTION COMPONENT OF PEER HELPERS PLUS
infused with the 5 SEL domains

Units Are Designed For Customizable Implementation			Drugs, Alcohol, & Tobacco	Abuse of All Types	Mental Health/Suicide	Bullying & Cyberbullying
Grade 7						
Bullying	Lesson 1	Understanding Bullying			✓	✓
	Lesson 2	Your Digital Footprint			✓	✓
	Lesson 3	Witness				✓
Abuse	Lesson 1	Understanding Abuse		✓	✓	
	Lesson 2	Abuse: Recognizing It and Knowing What To Do		✓	✓	
	Lesson 3	Healthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Refusal Skills	✓			
	Lesson 2	Say No to Drugs and Alcohol & Yes to Your Dreams	✓		✓	
	Lesson 3	Dependency & Getting Help	✓		✓	
Self-Harm & Suicide	Lesson 1	Health Includes Mental Health			✓	✓
	Lesson 2	Self-Care, Not Self-Harm			✓	
	Lesson 3	Suicide: The Irreversible Act			✓	
Grade 8						
Bullying	Lesson 1	Recognizing Bullying			✓	✓
	Lesson 2	Cyberbullying: The New Bathroom Wall			✓	✓
	Lesson 3	Training Your Brain to Be Compassionate				✓
Abuse	Lesson 1	Types of Abuse		✓	✓	
	Lesson 2	Abuse: Signs and Safety		✓	✓	
	Lesson 3	Creating Healthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Peer Pressure	✓			
	Lesson 2	Spotlight: Alcohol & Vaping	✓		✓	
	Lesson 3	Addiction	✓		✓	
Self-Harm & Suicide	Lesson 1	Mental Health: How We Think, Feel, & Act			✓	✓
	Lesson 2	There Is A Better Way!			✓	
	Lesson 3	Suicide: The Permanent Decision	✓	✓	✓	
Grade 7 & 8						
Violence (Pilot)	Lesson 1	The Value of Human Life			✓	✓
	Lesson 2	Youth Violence and Gangs/Neighborhood Violence			✓	✓
	Lesson 3	Youth Crime & Gun Violence				✓

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Grade 9						
Bullying	Lesson 1	Conflict vs. Bullying			✓	✓
	Lesson 2	Cyber-Image			✓	✓
	Lesson 3	Diffuse and Get Help				✓
Abuse	Lesson 1	Abuse: Know the Facts		✓	✓	
	Lesson 2	Signs and Situations of Abuse		✓	✓	
	Lesson 3	Healthy and Unhealthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Reasons to Refuse	✓			
	Lesson 2	The Harmful Effects of Drugs and Alcohol	✓		✓	
	Lesson 3	When Drugs Take Control	✓		✓	
Self-Harm & Suicide	Lesson 1	Stress, Anxiety & Depression			✓	✓
	Lesson 2	Self-Harm			✓	
	Lesson 3	The Permanent Decision - Suicide			✓	
Grade 10						
Bullying	Lesson 1	Effects of Bullying on Self-Image			✓	✓
	Lesson 2	Cyberbullying: Wait - What?			✓	✓
	Lesson 3	Stand Up, Not On				✓
Abuse	Lesson 1	Social Implications of Abuse		✓	✓	
	Lesson 2	Sharing Abuse Prevention Messages	✓	✓	✓	
	Lesson 3	Relationship Boundaries & Expectations		✓	✓	✓
Substance Use	Lesson 1	High Pressure/Low Pressure Tips for Refusing	✓			
	Lesson 2	Spotlight: The Hidden Dangers of Drugs and Alcohol	✓		✓	
	Lesson 3	Addiction Is Never Planned	✓		✓	
Self-Harm & Suicide	Lesson 1	Recognizing Stressors & Responses			✓	✓
	Lesson 2	Do No Harm: Self-Harm Awareness			✓	
	Lesson 3	Suicide Awareness: Stomp the Stigma	✓		✓	
Grade 11						
Bullying	Lesson 1	Conflict & Bullying			✓	✓
	Lesson 2	Social Media Safety			✓	✓
	Lesson 3	No Cape Required				✓
Abuse	Lesson 1	Understanding Abuse		✓	✓	
	Lesson 2	Abuse Recognized		✓	✓	
	Lesson 3	My Boundaries for Relationships		✓	✓	✓
Substance Use	Lesson 1	Making a Difference	✓			
	Lesson 2	Dangers Specific to Alcohol & Opioids	✓		✓	
	Lesson 3	Focus on the Future	✓		✓	
Self-Harm & Suicide	Lesson 1	Managing Stress, Anxiety & Depression			✓	✓
	Lesson 2	Self-Harm Awareness			✓	
	Lesson 3	Suicide Awareness			✓	
Grade 12						
Bullying	Lesson 1	Bullying. Now, What's That Again?			✓	✓
	Lesson 2	Cyberbullying: Stop. Block. Tell.			✓	✓
	Lesson 3	Gossip Destroys Integrity				✓
Abuse	Lesson 1	Early Warning Signs of Relationship Abuse		✓	✓	
	Lesson 2	Effects of Abuse into Adulthood	✓	✓	✓	
	Lesson 3	Relationship Goals		✓	✓	✓
Substance Use	Lesson 1	Refusal: Set Yourself Apart	✓			
	Lesson 2	Choice...Consequence	✓		✓	
	Lesson 3	Addiction: Make a Change	✓		✓	
Self-Harm & Suicide	Lesson 1	Mental Health & Stress Management			✓	✓
	Lesson 2	From Self Injury to Positive Coping Skills			✓	
	Lesson 3	Suicide: Prevention for a Path to Success	✓	✓	✓	
Grade 9-12						
Violence (Pilot)	Lesson 1	The Value of Human Life			✓	✓
	Lesson 2	Knowing About Violence & Ending the Cycle			✓	✓
	Lesson 3	Gun Violence				✓