



Student Assistance Program

CURRICULUM

Jellybean Jamboree (Grades K-2) – Social/Emotion Development

Second Step (Grades K-5) – Bullying Prevention

Building Resiliency (Grades 3-7) – Emotional Awareness and Social Competency

Strong Kids (Grades K-12) – Social/Emotional Competency

Resilience Builder Program (Grades K-12) – Self-Regulation and Social Competency

Impulse Control (Grades 6-8) – Understanding Anger and Managing Emotions

Living With Feelings (Grades 6-12) – Learning to Manage Stress and Emotions

Grieving, Sharing, & Healing (Grades 6-12) – Grief and Loss

Girls in Real Life Situations (Grades 6-12) – Gender Specific Life Skills

Growing Great Girls (Grades 7-12) – Gender Specific Social/Emotional Skills

Owning Up (Grades 9-12) – Empowerment and Conflict Resolution

NCTI/Crossroads Curriculum (Grades 6-12)

Anger Management

Drug and Alcohol

Cognitive Life Skills

Truancy

Parenting

SCHOOL PRESENTATIONS

Conflict Management

Communication Skills

School Work Tips

Stress Management

Coping Skills

Suicide Awareness

Cyber Bullying

LEADS – Suicide Awareness

Academic Support

Additional Topics Available Upon Request & Approval

STAFF/TEACHER & PARENT PRESENTATIONS

- ✓ Compassion Fatigue for Educators
- ✓ Teacher Support Techniques in the Classroom
- ✓ Mental Health in the Classroom
- ✓ Let's Talk- Parent & Child Communication
- ✓ Additional Topics Available Upon Request & Approval

Jellybean Jamboree (Grades K-2nd) is a lively, fun program that introduce young children to life skills necessary for social and emotional growth. It includes six units: anger management, emotional awareness, decision making, self-control, friendship skills, and behavior. Each unit includes short lessons that can be completed in 30 minutes. Following the lessons, topics are to the children to take home when the unit is completed. Throughout many of the lessons, new vocabulary words are introduced. These keywords are explained and used in the accompanying lesson.

Second Step (Bullying Prevention Grades K-5th) this curriculum is designed to Recognize, Report, and Refuse bullying and to foster a climate of safety and respect for all. Students achieve this goal by learning how to follow rules; recognize, report, and refuse bullying; and be a bystander who helps stop bullying. The story-based lessons use mixed media to engage student and teach skills. Summative knowledge assessments are available for each grade level to help determine how well students have learned the skills and behaviors taught in the bullying Prevention Unit, after all the lessons have been taught.

Building Resiliency (Grades 3rd-7th) is the adaptive process in which an individual is enable to overcome adversity. In this game an individual will experience taking responsibility for its decisions, recognize its limitations, accept its strengths, and apply goals that are realistic to the game. By creating a positive environment and foster positive thinking by encouraging students to engage in the game students will experience building resiliency. Building Resiliency will also help students engage in stress management, emotional awareness, and social competency skills. The benefits of building resiliency in students include acquiring a sense of purpose, an optimistic outlook, and goals for the future.

Strong Kids (Social/Emotional Competency Grades K-12th) is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life. Through engaging activities appropriate for adolescents & teens, students learn to manage their own thoughts and emotions, empathize, cope with stress, work through conflict, and much more.

Resilience Builder Program (Self-Regulation and Social Competency Grades K-12th) is designed to help youth bounce back from the challenges in their lives by increasing confidence, self-esteem, self-control, and the use of coping strategies. Each session encourages self-awareness, flexible thinking, and social competence. Through discussion, role-play, and other hands-on techniques, group members learn about self-talk, personal space awareness, problem solving, anger/ anxiety management, friendship skills, and other topics essential to well-being and social success.

Impulse Control (Understanding Anger and Managing Emotions Grades 6th-8th) address the multiple areas that are affected by impulsivity such as academics, emotions, problem-solving, social skills, and romantic relationships. Expanding on existing evidenced-based practices for decreasing impulsivity, lessons provide specific, engaging activities and worksheets to use with groups or individuals.

Living with Feelings and Handling Stress (Grades 7th-12th) aim to help adolescents gain perspective on their emotions and accept that feelings and stress are a natural and essential part of living and growing that cannot be avoided. The entire module emphasizes the interrelatedness of feelings, stress, and health. We seek to help students understand that by making healthy choices related to feelings and stress, they can influence their physical and emotional health in positive ways. Adolescent are beginning to master their own lives; by making appropriate choices they can exercise positive control over their destinies.

Grieving, Sharing, & Healing (Grief and Loss Grades 6th-12th) Curriculum offers a place where young adolescents learn to help each other cope and come to terms with death, loss, and grief. The safety of the group allows youth to express emotions and confront feelings such as regret, anger, and guilt.

Girls in Real Life Situations (Gender Specific Life Skills Grades 6th-12th) is a unique group counseling curriculum that provides over 90 group counseling activities divided into twelve session themes: Who Am I? Body Image, Choices, Communication, Emotions, Friendships, Relationships, Self-Esteem, Stress, Reaching Out, Tough Times, and Who I Am! During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment.

Growing Great Girls (Gender Specific Social/Emotional Skills Grades 7th-12th) is a Life Skills Curriculum for Girls, creatively blends research-based content with interactive exercises and meaningful worksheets. The curriculum is designed to meet the unique needs of girls, Middle & High School ages, guided by gender identity. Participation in this will create rich exchanges between girls that will result in the acquisition of life skills, self-expression, and attitudinal change.

Owning Up (Grades 9th-12th) helps young people identify and be critical of social issues in their lives—from bullying and harassment in the classroom to systems of power and oppression in the world around them.

NCTI Crossroads (Grades 6th-12th) The National Curriculum and Training Institute (NCTI) Crossroads® Education Program is a curriculum-based education strategy delivered according to unique methods that foster positive, pro-social behavior in children and youth with emphasis on prior offenders. NCTI Crossroads® is targeted for children ages 10-15 and transitional age youth ages 16-25 with emphasis on those who are at risk of or involved in the juvenile justice system. This program employs a cognitive behavioral change model to teach pro-social behaviors through an interactive learning process. The curriculum focuses on the relationship between values, attitudes, and behaviors as they relate to the decision making process. Class topics include: anger management, life skills, parent education, substance abuse prevention, gang involvement, truancy intervention, and graffiti prevention. Parenting classes are offered to the families of the children and youth participating in the program.

LEADS (Suicide Awareness Grades 9th-12th) Linking Education and Awareness for Depression and Suicide (LEADS) for Youth is a school-based suicide prevention curriculum designed for high schools and educators that links depression awareness and suicide prevention. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide. LEADS is intended for students in grades 9-12 and creates opportunities for conversations within the classroom around suicide and depression and the stigma surrounding suicide.