

Prevention Curriculum Outline

Focus: Development of Positive Lifestyle Behaviors for Students and Families

Structure:

1. Prevention: Alcohol, Tobacco & Other Drugs/Medicine

- a. Introduction about substances (age appropriate)
- b. How to have conversations about substances and how & why to go to a trusted adult
 - i. Providing caregivers/adults at home with sentence frames/conversation starters on how to promote conversations with their youths around substance use

2. SEL

- a. RULER based lessons that can be utilized in-school and at-home
- b. Common language and verbiage so it's consistent across different environments
- c. Lessons including:
 - i. Charter
 - ii. Blueprint
 - iii. Meta moment
 - iv. Vocabulary

3. Personal Health, Wellness & Nutrition

- a. MyPlate
 - i. Introduction and materials to be sent home providing examples of healthy food choices/alternatives
- b. Hygiene
 - i. Brushing teeth
 - ii. Showering/bathing
- c. Exercise/Movement
 - i. 30 minutes a day

Goals:

- Digital:
 - Easily distributed on Drive- no materials need to be sent
 - All printables or PDFs: which means it is has easy access, no matter the teacher/volunteer/afterschool care site
- Structure:
 - Each grade level follows the same structure, K-12, age groupings are:
 - K-2
 - 3-5
 - 6-8
 - 9-12
 - Which will:
 - Increase fidelity of implementation across ages/groups
 - Decrease user error / eliminate confusion

- Time, 15-45 Minutes:
 - Allows for teachable moments
 - Promotes student/youth engagement
 - Embedded with calm down routines and movement/brain breaks to help support participation
- Materials:
 - Facilitate family and community involvement
 - Materials that can be shown of what was worked on
 - Materials that can be done at home- so caregivers can help support communication, similar verbiage across environments
 - Determine mastery/understanding
 - Can be used as an informal assessment to determine student understanding/growth

Option to add lessons:

4. 911/ First Responders (bring in community members)

- a. Fire
 - i. Safety
 - ii. Fire Drills- creating a plan and why
 - 1. At home, in-school and after-school programs
- b. Police Officers
 - i. What they do
- c. EMTs/ Paramedics
 - i. What they do
- d. When to call/ when not to call

Standards:

https://portal.ct.gov/-/media/sde/health-education/publications/healthy_and_balanced_living_curriculum_framework_may_2022.pdf

Prevention First

[Kids Health](#)