

# TOO GOOD FOR DRUGS

Dear Parent/Guardian,

Your child's class is starting a social and emotional learning program called *Too Good*. This program was developed by the Mendez Foundation – a leader in K-12 social skills and prevention education programs.

The Goal of *Too Good* is to build children's social-emotional skills and empower them to be positive leaders in their school and community. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

The *Too Good for Drugs* program is divided into two units. Unit 1 teaches five core social emotional skills. Unit 2 and 3 teach how to apply those skills in daily life and use them to meet social challenges.

## Unit 1

### **Lesson 1: Setting Reachable Goals**

Students learn how to set and achieve Personal and academic goals.

### **Lesson 2: Making Responsible Decisions**

Students learn how to think through a Problem and make responsible decisions.

### **Lesson 3: Identifying and Managing Emotions**

Students learn how to identify and manage Their emotions, recognize the emotions of others, and show empathy.

### **Lesson 4: Effective Communication**

Students learn how to communicate assertively And listen actively.

### **Lesson 5: Bonding and Relationships**

Students learn and apply peer-pressure refusal Strategies.

## Unit 2

### **Lesson 6: Effects of Alcohol Use**

Students learn the effects of alcohol use on the teenage brain and body.

### **Lesson 7: Effects of Nicotine Use**

Students learn the short-term, long-term, and Social consequences of nicotine use.

### **Lesson 8: Effects of THC and Marijuana Use**

Students learn the effects of THC and marijuana use on the teenage brain and body.

### **Lesson 9: Street, Prescription, and OTC Drugs**

Students learn the effect of the abuse of street, Prescription, and over-the-counter drugs.

### **Lesson 10: Understanding Risks, Course Review**

Students learn to differentiate healthy and Unhealthy risks and predict their outcomes.

### **Unit 3**

#### **Lesson 11: Respect for Self and Others**

Students learn how confidence and self-respect positively affect their attitudes, behaviors and relationships

#### **Lesson 12: Conflict Resolution**

Students learn how to cooperate to solve problems in a respectful way.

#### **Lesson 13: Anger Management**

Students identify and demonstrate healthy, effective anger management techniques

#### **Lesson 14: Managing Bullying Situations**

Students learn how to identify and effectively respond to a bullying situation

#### **Lesson 15: Media Violence**

Students learn the negative influences of media presentations of violence and to apply critical thinking and media literacy skills to interpret these presentations.

Throughout the program, your teenager will bring home short, fun Home Workouts for you and your teenager to do together. These activities keep you tuned in to what your teenager is learning, and they help you practice and reinforce the skills at home.

Please contact me if you have any questions about the Too Good for Drugs program. You can also visit the Mendez Foundation's website at [toogoodprograms.org](http://toogoodprograms.org). I look forward to working together to help your teenager build the skills that lead to success in school and in life.