

Power to Succeed

Drug, Alcohol and Nicotine Prevention 2023-2024 School Year

Program includes age-appropriate versions for 5th-6th grade, 7th-8th grade, and 9th-12th grade.

5th-12th Grade Outline for a One-Hour Program

Portions of the program will be omitted if less than one hour.

Introduction / Dreams and Goals

Choices you make now may affect your future.

Object Lesson: (5th-6th Grade) Demonstrates how making healthy choices will give students the power to succeed.

Common Reasons: Peer pressure, to escape, to improve abilities, to experiment.

Prescription Drugs

If the prescription is not yours, it is not safe, and it is not legal to use.

You can face serious consequences if you share drugs.

Fentanyl (*Senate Bill 9 and House Bill 3908 Components*)

Fentanyl described.

Students will watch a video explaining the dangers of fentapills.

Students will learn the signs of overdose and what to do.

Marijuana / THC / Synthetic Marijuana / Delta 8 / CBD

The dangers of marijuana for recreational use.

How it can alter brain function, resulting in memory loss and lower grades.

The harmful effects of synthetic marijuana and Delta 8. (*Delta-8 information for 7th – 12th grade only*)

Students will learn recent facts about CBD.

Alcohol

It is illegal for minors to buy, possess, or transport alcohol.

Vision impairment goggles demonstrate how alcohol can impair coordination.

Statistics of drunk-driving accidents and how alcohol use can impact your health.

Nicotine / Vaping / Juuling / Dabbing (*Dabbing information for 7th – 12th grade only*)

Marketing strategies used by companies are discussed.

Safety concerns, health consequences, and risk of injury.

In the State of Texas, it is illegal for anyone under 21 to purchase or possess vaping / e-cigarette devices or fluid.

Not a safer or healthier alternative to smoking cigarettes.

FDA bans / JUUL ban (currently pending appeal).

Addiction/Substance Use Disorders

Addiction defined; explanation of how they impact the brain.

Suicide (6th – 12th grade) / Get help / Coping

Destigmatize seeking professional help if needed.

Discuss stress relieving activities.

Teach practical refusal skills.

Conclusion / Survey / Additional Resource

According to the Centers for Disease Control, most teens are not using drugs or alcohol.

A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.

Additional text to chat service 494949 provided by RemedyLIVE, along with a resource card, is offered to high school students (service is limited to students 13 years old and older).