

S T E P 6[®]

Stopping Tobacco
with Education & Prevention[®]

Curriculum for 6th Grade

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TEXAS STATEWIDE TOBACCO EDUCATION & PREVENTION

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OVERVIEW

The STEP6® curriculum is in ten lessons with both independent & cooperative group learning activities. It teaches skill building using strategies that are engaging, interactive, & enjoyable. Trained teachers, law enforcement officers, other staff members, or parent volunteers can teach it. It targets middle school students & can be integrated into any subject or content area.

STEP6® is research-based & helps prevention programs meet Principles of Effectiveness, as required by Title IV-Safe & Drug Free Schools & Communities Act.

The Principles of Effectiveness are:

1. Base prevention programs on a thorough assessment of objective data about drugs & violence in the schools & communities served.
2. Establish measurable goals & objectives with the help of an advisory council, & design the prevention program to meet those goals & objectives.
3. Design & implement activities based on research that provides evidence that the strategies used prevent or reduce drug use, violence, or disruptive behavior among youth.
4. Evaluate programs periodically & use results to refine, improve & strengthen program, & refine goals & objectives, as appropriate.

The curriculum is aligned with key elements for effective drug prevention according to "Making the Grade: A Guide to School Drug Prevention Programs." These are helping students to recognize internal & external pressures such as peer attitudes & advertising; developing social, personal, &

refusal skills; teaching that drug use is not the norm, while promoting positive norms; providing developmentally appropriate materials & activities using interactive teaching methods such as discussions, brainstorming, & cooperative learning; covering necessary prevention elements in at least eight well-designed lessons to be delivered within a year; actively involving the family & community; providing training & support for teachers; & containing material that is easy for teachers to implement.

STEP6® lessons are independent & non-sequential. They can be utilized in any order. Lessons cover the stated topic's concept, the purpose, an objective, & any materials & supplies needed. A suggested evaluation of the lesson is at the end. Each lesson has three different activities. One or more activities may be selected from each lesson. The activities are designed to fit the teaching time available & level of need about that particular topic. Generally, each lesson contains one activity to be completed independently by students, one activity to be done with a partner, & one group learning activity.

STEP6® topics include "Why Do People Choose to Use? Reasons Why People Use Tobacco," "The Tobacco Industry is Blowing Smoke: Strategies of the Tobacco Industry," "The Long & Short of Tobacco Use: Long Term & Short Term Risks," "Laws You Ought To Know: Legal Consequences of Tobacco Use," "Smokeless is Not Harmless Tobacco: Dangers of Smokeless Tobacco," "Refuse to Be Outsmarted! Refusal Skills-Part I," "Refuse To Be A Loser! Refusal Skills-Part II," "When Someone You Care About Uses Tobacco: Intervention Strategies," "Becoming A Tobacco-Free Advocate: Skills to Prevent Others' Tobacco Use," & "How To Be A Quitter: Cessation Plan."

Additional components that teachers may find helpful are included in the STEP6® curriculum. These are pre- & post-tests, a Guide for Parent Meetings, a Teen Leadership Guide, a Glossary, & a Resource List, including vendors & web sites.