

## HIGH SCHOOL STUDENTS LEARN TO RESIST PEER PRESSURE IN *TOO GOOD FOR DRUGS* COURSE



By Aimee E. Bates, Prevention Service Coordinator



Students displaying their *Too Good for Drugs* Certificates of Achievement.

On December 14 and 17, 2021, students at two Austin high schools – Michele Clark Magnet High School (freshman class) and Academy of Scholastic Achievement – enjoyed a celebration of social and personal growth. They were celebrating their completion of the substance use prevention curriculum called *Too Good for Drugs*. The six-week (11 session) evidence-based curriculum was developed by the Mendez Foundation and presented by staff of The Prevention Partnership, Inc.

The *Too Good for Drugs* curriculum provides teenagers with

tools to manage the real-world challenges facing them in high school. Social-emotional skill development promotes social and self-awareness to help prepare teens to manage the social and peer influences they face as well as the internal pressures to take unhealthy risks. Innovative and interactive activities challenge students to explore healthy alternatives as they work to reach their goals.

Additional skills and developmental topics build on the core social skill set to broaden the student's sense of self-efficacy and confidence and are

tailored to the intellectual, cognitive, and social development of the student.

- Media Literacy and Media Influence
  - Resisting Peer Pressure
  - Understanding Peer Influence
  - Understanding Addiction
  - Complex Social and Dating Relationships
  - Exploring Risk-Taking and Differentiating Healthy and Unhealthy Risks
- Student feedback indicates that the majority of participating students learned new information (“to set goals in life”); felt good about their participation (“confident about telling

the difference between good and bad qualities”); and want more information (“how to keep a healthy relationship”).

Certificate ceremonies and pizza parties at both schools were made possible through partnerships with DoorDash, the Illinois Department of Human Services, Division of Substance Use Prevention Services (SUPR), the staff and administration of Michele Clark High School and Academy of Scholastic Achievement, Illinois Senate President Don Harmon (39th District), and The Prevention Partnership, Inc.



Students at Academy of Scholastic Achievement enjoying their DoorDash sponsored Pizza Party at the conclusion of their *Too Good for Drugs* course.



Students enjoying their DoorDash Pizza Party at the conclusion of the *Too Good for Drugs* course.



Michele Clark High School students show off their *Too Good for Drugs* program certificates.