

Adrenaline	Defines adrenaline, distinguishes between fight or flight, discusses thrill-seeking behaviors, and highlights the impact adrenaline has on the body. This module also helps the student to discover alternatives to poor or dangerous decisions. In this module, students develop an understanding of their barriers to success and provide the tools to overcome challenges. Teaches healthy replacements, and reviews a plan for the future.
All or Nothing Thinking	Defines all-or-nothing thinking, discusses the drawbacks and tendencies of such patterns, describes healthy alternatives to dysfunctional habits, highlights the impact of limited thinking, and explores barriers to success. This module also provides the tools to overcome challenges caused by faulty thinking and opens pathways to problem-solve and moderate extremes.
Anger Management	Defines anger management, discusses the importance of controlling anger, and teaches the different types of anger such as passive, passive-aggressive, assertive, and aggressive. Explores barriers to success, and provides the tools to overcome challenges. Discusses ways to implement healthier strategies, and reviews a plan for the future.
Anxiety	Defines anxiety, discusses types of anxiety (healthy versus unhealthy), and helps students to identify their tendencies. This module explores the science behind the brain's role in anxiety, offers solutions for coping and managing uncomfortable emotions, and also offers help-seeking strategies where appropriate.
Avoiding Exploitation	Defines exploitation, outlines safety, and highlights pitfalls for potentially dangerous relationships. Defines the various "disguises" that harmful people wear, and teaches students how to uncover those traits. Teaches students to identify the healthy traits in safe people, and hones in on how to tell the difference. Helps students to let go of any self-blame for past harmful relationships, and allows them to refocus and grow through empowerment. Explores barriers to success, and provides the tools to overcome challenges.
Bullying and Cyberbullying	Defines cyber and "traditional" bullying. Identifies the various forms, explores the effects on others, teaches how to identify, highlights the various roles, teaches students to avoid situations, and helps them to be change agents. The module focuses on empathy, and courage, and helps to draw out confidence and empowerment within personal situations.
Character Traits	Defines positive character traits such as empathy, honesty, integrity, accountability, and respect. Highlights the importance of strong character, explores barriers to success, provides the tools to overcome challenges, and helps implement healthy traits. Reviews a plan for the future.
Coping Strategies	Defines coping strategies, highlights the importance of coping strategies, provides examples, and helps to individually define skills that work for each student. Explores barriers to success and provides tools to overcome challenges. Teaches appropriate implementation and reviews a plan for the future.
Cultural Implications Within Family and Learned Behavior	Defines "family" and helps students identify traits learned from being a part of that "family" unit. Helps expand a student's idea of family and understand the impact of one's household on their belief systems, norms, values, and personality. Helps students to embrace their differently held beliefs and to resist conforming for sake of fitting in. Explores barriers to success and provides tools to overcome challenges.



Depression	This module takes students through basic definitions, symptoms, and effects of depressive feelings. It then goes on to cover the effects of symptoms without intervention which can lead to actual depression. Students briefly touch upon suicidal ideation and suicidality. The module provides structures for support and guidance as well as resources and options to ask for help. The purpose of this module is to guide students by normalizing behaviors, accepting feelings, opening up to change and help, and ultimately, understanding how to enhance resilience. This module also offers help-seeking strategies where appropriate.
Digital Citizenship	Highlights the positives and negatives of technology. Teaches students how to be safe, responsible, and healthy as they navigate their online world. Includes discussion surrounding cell phones, computers, apps, and sexting.
Erin's Law	This eight-module series aims to educate students about Erin's Law. Students will learn age-appropriate techniques to recognize sexual abuse and how to tell a trusted adult. Students will also learn about: personal safety, boundaries, assertive communication, safe and unsafe touches, consent, healthy relationships, and reporting abuse and seeking help.
Equity*	This module will begin the students' journey through the fundamentals of social justice. Students will develop a deep understanding of equity as they explore their sense of privilege, challenges, and responsibility in society.
Future Goals	Defines what it means to have goals, and highlights the benefit of being focused. Helps the student to create a vision for one's self, and discusses strategies to stay on task. Explores barriers to success, and provides the tools to overcome challenges.
Getting to Know You	<p>An inquiry into the minds of our youth - what they think about themselves, how they think others see them, what goals they may (or may not) have, where they would like to attend on-the-job training or college, what sort of career they are interested in and/or where to live after graduation. This module is a great semester starter or an efficient tool for individualized education.</p> <p>When a new youth enters into your system, "Getting to Know You" can be utilized to fill out intake paperwork, in the individualized education plans or personalized education plans, as an opening to help adults understand what the youth is thinking and what assistance they may need in school or with any future planning.</p> <p>The "Getting to Know You" module is beneficial to your organization/school as it provides the youth the opportunity to express their thoughts, identify their strengths, needs, and accommodations as well as what they would like to do after graduation. This module will help save time in writing individualized education plans as most of the transition plan information is within the module.</p>
Healthy Communication	Defines healthy communication, discusses the importance of communicating well, and teaches the different types of communication such as verbal, non-verbal, body language, and tone. Explores barriers to success, and provides the tools to overcome challenges. Discusses ways to implement more effective approaches, and reviews a plan for the future.
Healthy Relationships	This module defines healthy relationships, discusses the importance of surrounding one's self with healthy-minded people, and explores the repercussions of unhealthy relationships. This module includes sections on unhealthy friendships, unhealthy dating, and unhealthy familial interactions. The module then goes on to discuss ways to identify unhealthy relationships and provides tools for avoiding or extricating one's self from negative dynamics. In situations in which unhealthy dynamics cannot be avoided, students learn tools to cope and seek help if needed. This module also explores the specifics surrounding taking action, including verbiage and strategic moves for change.

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MODULE HIGHLIGHT DESCRIPTIONS
GRADES 6-12

Impulsive Decision-Making	Defines impulsivity, discusses repercussions of dangerous behavior, discusses teenage tendencies, defines alternative behaviors, explores barriers to success, provides the tools to overcome challenges, teaches healthy replacements, and reviews a plan for the future.
Irrational Thinking	Defines irrational thinking, demonstrates how irrational thinking may be harmful, identifies how to overcome negative patterns, and teaches about teenage tendencies to think irrationally. Explores barriers to success, and provides the tools to overcome challenges.
Learned Helplessness	Defines learned helplessness, uncovers the origins of such beliefs, and demonstrates how overcoming helplessness lends itself to empowerment. Explores barriers to success, and provides the tools to overcome challenges.
Learning How to Say "No Thanks"	This module helps students to avoid peer pressure with grace and subtly avoid negative situations. In a world where fitting in is everything, it can be difficult to say "no" to many things. This module discusses the importance of resisting negative temptations and helps students identify when to say, "no thanks". Students uncover the power of being able to say, "no" and learn the words and strategies to successfully avoid pitfalls and mistakes.
LGBTQIA*	This module focuses on the inclusion and acceptance of self and others. It educates the learner on biology, and terminology, and opens the conversation to lean on compassion.
Life Changes and Adjustments	This module normalizes big life changes and assists students through resilience in a trauma-informed manner. Change is inevitable, and resilience and adaptability are determining factors in how a student handles and overcomes hard times. No two lives are alike. Then students have the opportunity to individualize their struggles and internalize based on their reality, they can better engage and create meaningful solutions to their problems.
Loss and Grief	This module defines loss and grief and identifies both the symptoms of grief as well as coping mechanisms and techniques for handling grief. Th module will help students identify how one might be affected by loss and grief, better understand the type of support available to help if one is experiencing loss or grief and be able to support other who are experiencing loss and grief.
Mindfulness	This module will help students to become more present and clear and will teach them to hold space for themselves. By knowing how to slow down and calm the nervous system, students who enjoy the practice of mindfulness will expand their tools and enhance their ability to tolerate the bustle of everyday life.
Motivation	Defines motivation, outlines the various types (intrinsic vs. extrinsic), explores barriers to success, and provides the tools to overcome challenges. Discusses ways to improve motivation, highlights the importance, and reviews a plan for the future through personalized strategies.
Primary and Secondary Impacts of Behavior	Defines impacts of behavior, outlines the types of impacts, discusses the importance of understanding one's effect on the world, and highlights drawbacks of negative impacts. Explores barriers to success, and provides the tools to overcome challenges. Provides suggestions for improving one's impact on the world, and reviews a plan for the future.
Putting It All Together	This module reviews and combines all skills developed in modules for a successful return to school and life. Reviews the importance of all learned topics, and bolsters student confidence for maximized reintegration back into the learning environment.

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Refocus	This module is intended for in-the-moment behavior stabilization. Students may process their feelings and learn to regulate their emotions and behaviors while possibly remaining in the classroom. By understanding the cause of student behaviors, teachers may better engage and understand the mindset of their students.
Resilience	Discusses the importance of resilience, explores how resilience is formed, highlights the core essential components of resilience, and builds on existing strengths to solidify a strong foundation.
Restorative Practices	Defines restorative practices, outlines the types of harm, discusses the importance of creating safety in one's environment, and specifies ways in which to establish safety and trust. Teaches ways to handle negative situations, explores barriers to success, and provides the tools to overcome challenges.
Self-Esteem	Defines self-esteem, outlines types of self-confidence, and discusses how to develop a stronger sense of self. This module also explores barriers to success, and helps to provide individualized coping strategies for challenging times and self-defeating thoughts. Students then develop tools to overcome challenges and create a plan for the future.
Strategies for Successful Return to School	This module is intended for students who have been assigned a set of BASE modules for a prescribed outcome. These students may have been out of a classroom for some time or they may have worked on BASE independently for personal reasons. Whatever the reason, research supports that how a student returns to a classroom, largely defines their ability to be successful. This module prepares students for potential pitfalls after having been out of school and provides strategies for reintegration.
Stress Management	Students learn to identify stress through the signs within their minds and bodies. They learn to create personalized stress management skills through the brain/body connection. Students also learn to navigate simple stress through complex high-performance pressure.
Suicide Education and Prevention	This module speaks openly about suicide in a manner that is age-appropriate. In this module, students will learn definitions, warning signs, risk factors, protective factors, help-seeking tools, resources for themselves or others, and proper behavior and terminology. In addition, students learn to discover their sources of strength to identify their resiliency factors. Students are also provided with language and specific modules of action to take on behalf of healing for themselves and others.
Talking to Adults	Defines appropriate communication with grown-ups and discusses the importance of being able to verbalize thoughts, feelings, and emotions healthily. Talks about drawbacks and the loss of power when improper communication is used. Helps students get their needs met appropriately, explores barriers to success, and provides the tools to overcome challenges.
Truancy	Defines truancy, helps to keep kids in school by exploring challenges, barriers to attending school, their pitfalls, and provides ways to overcome these challenges to return, and stay in school.
Understanding Words, Actions, and Their Impact	In today's schools, the way students communicate and interact directly impacts school climate, student relationships, and overall well-being. This module is designed to help students recognize the power of their words and actions, understand how they influence others, and develop strategies for fostering a culture of respect, connectedness, and empathy.
Vision of Self	Defines vision of self, discusses, healthy versus unhealthy perspectives, teaches how to implement healthy viewpoints, discusses personal vision, and outlines tools for growth. Explores barriers to success, and provides the tools to overcome challenges
Welcome Module	The Welcome Module is a prerequisite module for all students. Includes module instructions and mandatory disclosure.





MODULE HIGHLIGHT DESCRIPTIONS SUBSTANCE USE & MISUSE

Drug Facts - Alcohol	Discusses alcohol, its properties, effects on users, poisoning, tolerance, common myths and perceptions, driving, and warning signs.
Drug Facts - Bath Salts	Discusses bath salts, its properties, effects on users, and warning signs.
Drug Facts - Tobacco and Nicotine	Discusses tobacco, nicotine, and related products. Also teaches about the effects on users from a social, physical, and emotional perspective. Offers strategies to quit and avoid pitfalls.
Drug Facts - Cocaine	Discusses cocaine, its properties, effect on users, and warning signs.
Drug Facts - Hallucinogens and Dissociative Drugs	Discusses types of hallucinogens and dissociatives, their properties, their effect on users, and warning signs.
Drug Facts - Heroin, Fentanyl, and Synthetic Street Opioids	Introduces students to the basics of opioids, including heroin, fentanyl, various synthetics, and street drugs. Discusses the opioid epidemic and the medical implications of creating new addictions. This module also offers ways to avoid dangers and make healthy decisions.
Drug Facts - Inhalants and the Choking Game	Discusses the effects of inhalants and the choking game on the teen body and brain. Addresses the social implications and warning signs.
Drug Facts - MDMA and Ecstasy	Discusses MDMA, properties, effect on users, and warning signs.
Drug Facts - Marijuana, Edibles, and Concentrates	Discusses marijuana properties, concentrates, edibles, strains, effects on users, synthesizing, common myths and perceptions, driving, and the medicinal debate.
Drug Facts - Methamphetamine	Discusses methamphetamine, its properties, its effects on users, and warning signs.
Drug Facts - Prescription Drugs	Introduces students to the basics of medical-grade opioids. Discusses the opioid epidemic and the medical implications of creating new addictions. Talks about mixing drugs, overdose, and other physical, emotional, and mental components of opioids. This module also offers ways to avoid dangers and make healthy decisions.
Drug Facts - Synthetic Marijuana	Discusses synthetic marijuana, its properties, effects on users, and warning signs.
Drug Facts - E-Cigarettes and Vaping: In His Own Words	This module is intended to teach students the basics of e-cigarettes and vaping. It was written by a 23-year-old who struggles with a JUUL addiction and covers the basic facts along with a dialogue about making good decisions.



MODULE HIGHLIGHT DESCRIPTIONS
SUBSTANCE USE & MISUSE

Introduction and Disclosure	Introduction to the substance use and misuse module and mandatory disclosure statement.
Pre-module Knowledge Test	Assesses student knowledge pre-module.
Pre-module Attitude Survey	Assess student attitude pre-module.
Drugs and the Mind - Emotions and Drugs	Discusses the emotional turmoil created by drugs and explains how the body/brain connection contributes to the peaks and valleys.
Drugs and the Mind - Moods and Drugs	Discusses mood changes, swings, and dependency caused by drug use.
Drugs and the Body - Drugs and the Brain	Discusses all aspects of teen brain affected by drug use.
Drugs and the Body - Absorption of Drugs	Discusses how drugs are metabolized in the body.
Drugs and the Body - Route Variance	Teaches the different ways drugs are brought into the body as well as ways in which these different methods affect the body.
Drugs and the Body - Mixing Drugs	Discusses the effects of combining drugs/drug interactions.
Drugs and the Body - Overdose	Defines overdose.
Drugs and the Body - The Cycle of Abuse	Addresses the cycle of abuse and pitfalls that trap the user into continued abuse.
Drugs and Relationships - Friends and Drugs	Discusses social aspects of drugs, the lures, the stigma, and loneliness.
Drugs and Relationships - Lying, Concealment, and Deception	This module requires students to look back at behaviors they use to survive and thrive. The module allows students to understand the repercussions of such choices and find alternatives.
Drugs and Relationships - Responsibilities	Identifies student responsibilities, separates important responsibilities, and helps students to understand what is important at the moment.
Overcoming Drugs - Life Story	Student recalls life events (good/bad) that have brought them to their current point.



MODULE HIGHLIGHT DESCRIPTIONS SUBSTANCE USE & MISUSE

Overcoming Drugs - The "Forget You" Moment	Identifies the moment in the student's life in which they decided to stop pleasing, break boundaries, and dismiss authority.
Overcoming Drugs - Brainstorming the Future	Helps the student to formulate a vision for the future and instills a sense of hopefulness.
Overcoming Drugs - Refusal, Coping, and Withdrawal	This module combines three topics to help students develop confidence in turning down drug opportunities through effective and clear communication skills. This module also explains and helps students to understand withdrawal. There should be no limits as to why a student can say no or quit using.
Overcoming Drugs - Triggers and Goals	Helps students to identify triggers: social, emotional, and environmental, and to develop goals and support systems.
Overcoming Drugs - Relapse	Identifies the definition and role of relapse in the process of recovery.
Living Drug-Free - Why Kids Use	Identifies the reasons that kids use drugs and helps kids to understand that the reason is far from, "It's just fun".
Living Drug-Free - Moving Forward	Identifies student strengths, and resiliency, and helps them to understand their level of readiness to change.
Living Drug-Free - Impulsivity	Helps describe common teen tendencies and introduces ways to control urges and unsafe behavior.
Post-module Attitude Survey	Assesses student attitudes post-module.
Post-module Knowledge Acquisition Test	Assesses student knowledge post-module.
Close	Ties together all material and marks the end of coursework.



Aggression	This module aims to help learners understand what aggression is and the importance of controlling it. The module also provides strategies and techniques for handling anger and unsafe behaviors in a healthy way.
Anger	In this module, your students will learn about anger. Anger is a healthy feeling that helps to protect us when we feel someone has harmed us or done something wrong to us. Anger can also happen slowly and build up like when we are frustrated by something hard, not working or we have to wait.
Boundaries	In this module, students will begin to learn about boundaries. Students will learn what boundaries are, how having boundaries can feel, and how to communicate their boundaries.
Bullying and Cyberbullying	In this module, students will learn about bullying and cyberbullying. Bullying makes other people feel like they have power over someone which makes them feel like they are stronger or better.
Coping Strategies	In this module, your students will learn about coping strategies or skills. Coping strategies are things we can think about or do to get through hard times. Coping strategies can be thoughts to help ourselves feel better or things we can do to solve problems.
Digital Safety	In this module, students will learn about digital safety. Just like we try to be safe in real life, like looking both ways before crossing the street, we need to be safe online as well!
Diversity	In this module, students will begin to learn about diversity. Students will learn what diversity is, why diversity is important, and how we experience diversity. Students will discuss what makes them diverse and that it's okay to feel different from others.
Emotions	In this module, students will begin to learn about emotions. Students will learn what emotions are, why they are healthy, and how to begin to identify and accept them. Students will also learn the importance of controlling their emotions to act them out in a healthy manner.
Empathy	In this module, your students will learn about empathy. Empathy means being able to identify with or share another person's feelings, situation, or attitude.
Equity	In this module, students will learn about equity. Equity means that everyone gets what they need to be successful no matter where they are from, what they look like, or who they are.
Erin's Law	This six-session module aims to educate students about Erin's Law. Learners will become familiar with the Touching Rule, safe and unsafe touch, unsafe secrets, unwanted and unsafe pictures and videos, and how to respect and be respected through healthy boundaries. They will also learn about help-seeking behaviors and how to communicate their needs effectively.
Families	In this module, students will begin to learn about families and about how families can look different from their own. Students will talk about how their family makes them feel as well as why their family is important to them.
Gratitude	In this module, students will begin to learn about gratitude. Students will learn the definition of gratitude and why gratitude is important. Students will identify things they are grateful for.
Growth Mindset	In this module, students will begin to learn about growth mindsets. Students will learn what a growth mindset is, why having a growth mindset is important, and how having a growth mindset can feel. Students will have an opportunity to practice their growth mindsets.



Healthy Communication	In this module, your students will begin to learn about healthy communication. Healthy communication is when we listen to others to hear what they have to say. It is when we speak about what's on our minds in a respectful way.
Hygiene	In this module, students will learn about different aspects of physical health care, the importance of hygiene, and how to practice healthy habits.
Making Friends	In this module, students will learn about types of friendships, why making friends is important, and how to recognize healthy vs. unhealthy relationships. They will also learn how to make friends through social skills and authenticity.
Mindfulness	In this module, students will begin to learn about mindfulness. Students will learn the definition of mindfulness, what mindfulness feels like, and why mindfulness is important. Students will practice a mindfulness technique.
Peer Pressure	In this module, students will begin to learn about peer pressure. Students will learn the differences between positive and negative peer pressure.
Refocus	This module is intended for mental and behavioral stabilization purposes, such as when a student is unable to focus in the classroom environment. This module is a great way to keep students in the classroom while they calm down and learn about their challenges. The content will help them better understand their feelings, develop coping skills, and return to learning faster.
Resilience	In this module, students will begin to learn about resilience. Students will learn the definition of resilience and why resilience is important. Students will talk about how being resilient makes them feel and where resilience comes from.
Respect	In this module, your students will begin to understand the different ways people show respect and think about the ways they may show respect. They will also explore areas where people might see their behavior as disrespectful.
Responsibility	In this module, students will begin to learn about responsibility. Students will learn the definition of responsibility and why responsibility is important. Students will name ways that they show responsibility.
Self-Esteem	In this module, students will begin to learn about self-esteem. During this stage of development, they will begin to compare themselves to others, realizing that they may not be good at the same thing others are.
Self-Regulation	In this module, your students will learn about self-regulation. Self-regulation is being able to stay in control over our emotions or the way we show our feelings in ways that are acceptable, safe, and that don't hurt ourselves or others.
Setting Goals	In this module, students will begin to learn about setting goals. Students will learn how to set strategic, measurable, realistic goals with an action plan and time limit.
Teasing	In this module, students will begin to learn about teasing. Students will learn that although teasing can start as something small and might even feel funny or playful to the person doing the teasing, it is hurtful to the person being teased.
Who Am I?	In this module, your students will learn more about who they are. They are at the stage in development in which they can begin to form a sense of self which includes, likes, dislikes, and valuing of personality traits (kindness, fun, caring, etc.)
Worries	In this module, students will begin to learn about worries. Students will learn that worries are a normal part of life. They will also learn how to identify when their worries are too much, as well as what they can do to manage their worries.





MODULE HIGHLIGHT DESCRIPTIONS GRADES 4-6

Bullying and Cyberbullying	This module will help students to understand bullying and will help them to stay strong, safe, and healthy.
Digital Safety	This module will teach students how to be safe and kind online.
Keeping Calm	This module will help students to recognize their feelings, develop coping strategies, and ultimately aid in controlling emotions.
Who Am I?	In this module, students will provide information to school staff that allows them to develop rapport, gather classroom dynamics, and understand student self-perceptions.

