

## **Safe and Drug Free Schools**

Prevention programs are designed to teach skills & attitudes that promote healthy lifestyles (protective factors). Prevention topics include awareness of the academic, social & emotional impacts of drugs, alcohol and tobacco, violence prevention, conflict resolution and mediation. These programs offer students opportunities to enhance the protective factors of a sense of competence and confidence in dealing with life's challenges.

The Safe and Drug Free School Advisory Committee meets on a quarterly basis and is comprised of community and school stakeholders. This group provides guidance to the District's work with the federal Title IV Part A Safe and Drug Free Schools and Communities grant.

Elementary children learn and effective strategies for building positive relationships and handling difficult situations. Secondary students are able to participate in conflict mediation programs, Natural Helpers, peer mentoring, Game of Life Youth Conference, peer mentoring & SADD (Students Against Drunk Driving) and school diversity activities.

Prevention programming provides materials and funds to support school programs and activities. School counselors, teachers, administrators, nurses, school security, local youth service providers, students, and parents help to coordinate the building program.

### **Such programs have included:**

- Safe and Drug Free Schools & Communities, internet safety, youth and depression; drug/alcohol awareness for parents.

- Love and Logic classes for parent/guardians/caretakers

- Drug/alcohol education and prevention presentations for parent/community groups.

- Parent seminars to promote positive communication and management skills.

- Staff development opportunities on safe and supportive learning environments, youth depression and self harm, CARE/CORE teams and suicide prevention/intervention.

- Conflict resolution programs for students to support safe & supportive learning environments.

- Youth empowerment opportunities.

- School- wide prevention & awareness activities.

- Staff training including education and awareness for alcohol and other drugs; youth suicide and self-harm and school response to emotional trauma and crisis. Violence prevention and education program including anti-bullying and harassment.

To find more information on national and local prevention programs visit the following sites:

**Office of Superintendent of Public Instruction:** Cyber Safety – Tips for Teens <http://www.k12.wa.us/SafetyCenter/pubdocs/InternetSafety.pdf>

**National Inhalant Prevention Coalition:** resources and tips for parents <http://www.inhalants.org/>

**The Children's Mental Health Education Campaign**

<http://www.mentalhealth.org/cmhs/childrenscampaign/>

A four-year national public education campaign to increase awareness about the emotional problems of America's children and adolescents and gain support for needed services.

**Community Anti-Drug Coalitions of America**

<http://cadca.org/>

CADCA's mission is to build and strengthen the capacity of community coalitions to create safe, healthy and drug-free communities.

**Creating Safe and Drug Free Schools**

<http://www.mentalhealth.org/schoolviolence/safeschools.asp>

<http://www.hhs.gov/kids/>

**Parents. The Anti-Drug**

<http://www.theantidrug.com>

TheAntiDrug.com was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids.

**Prevent Tobacco Use and Addiction**

<http://www.cdc.gov/tobacco/tobacco.htm>

<http://www.cdc.gov/tobacco/sgr/sgr4kids/sgrmenu.htm>

These guidelines identify strategies most likely to be effective in preventing tobacco use and addiction among young people.

**Promote Lifelong Healthy Eating**

<http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

Health Topic: Adolescents and Teens identifies strategies and information most likely to be effective in promoting lifelong healthy eating among young people.

**SoyUnica, Bilingual Parent Information on Alcohol, Tobacco, and Other Drugs**

<http://www.soyunica.gov/adults/>

Hablemos en Confianza is your bilingual fountain of resources. Here you will find articles about the most commonly abused substances, and information that will help you talk to your children about alcohol, tobacco, and illicit drugs

**Youth Suicide Prevention Program:** training, resources for parents, schools and youth <http://www.yspp.org/>

**Washington State Alcohol Drug Clearinghouse** for free publications and resource lists. Available in multiple languages. <http://clearinghouse.adhl.org>

