

## Too Good for Drugs K-5

Skill development is at the core of Too Good for Drugs K–5, a universal prevention program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. The program introduces and develops social and emotional skills for making healthy choices, building positive friendships, communicating effectively, and resisting peer pressure.

**Too Good for Drugs teaches five essential social and emotional learning skills, which research has linked with healthy development and academic success:**

- Goal Setting
- Decision Making
- Bonding with pro-social others
- Identifying and managing emotions
- Communicating effectively

### **How does Too Good work?**

Too Good offers developmentally appropriate curricula for each grade level in kindergarten through grade 5. Each grade level builds on previous levels, developing the skills sequentially with engaging, age-appropriate lessons and activities.

### **Mitigates risk factors and builds protective factors**

Too Good focuses on the risk factors that can be positively affected in the classroom: favorable attitudes toward drugs, violence, and other problem behaviors; and friends who engage in problem behavior.

Too Good builds protection within the student by:

- Providing opportunities for pro-social involvement
- Establishing positive norms including healthy beliefs and clear standards
- Promoting bonding to pro-social peers
- Increasing personal and social skills