

6th Grade Parent Information on the Peer to Peer Substance Abuse Education Initiative

Too Good for Drugs (TGFD) was developed by the Mendez foundation and is an evidence-based, skill building program designed to migrate risk factors and build the basis for a safe, supportive, and respectful learning environment. TGFD puts social and emotional learning to work through fun and interactive lessons, building the self-confidence young people need to make healthy choices and achieve success. TGFD promote positive, pro-social attitudes and behavior, while fostering healthy relationships, resistance to substance abuse and conflict, and resistance to negative peer pressure and influence. Because of its proven effectiveness, TGFD has been selected for use in middle schools within the Sachem Central School District.

Four sample lessons to be taught by high school peer educators to 6th grade students:

- Goal Setting
- Identify & Managing emotions