



# Middle and High School Sample Programming

Schools have hundreds of programming and strategy options, but here is an example of what a Gold Level school’s programming might look like for a middle school 6-8 Building with 1000 students (350 8<sup>th</sup> graders, 325 7<sup>th</sup> graders, 325 6<sup>th</sup> graders)—similar programming could be used for high school students.

Completing a building survey	Student Program/Strategy	Parent/Guardian Program/Strategy	Staff Program/Strategy	Student-Risk Screener	Peer to peer Engagement program/strategy	Systems or school policy change	Participating in a Community Partnership	Prevention-Specific Plan	Prevention Training
<p>Complete OHYes survey with 7<sup>th</sup> and 8<sup>th</sup> graders</p> <p>Ohio’s K12 Prevention Self Assessment tool required at this level</p>	<p>Implement Signs of Suicide, suicide prevention curriculum with 8<sup>th</sup> grade students (50 minute classroom session).</p> <p>Implement Botvin’s LifeSkills Training for 6<sup>th</sup> graders (15-45-minute classroom sessions)</p> <p>Implement the HOPE opioid prevention curriculum for 6<sup>th</sup>-8<sup>th</sup> grade (4-50 minute classroom sessions)</p>	<p>Host a two-hour QPR Gatekeeper suicide prevention training</p> <p>Host a one-hour “How to Talk to Your Kids About Drugs” session</p> <p>Host a one hour self-care training</p>	<p>Conduct a two-hour QPR Gatekeeper suicide prevention training</p> <p>Conduct the MCEC’s “More Calm Less Chaos” training</p> <p>Conduct the MCEC’s Restorative Practices Training</p>	<p>SBIRT screening (Screening, Brief Intervention, Referral to Treatment) for 6<sup>th</sup> and 7<sup>th</sup> grade students.</p>	<p>Teach students in 7<sup>th</sup> and 8<sup>th</sup> grade health classes about the “A Friend Asks” App as a way of seeking help for friends who are struggling.</p> <p>Work with the Youth to Youth International Youth Engagement Coordinator to Begin a youth-led prevention group with interested students and appointing a staff member as a youth advisor.</p>	<p>Revise the student substance policy to refer students to the Prime for Life substance misuse prevention program in lieu of suspension.</p>	<p>Have staff participate in events and meetings of the Montgomery County Prevention Coalition. This group works to incite positive community change regarding youth drug and alcohol use..</p>	<p>Analyze available survey, screening, and other available data to set and set at least one prevention programming goal.</p>	<p>Complete the Montgomery County ESC’s 1 hour prevention science training</p>