

Substance Abuse Prevention Programs: Building Skills for Healthy Decisions

In accordance with state and federal law, the district shall provide age-appropriate, developmentally based substance abuse prevention programs from early childhood (preschool) through grade 12.

Substance abuse prevention programs shall emphasize building skills among students, such as communication, conflict resolution, decision-making and stress management skills, which give them a greater opportunity for making healthy decisions and avoiding risk behaviors. Substance abuse prevention programs shall also address the legal, social and health consequences of alcohol, tobacco and other drug use. Programs shall include special instruction as to the effects upon the human system; the physical, emotional, psychological and social dangers of such use, with emphasis on non-use by school-age children, and the illegal aspects of such use. The program also shall include information about effective techniques for resisting peer pressure and community influences to use alcohol, tobacco and other illicit drugs.

The objectives of the programs, as stated below, are rooted in the Board's belief that prevention requires education and that the most important aspect of the policies and guidelines of the district should be the education of each individual to the skills needed to make healthy decisions and avoid risk behaviors; and to understand the dangers of alcohol, tobacco and other drugs.

1. To create a comprehensive understanding of the issue of substance abuse to include knowledge of:
 - a. the legal, social and health consequences for the individual as well as the community
 - b. the continuum of substance uses from experimentation through regular use and addiction, and the prevention, education, treatment and rehabilitation provided at each level.
2. To encourage the individual to adopt a healthy attitude toward pain, stress and discomfort and learn skills on how to manage them.
3. To develop the student's ability to make informed choices based on facts and to develop the courage to stand by one's own convictions.
4. To understand the need for seeking professional advice in dealing with problems related to physical and mental health.
5. To understand the personal, social and economic problems which may lead to the misuse of drugs and alcohol.
6. To develop an interest in preventing illegal use of drugs in the community.

The curriculum, instructional materials and strategies used in these programs shall emphasize evidence-based strategies and accepted best practice within the prevention and education fields, and be recommended by the superintendent and approved by the Board. *Preference shall be given to strategies encouraging parent involvement in substance abuse prevention education.

Development of substance abuse prevention programs shall emphasize a collaborative decision-making process using the district's Health & Wellness Committee to obtain input from parents, students and diverse community members, as deemed appropriate by district administration and staff.

Substance abuse prevention programs shall be coordinated between grade levels and school buildings, in order to maximize student learning and consistency in staff instruction.

To the extent funds are available, each school is encouraged to operate and maintain an educational program to assist students in avoiding and discontinuing use of tobacco. It is permissible to use tobacco on school property in classroom demonstrations to show the health hazards of tobacco.

Adopted: January 14, 2003

Amended: May 12, 2009

LEGAL REFS.: 20 U.S.C. §7116 (*Safe and Drug-Free Schools and Communities Act of 1994*)
C.R.S. 18-18-102 (5)
C.R.S. 22-1-110
C.R.S. 22-32-109 (1)(bb)
C.R.S. 25-14-103.5

CROSS REFS.: ADC, Tobacco-Free Schools
JICH, Drug and Alcohol Use by Students