**Fort Payne Middle School**

**Grade Level**

**Large Group Activities**

**2022-2023**

**Prevention & Awareness for Total Health (P.A.T.H.)**

**6th Grade**

**Drugs, Alcohol, and Tobacco (Substance Abuse Prevention)**

* Lesson 4 – Decisions, Decisions

**Abuse (Erin’s Law)**

* Lesson 1 – My Go-To-People
* Lesson 2 – Keeping Safe!

**Mental Health/Suicide (Jason Flatt Act)**

* Lesson 3 – My Life Events and Coping Skills
* Lesson 5 – How Does My Character Look?

**Bullying (Jamari T. Williams Anti-Bullying Act)**

* Lesson 6 – My Voice, My Actions
* Lesson 7 – Out in Cyberspace

**7th Grade**

**Drugs, Alcohol, and Tobacco (Substance Abuse Prevention)**

* Lesson 1 - Refusal Skills
* Lesson 2 – Harmful Effects of Use and Abuse
* Lesson 3 – Dependency & Getting Help

**Abuse (Erin’s Law)**

* Lesson 1 – Understanding Abuse
* Lesson 2 – Coping with Abuse
* Lesson 3 – Healthy Relationships

**Mental Health/Suicide (Jason Flatt Act)**

* Lesson 1 – Health Includes Mental Health
* Lesson 2 – Self-Harm & Healthier Coping Strategies
* Lesson 3 – Suicide – The Irreversible Act

**Bullying (Jamari T. Williams Anti-Bullying Act)**

* Lesson 1 – Understanding Bullying
* Lesson 2 – Your Digital Footprint
* Lesson 3 – Witness

**8th Grade**

**Drugs, Alcohol, and Tobacco (Substance Abuse Prevention)**

* Lesson 1 – Peer Pressure
* Lesson 2 – Spotlight: Alcohol & Vaping
* Lesson 3 – Addiction

**Abuse (Erin’s Law)**

* Lesson 1 – Types of Abuse
* Lesson 2 – Varied Effects of Abuse
* Lesson 3 – Creating Healthy Relationships

**Mental Health/Suicide (Jason Flatt Act)**

* Lesson 1 – Mental Health: How We Think, Feel, & Act
* Lesson 2 – Nonspecific Self-Injury
* Lesson 3 – Suicide: The Permanent Decision

**Bullying (Jamari T. Williams Anti-Bullying Act)**

* Lesson 1 – Recognizing Bullying
* Lesson 2 – Cyberbullying: The New Bathroom Wall
* Lesson 3 – Training Your Brain to Be Compassionate