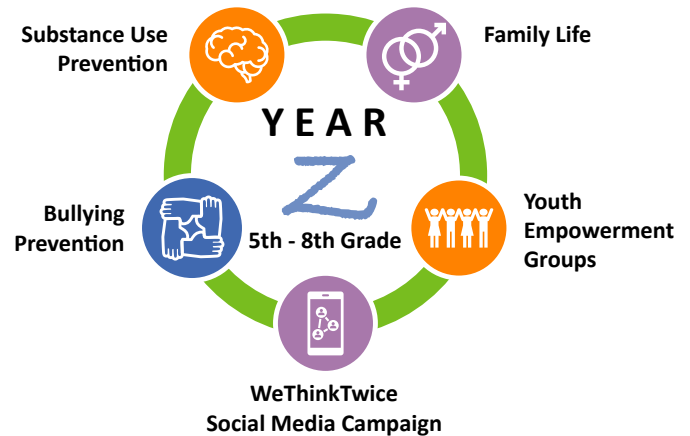


# YEAR Z Program Syllabus

The **YEAR Z Program** is an evidence-informed curriculum that provides students in grades 5 through 8 with family life, substance use prevention, and bullying prevention health education lessons. All content was developed by licensed substance use prevention specialists, licensed mental health practitioners, and certified health education specialists; and meets several NC Healthful Living Essential Standards for each grade level.



## Unit 1: Family Life

Grade Level	Program Name	Program Description
5th	<b>Puzzled by Puberty</b>	Engage in an honest conversation regarding the physical, emotional, and social changes that occur during puberty. Discuss the structure and function of the male and female reproductive systems, the menstrual cycle and fertilization. Interactive activities and an age-appropriate movie reinforce important messages covered during the program
6th	<b>Changing Lanes</b>	<b>Changing Lanes</b> takes participants on an interactive journey that explores the development associated with puberty, the structure and function of the male and female reproductive systems, the menstrual cycle and conception. Subjects such as distinguishing between healthy and unhealthy relationships, effective refusal skills, and the difference between communicable and chronic are all discussed. Additionally, the benefits of abstinence and communication with parents are emphasized throughout the program.
7th	<b>Facts of Life</b>	<b>Facts of Life</b> addresses the facts of puberty and the male and female reproductive systems so participants can review the menstrual cycle, fertilization, and implantation. Students will discuss the effects of culture, media, and family values on decisions they make. Sexually transmitted infections (including HIV and HPV) are introduced. Methods to prevent sexually transmitted infections are summarized. Interactive activities are utilized to reinforce program content.
8th	<b>MythBusters</b>	There are so many myths and false information surrounding Sexually Transmitted Infections and Contraception methods. <b>MythBusters</b> breaks those myths by discussing the facts about STI's (including HIV/AIDS) and FDA approved contraception methods while stressing the importance of Abstinence as a positive choice for young people. Students will get to participate in age-appropriate interactive activities to reinforce the program content.

## Unit 2: Substance Use Prevention

Grade Level	Program Name	Program Description
5th	Choices and Consequences	Students will learn the facts about inhalants, tobacco/e-cigarettes, alcohol, and marijuana through an interactive classroom game modeled after the popular show, Who Wants To Be A Millionaire? Students will learn valuable information about the effects of substance use on their growing brains and bodies with interactive activities, videos, and group discussion. Students will conclude the session with participation in an activity reinforcing the importance of refusal skills.
6th	For the Health of It!	Students will discover how using alcohol, tobacco and other drugs can damage their growing brains and bodies. This class is centered around interactive activities that focus on “showing and not telling” kids how their brains are affected by substance use. Real life scenarios are used to help students analyze how a “drugged” brain affects their actions and decision-making skills. Students will also engage in role-play reinforcing refusal skills.
7th-8th	Vaping 101	<b>Vaping 101</b> educates students on the latest research about the addictive nature of nicotine and how it impacts their growing brain and body. This program will cover important resources and skills to empower healthy decision making to navigate through substance use issues. Students will be engaged in a group game format, videos, and discussion.

## Unit 3: Bullying Prevention

Grade Level	Program Name	Program Description
5th	Don't Stand By, Be A H.E.R.O.!	<b>Don't Stand By, Be a H.E.R.O.!</b> uses an intervention strategy that focuses time and skill building to help bystanders stand up and speak up when it comes to bullying in their schools, neighborhoods, and communities. This interactive program allows participants many opportunities for discussion and problem-solving.
6th-7th	Don't Stand By, Be A H.E.R.O.! For Middle School	Research suggests that most children involved in bullying are bystanders. <b>Don't Stand By, Be a H.E.R.O.! for Middle School</b> uses an intervention strategy that focuses time and skill building to help bystanders stand up and speak up when it comes to bullying in their schools, neighborhoods, and communities. This interactive program allows participants many opportunities for discussion and problem solving.
8th	Healthy Relationships 101	<b>Healthy Relationships 101</b> explores the facets of what makes a healthy relationship. Setting and communicating personal boundaries, identifying warning signs of unhealthy relationships, and identifying societal influences that impact relationships are discussed through engaging activities, multimedia, and thoughtful reflection.