Did you know that nearly one in five area 6th graders have used alcohol?
According to a recent Pennsylvania Youth Survey, by 8th grade, nearly half of students admit to having tried alcohol. Locally, the onset of drug and alcohol use typically occurs at ages 10-11, or when children are in 4th and 5th grades.

To address the issue, The Learning Lamp is partnering with the Cambria County Drug and Alcohol Program and Somerset Single County Authority for Drug and Alcohol to offer a FREE drug, alcohol and tobacco prevention program to local schools.

Too Good for Drugs is a research-based curriculum proven to help students build the skills they need to say no to drugs and alcohol. TGFD teaches important life skills and is aligned with PA standards in health, safety and physical education. The program is taught by a certified teacher. To schedule your school, contact Jan Yursky at 814.262.0732 x241. or jyursky@thelearninglamp.org.

To Good For Drugs Sample Lessons:

Goal Setting: Students learn about goals, the six steps for setting goals, and set a personal goal that can be achieved over 9 weeks.

Decision Making: Students learn the steps for good decision making and develop an understanding of the concept of consequences.

Peer Pressure: Students learn strategies for refusing peer pressure through discussion and role-playing.

Making the Most of Mistakes: Students practice identifying positive and negative self-talk and discover how to learn from a mistake.

This program is 9 weeks long, with one session scheduled per week. Sessions last 30 to 45 minutes and can be tailored to fit your daily schedule. A detailed curriculum overview and list of standards covered by TGFD is available on request.