unique YOU®
An evidence-based self-esteem program for 3rd and 4th graders.
Available in English and Spanish

Activities in each session supplement the National Core Standards

Skills to resist drugs
Learn how to say “No, thank you.” through 2 steps:
-I tell the person why I don’t do it.
-I offer the person something better to do.

Steps for decision making
The 3 steps in the decision process:
-What are my choices?
-Why is a choice best for me?
-Wham! Choose the best one for you and go for it.

Effective group interaction
Identify strengths students have and how they contribute to the team’s success.

Appropriate ways of dealing with feelings
Dealing with feelings should help you:
-Feel better
-Not hurt yourself or anyone else
-May even help you learn and improve

What the kids are saying:
“Thank you for showing us how special we are.”
“I learned how to respect myself & others.”
“I learned how to be a cool kid without drugs & how to say no to drugs.”

Interested in unique YOU®?
Contact Angela Allen
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To learn more about unique YOU®, visit our website
www.preventionservices.org

Center for Prevention Services

NREPP Included in SAMHSA’s National Registry of Evidence-based Programs and Practices