Social Skills Programs

The social skills programs include An Apple A Day, Skills for Tomorrow, SPORT, and Too Good For Violence. These are designed for students in elementary through high school and offer primary prevention curricula for the development of social and life skills.

Through role playing, stories, discussions, and activities, prevention educators address the issues and pressures students tend to face on a daily basis. These programs are designed to:

- Provide students with the information they need to make healthy decisions
- Enhance students’ social skills so that they will be able to deal with different issues effectively
- Help students identify the different support systems within their lives
- Increase their social, emotional, mental, and physical well-being

An Apple A Day:

An Apple A Day (AAAD) is a universal literacy-based program that helps to build and reinforce skills needed to make good behavior choices at home as well as in the classroom. This program is geared toward children in pre-kindergarten through fourth grade.

The program focuses on the following concepts:

- Strengthening literacy skills
- Development of:
  - Positive friendships
  - Self-esteem and dealing with feelings
  - Respect for self and others
  - Positive behavior choices
  - Identifying a safe-person and a safe-place

Skills for Tomorrow:

Skills for Tomorrow (SFT) is a program designed to teach students important social skills to increase their success both in and out of the classroom. The program offers lessons in an interesting and interactive way.

Curriculum topics include:

- Anger management and conflict resolution
- Bullying
- Feelings
- Goal setting
- Healthy relationships
- Peer pressure and refusal skills
- Recognizing and managing stress
SPORT:
The SPORT program is a brief, one-time intervention that works to increase and promote healthy lifestyles while helping students to minimize and avoid substance use. The program is geared toward adolescents ages 13-17, but can be tailored to fit younger audiences as well.

**SPORT is a one-time intervention that can be implemented during:**
- The school day
- Health or gym class
- After school programming
- Sports practice
- Summer camp

Too Good For Violence:
Too Good for Violence (TGFV) is a universal, violence prevention and character building education program that teaches social, emotional, and learning skills, which research has linked with healthy development and academic success.

**This program focuses on:**
- Anger management
- Conflict resolution
- Character development
- Effective communication
- Respect for self and others

TGFV consists of seven, forty-minute sessions. Scheduling is flexible and can be implemented in a way that is convenient for the classroom teacher/school.