

student prevention programs

Student Education

Prevention education works when it's age-appropriate, ongoing and of “critical mass” to influence students’ minds, emotions and decisions over time. Time spent on prevention does not take away from learning, it enhances it. Schools committed to preventing student substance abuse are valuing, protecting and respecting children by creating climates where children learn best.

FCD’s research-based Intensive Student Education curricula are richly interactive, as are the many customizable programs that spring from these curricula, such as stand-alone workshops and assemblies. Programs combine up-to-date information with real-life experiences. Teaching methods include presentations, discussion, multi-media, role-play and exercises. The curricula are flexibly structured so that student contributions can serve as springboards for discussion. Thus, the strategies FCD Prevention Specialists employ while exploring our curricula with students capitalize on student interests, knowledge and maturity.

FCD’s education at all levels is based on decades of FCD’s best practices as well as the very latest information from the fields of education and substance abuse prevention. We incorporate—into our content and teaching methods—those strategies shown to be most effective in promoting healthy student attitudes and behavior while simultaneously minimizing the risks of student substance abuse and related life problems.

We strive to build Intensive Student Education programs that are rich both inside the classroom and in community engagement; one of our primary objectives in teaching prevention education to young people is to keep them learning about health with their parents, families, teachers and friends long after an FCD program.

All of FCD’s student education programs are taught by an FCD Prevention Specialist, one of our cadre of highly trained professionals in healthy recovery from alcohol and/or other drug addictions. This unique “I’ve been there” perspective not only enhances the credibility of FCD’s message, but it provides students with role models for leading happy, healthy,

alcohol- and other drug-free lives. Having personally experienced the destructive effects of addiction, FCD Prevention Specialists teach from the heart. Their work with FCD is a calling of prime importance carried out with honesty, compassion and care.

If you are interested in learning more about FCD's student education programs and/or would like to partner with FCD in your school community, please contact us.

We work with virtually any scheduling structure, and can adapt our education models to fit an individual school's needs.

SALSA

FCD provides highly-specialized support for schools and communities interested in employing our innovative non-use peer leadership model called SALSA, or "Students Advocating Life without Substance Abuse." SALSA is a community substance abuse prevention program led by students who choose not to use alcohol and other drugs.

SALSA (whose student-created slogan is "Wild Sobriety") focuses on the joys of students choosing not to use, rather than on the drinking or drug-taking habits of others. Recognizing that little kids think virtually all teenagers use alcohol and other drugs, SALSA members visit younger students in upper, middle and elementary classrooms and in the community. To these students, SALSA peer leaders present skits and role-model drug-free living as a popular, rewarding and acceptable choice. SALSA students provide a forum for younger students to ask questions and explore reasons for the choices people make about alcohol and other drugs.

As a support group, SALSA members meet regularly to discuss such topics as cultural attitudes and messages; family issues relating to substance use and abuse; parental and societal expectations; safe, alternative "highs;" and how to interact with friends and/or siblings who use alcohol or other drugs.

As an advocacy group, in addition to their presentations to younger students, SALSA leaders actively build SALSA's influence at school and in the community. They sponsor

alcohol-free events, provide community service and participate in non-use conferences, including FCD's annual International SALSA Summit, where SALSA members worldwide connect with one another to learn leadership skills and strengthen their enthusiasm for leading healthy lives.

If you are interested in learning more about FCD's peer leadership support or our SALSA program, please contact us.

We work with virtually any scheduling structure, and can adapt our peer leadership models to fit an individual school's needs.

Peer Leadership

FCD provides guidance and training to school and community peer leadership programs, including programs for peer educators, mentors, tutors and counselors, out of the recognition that the first goal of prevention is to support those students already making healthy choices.

In addition to supporting peer leadership as a whole, FCD provides highly-specialized support for schools and communities interested in employing our own innovative non-use peer leadership model called SALSA.

Research shows that in schools and communities where non-use of substances is embraced as a rewarding and common choice, fewer students use or hold unhealthy beliefs about alcohol and other drugs. SALSA students are live and in-person representatives of the social norms approach to prevention, as they reinforce their own healthy decisions and serve as healthy models to their peers and younger students.

