

SmartZone™



SUBSTANCE
ABUSE
PREVENTION
CURRICULUM

***SmartZone: Substance Abuse Prevention Activity
Workbook
Grades 5-9***

Class Week of Activity & Assembly
Designed for Red Ribbon Week
- OR -
Extended Drug Prevention Focus Anytime

*Developed by the non-profit CANDLE, Inc.
100 Brugh Ave., Butler, PA 16001
www.CANDLEinc.org*

About CANDLE, Inc.

Community **A**ction **N**etwork for **D**rug-free **L**ifestyle **E**mpowerment

501c3 Non-profit formed in 2004 with a mission to provide innovative substance abuse prevention

CANDLE developed the evidence-based Reality Tour Drug Prevention Program – a parent/child prevention experience replicated in 9 states. *Prevention for the general public.*



SmartZone: Features

SmartZone stresses healthy habits for implementation in student's lives.

Activities allow students to work together to make healthy decisions.
Includes parents!

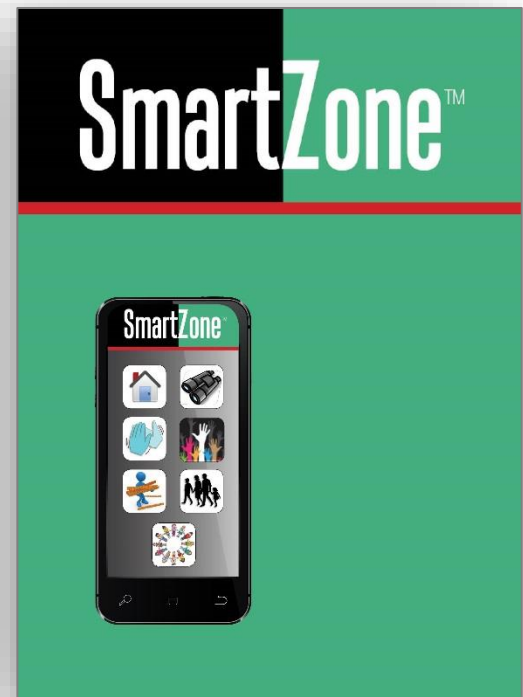
Healthy habits -reinforced all year

Appropriate for:

Grades 5-9

Grades 10-12 – involve as mentors

[SmartZone Objectives](#)



Concept

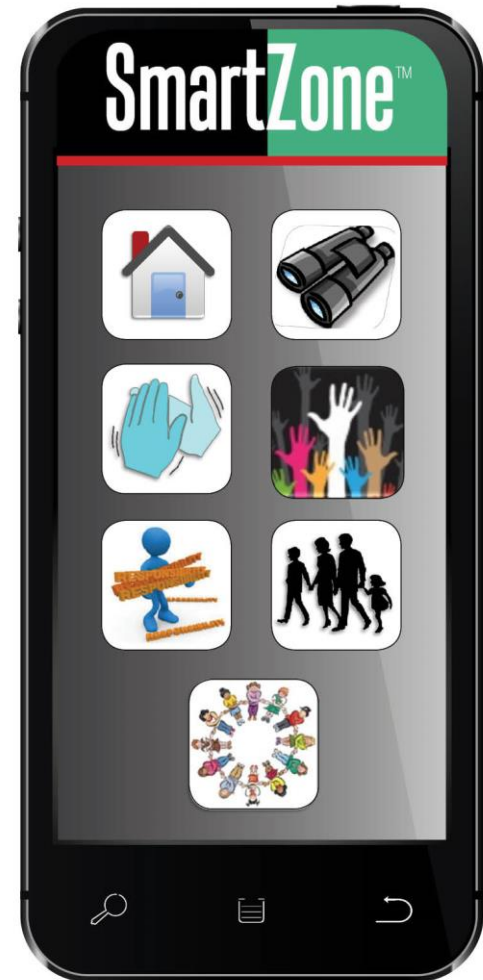
Parallels smartphone APPS

...with SmartZone ACTS

ACTS=
Actions Create The SmartZone

ACTS = Personal attributes known to prevent risky behavior

Students design ACTS to mirror healthy habits.



Healthy Habits



1. Volunteering



2. Accepting responsibility



3. Showing appreciation



4. Making time for family



5. Helping at home



6. "See Beyond The Next 10 Minutes"



7. Having friends that are drug-free



Pre/Post- Survey Option


Measure Outcomes Option

Pre/Post test to show knowledge gained.

-Test prior to introducing SmartZone activities.

-Test after completing SmartZone activities.

CANDLE, Inc. appreciates sharing the results



The image shows a screenshot of a 'SmartZone STUDENT SURVEY' form. The form is titled 'SmartZone STUDENT SURVEY' and includes fields for 'Name' and 'Grade'. Below these are several multiple-choice questions related to drug and alcohol use, such as 'What does the term "drug and alcohol-free youth" mean?', 'What is a healthy habit?', and 'Does it matter to you whether you hear about ways that help youth stay drug-free?'. The form is presented on a white background with a green header.

The main activity...

Teachers work through 7 Healthy Habits worksheets with students.

Best Option: Assign one healthy habit to each classroom

Classrooms present their completed work in an assembly

Students will create, share and ideas how to incorporate healthy habits into daily life situations via individual and group problem-solving.

Worksheet # 1

Volunteering – Healthy Habit Example

1. Choose 1 healthy habit for class activity
2. Assign 1 healthy habit per classroom – showcase all

Option: Each class covers all 7 healthy habits

Style: Skit intro needs problem-solving ending

Student input creates the ending for skit.

Students agree on ideas to craft ending

[Volunteering Day 1 worksheet](#) – Discussion & Intro to script intro to skit

Worksheet # 2

Review healthy habit [worksheet # 2](#)

Split students into groups to complete Day 2 worksheets.

Explain to students they need to interject their ideas to finish the script

Students help select best script ideas.

Brainstorming. Writing. Acting.

Planning skit presentation

Worksheet # 3

Review healthy habit [Worksheet #3](#)

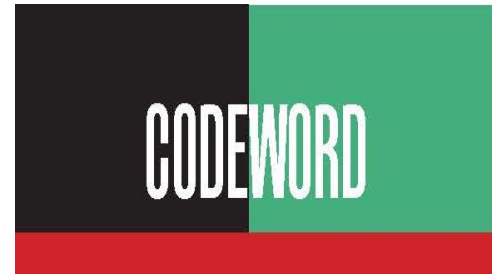
Students create an image/icon to be their banner to represent the healthy habit.

Every student has a chance to contribute.

Group decision on what to incorporate in final image.

Skills contributed by students:

Writing, Art, Acting, Communication,
Problem-solving,

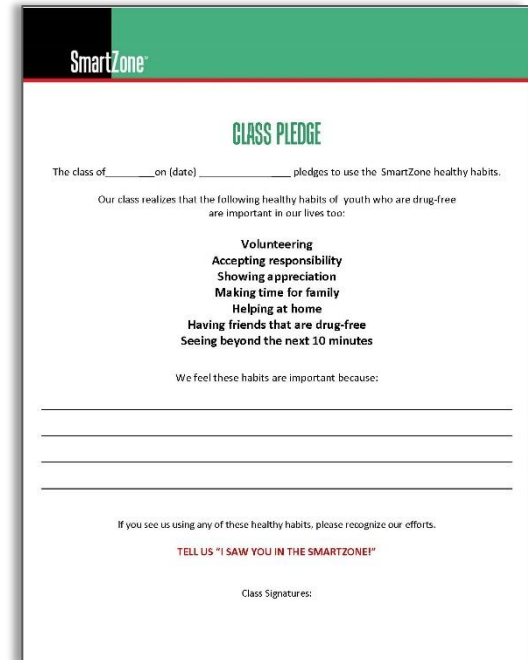


Class Pledge Option

Develop the script for a class drug-free pledge

Attach pledge to bulletin board

Present pledge at an assembly.



The form is titled "SmartZone CLASS PLEDGE". It contains a header with the SmartZone logo, a title "CLASS PLEDGE", and a series of instructions and prompts for a class to write a pledge. The text includes: "The class of _____ on (date) _____ pledges to use the SmartZone healthy habits.", "Our class realizes that the following healthy habits of youth who are drug-free are important in our lives too:", a list of habits (Volunteering, Accepting responsibility, Showing appreciation, Making time for family, Helping at home, Having friends that are drug-free, Seeing beyond the next 10 minutes), "We feel these habits are important because:", three horizontal lines for writing, "If you see us using any of these healthy habits, please recognize our efforts.", "TELL US 'I SAW YOU IN THE SMARTZONE!'", and "Class Signatures:".

SmartZone

CLASS PLEDGE

The class of _____ on (date) _____ pledges to use the SmartZone healthy habits.

Our class realizes that the following healthy habits of youth who are drug-free are important in our lives too:

- Volunteering
- Accepting responsibility
- Showing appreciation
- Making time for family
- Helping at home
- Having friends that are drug-free
- Seeing beyond the next 10 minutes

We feel these habits are important because:

If you see us using any of these healthy habits, please recognize our efforts.

TELL US "I SAW YOU IN THE SMARTZONE!"

Class Signatures:

Student Assembly

Assembly Day

- Practice script one last time.
- Set up for assembly
- Showcase all 7 Healthy Habits

After assembly, have a final discussion about SmartZone for student feedback

BONUS IDEAS!

Repeat assembly in evening for parents & siblings to attend.

Perform at community events



Wear Drug-free Promise

Students can wear their 'I Promise'™ drug-free promise! Order from CANDLE, Inc. Email: SmartZone@candleinc.org

Allow 3-weeks for delivery.



Bulletin Board Reinforcement

Students create a SmartZone bulletin board

SmartZone reminder visible all year!

Students arrange appointment with parents to 'walk them' through the SmartZone. *Extra Credit!*

Bulletin Board display:

SmartZone icons are created by students



Parent Involvement

CODE WORD - Parent/Caregiver – Child Agreement

- Includes parents/caregivers in prevention.
- Gives child a ‘way out’ of risky situations
- Child does not divulge the code word

If you only do 1 SmartZone activity – make it this one!

Showcase SmartZone

Showcase SmartZone everywhere

Students perform ACTS for school open house events

Perform ACTS for Rotary, YMCA, Chamber of Commerce, Community Events

Students can devise ways to showcase.

Show that healthy behaviors are the norm!



SmartZone on Amazon

Purchase on Amazon \$15.

Search for full title:

***SmartZone: Substance Abuse Prevention
Activity Workbook***

Direct link to [Amazon](#) purchase

**Note for Reality Tour Directors –
SmartZone in digital form is included
with program model download.**



DRUG FREE SCHOOL ZONE

The logo consists of a black rectangle on the left and a green rectangle on the right, both containing white text. Below the rectangles is a thin red horizontal line. The entire logo is set against a white background.

More tools...

CANDLE, Inc.
Vaping Test Strips
Test for Marijuana & Nicotine

REALITY TOUR
CANDLE, Inc.

Vaping FAQs

- Vaping intake is NOT water vapor. The intake includes toxic chemicals that can change the cells in your lungs.
- Juul contains highly addictive nicotine. One Juul pod has as much nicotine as a pack of cigarettes.
- Nicotine impacts areas of your brain that involve memory, attention and learning.
- Nicotine crosses the blood-brain barrier in just 10 seconds and is as addictive as cocaine.
- Juul's average cost to a user is \$180 per month.
- Vaping among youth has been declared an epidemic by the CDC

THE MOST POPULAR VAPE PRODUCT JUUL LOOKS LIKE A USB DEVICE

Be proactive. Attend Reality Tour with your child!

Sponsored by

Maryland
SAMHSA
HEALTH DEPARTMENT
Prince George's County

SEE REVERSE SIDE FOR INSTRUCTIONS

Dip* Test Strips:
THC & Nicotine
Alcohol & Fentanyl

*URINE

Offer to:

Parents at Open House
Schools & Counselors
should have on hand to offer to parents.

Strips = \$7.50 per set*
Minimum quantity = 25
Expiration is at least one year from purchase date

*Must check for current price. Shipping is extra.

Grant or Sponsors cover cost?

Useful as deterrent & monitor

Online tools...

Teen Brain online training now available at CandleInc.org

In-person curriculum can be requested:

Email SmartZoned@candleinc.org



This training offers a unique way for adolescents and teens to:

- Associate impulses and behavior changes with brain development
 - Understand how choices ‘train the brain’
 - Discover the unique and profound impact of drugs/alcohol
 - Plan now for the adult you want to become
-
- <https://candleinc.org/category/online-learning/>

Reality Tour Program Model

Fill the gap in prevention now. [Free Planner](#) download

Where can families go in your community for a comprehensive drug prevention experience?

Prevention should always be coming up on the community calendar.

If there are 12 people who care – you could have Reality Tour up and running in 90 days.

Cost \$3500 Host a stakeholder meeting to see if you qualify for GAP grant.

Schedule a needs consultation at no charge. Email: SmartZone@candleinc.org

Newsletter & more...

Sign up for our newsletter on our website to stay informed.

Request a free consultation with Reality Tour Developer to assess readiness of your community for prevention.

Something to consider...

CANDLE, Inc.'s, Reality Tour offers prevention for the general public that includes serving at-risk families. Keeping families healthy - keeps a community healthy.

Prior to Covid, in Butler, PA where Reality Tour started - 757 parents/youth attended the program annually. Reality Tour in Butler will be 20 years old in 2023. Staffed solely by volunteers.

Learn more...

Website: CANDLEinc.org

Email: RealityTour@candleinc.org

Phone: 724-679-1788

We are here to help!