

North Yarmouth Academy Programs that Address Issues of Decision Making and Risky Behaviors

We have tried to design a series of grade-level programs that build on each other and provide each grade with information and skills needed to promote healthy decision making.

Middle School - Life Skills: a program for the middle school that is evolving each year. Currently each grade spends one semester in the program. The focus is promoting a positive self-image, developing personal skills and enhancing communication skills such as conflict resolution.

9th Grade - Alcohol EDU: an online alcohol prevention program. It is an interactive course that is science based, provides a prevention experience about alcohol and focuses on healthy decision-making strategies. Information gathered from the program will provide information on student attitudes, experiences and expectations regarding alcohol. All student information is confidential; the survey shows only aggregate data. Here is website link for the program:

http://www.outsidetheclassroom.com/prodandserv/highschool/alcoholEdu_highschool/

10th Grade – Storytelling/Alcohol in the Media: Teens in recovery from drug and/or alcohol abuse share their experience with small groups of students. The teens share details of their use of drugs and alcohol and expressed how it affected them, their families, and their friends. Geno Ring, a licensed drug and alcohol counselor, facilitates these small group meetings with the 10th grade. As a point of contrast, English classes look at how alcohol and tobacco use is portrayed in the media through films and advertising as part of a propaganda unit in their English classes.

11th Grade - Fatal Vision: This program allows students to physically experience a safe simulation of being under the influence of alcohol while performing various activities. Specially made goggles distort your vision at various levels of intoxication and also simulate day and night. The program provides information on how alcohol consumption affects decision making and can lead to high risk behaviors. Here is website link for the program: <http://www.fatalvision.com/fv/home.php>

12th Grade - Transition Issues: This program has evolved over the last four years with the support of Dr. Bernie Hershberger PhD, Director of Counseling Services at Bowdoin College. Dr. Hershberger facilitates a discussion between seniors and select Bowdoin students who are identified as leaders in the community. The discussion focus is on safe behavior and relationships, i.e. substance use and date rape. In the evening Dr. Hershberger and Bowdoin students meet with parents of seniors. Dr. Hershberger presents ideas on how to talk with your child about issues of transition and facilitates a panel discussion with Bowdoin students. This is a great opportunity to hear from Dr. Hershberger and college students about the challenges in transitioning from high school to college and from living at home to living at college. This program is in the third semester.

Student to Student Discussions for a Drug and Alcohol Free NYA: A group of junior and senior leaders were selected to meet with Geno Ring, a substance abuse counselor, to brainstorm ways that the students could have discussions with other students about making NYA drug and alcohol free. This is an evolving program and student driven.