



National Council on Alcoholism and Drug Dependence-Rochester Area



Skills development is at the core of Too Good for Drugs, a universal K-12 prevention education program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drugs (ATOD) use. The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.

Too Good for Drugs teaches five essential character development skills to build self-efficacy, promote healthy development, and academic success:

- Setting Reachable Goals
- Making Responsible Decisions
- Bonding with Pro-Social Others
- Identifying and Managing Emotions
- Communicating Effectively



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