

CURRICULUM

HEALTH

GRADE 8

**Approved by Instructional Council
4/28/08**

**Revisions approved by Instructional Council
6/3/2014**

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 1 (State Standard # 1)</p> <p>Comprehend concepts related to health promotion and disease</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>1.1 Explain the relationship between positive health behaviors and prevention of injury, illness, disease and premature death</p>	<p><i>Students will be able to:</i></p> <p>a. Recognize and describe the negative impact of using anabolic steroids, stimulants, depressants, narcotics, hallucinogens, cannabis/marijuana, and inhalants on their health</p>
<p>1.2 Describe the interrelationship of mental, emotional, social and physical health during pre-adolescence/adolescence</p>	<p>a. Complete a “health pie” and use the information to analyze the interrelationship of their physical, emotional/mental, and social well-being</p>
<p>1.4 Examine how families and peers can influence the health of adolescents</p>	<p>a. Identify reasons why peers and/or others might make poor choices that negatively impact their health</p>
<p>1.6 Use appropriate strategies to prevent/reduce risks and promote well-being</p>	<p>a. Identify characteristics of relationships that have the potential for violence</p> <p>b. Discuss responses to scenarios that deal with dating violence</p> <p>c. Identify behavior patterns that impact potential for quality relationships</p>
<p>1.7 Explain how appropriate health care can prevent premature death and disability</p>	<p>a. Describe the stages of chemical dependency - social/experimentation/recreational use, more regular drug use, daily preoccupation, and dependency/addiction</p>

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 1 (State Standard # 1) - Continued	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
1.9 Identify and discuss causes, modes of transmission, symptoms and prevention methods of communicable and non-communicable diseases	<ol style="list-style-type: none">a. Identify causes, symptoms and prevention methods of cardiovascular diseaseb. Compare controllable and non-controllable factors that put them at risk for cardiovascular disease
1.10 Describe puberty and human reproduction as it relates to medically accurate comprehensive sexuality education	<ol style="list-style-type: none">a. Review male and female anatomyb. Explain the impact of drugs and malnutrition on the prenatal development of the fetus
1.11 Define abstinence, explain the value of postponing sexual activity, identify the methods of contraception and the effectiveness of each	<ol style="list-style-type: none">a. Graph information comparing personal time as a student, the time it takes to care for a newborn and the allocation of time for a student who is also a parentb. Define abstinence and emphasize it as a positive choice

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 2 (State Standard # 2)</p> <p>Demonstrate the ability to access valid health information and health-promoting products and services</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>2.1 Analyze the validity of health information and the cost of products and services</p>	<p><i>Students will be able to:</i></p> <p>a. Verify the validity of health information by using electronic and/or published resources</p>
<p>2.4 Demonstrate ways to obtain medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults</p>	<p>a. Compare specific medical professionals and their areas of expertise</p>

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 3 (State Standard # 3)</p> <p>Demonstrate the ability to practice health-enhancing behaviors to reduce health risks</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
3.2 Examine personal health status to determine needs	<ul style="list-style-type: none"> a. Identify at least one goal that enhances personal health behavior, develop a plan for implementation, and evaluate the level of attainment
3.3 Distinguish between safe, risky or harmful behaviors involving themselves and/or others	<ul style="list-style-type: none"> a. View a video showing short scenes concerning at risk behaviors and brainstorm in small groups their responses
3.4 Apply strategies to improve or maintain personal and family health by examining influences, rules and legal responsibilities that affect decisions	<ul style="list-style-type: none"> a. Summarize Connecticut state laws covering teen drug use b. Review Board of Education drug policy c. Explain in drug PowerPoint penalties a student would receive from the law and from the school district for being in possession of researched drug
3.5 Examine and apply safety techniques to avoid and reduce injury and prevent disease	<ul style="list-style-type: none"> a. Review and apply behaviors that can help reduce injury and prevent disease

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 4 (State Standard # 4)</p> <p>Analyze the influence of culture, media, technology and other factors on health</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>4.1 Examine the influence of family beliefs and cultural beliefs on personal health behaviors</p>	<p><i>Students will be able to:</i></p> <p>a. Discuss the impact of parental lifestyle choices on their own behavior</p>
<p>4.2 Analyze how media, technology and other factors influence personal health behaviors</p>	<p>a. Design a button that promotes truth in drug advertising</p> <p>b. Describe how lifestyle choices made by media celebrities might affect their own decisions</p>
<p>4.4 Identify and explain how the media may influence behaviors and decisions in regard to sexuality</p>	<p>a. Describe the impact that television shows and/or teen music can have on their behaviors and decisions in regard to sexuality</p>

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 5 (State Standard # 5)	
Demonstrate the ability to use interpersonal communication skills to enhance health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
5.4 Compare and contrast healthy ways to express needs, wants and feelings	a. Role play scenarios involving positive ways to express needs, wants and feelings
5.6 Use communication skills to build and maintain healthy relationships	a. Discuss responses to scenarios using communication skills to build healthy relationships

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 6 (State Standard # 6)	
Demonstrate the ability to use decision-making skills to enhance health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i> 6.1 Use a decision-making process to enhance health	<i>Students will be able to:</i> a. Explain the decision-making process as it applies to making lifestyle choices involving such things as alcohol and/or tobacco use
6.2 Describe and analyze how health-related decisions are influenced by using resources from family, school and community	a. Identify health related resources available to them in the school and the community

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 7 (State Standard # 7)	
Use the goal-setting process to enhance health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i> 7.1 Use the goal-setting process to enhance health	<i>Students will be able to:</i> a. Construct a time line of important milestones in their lives and use the information to set some future goals b. Describe the potential impact on those goals of poor lifestyle choices such as tobacco use, drug use and early parenthood

STUDENT LEARNING OBJECTIVES

Grade 8

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 8 (State Standard # 8)</p> <p>Demonstrate the ability to advocate for personal, family and community health</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
8.2 Support a healthy position with accurate information	<ul style="list-style-type: none"> a. Research and share information on grade appropriate health topics
8.3 Analyze community agencies that advocate for healthy individuals, families, and communities	<ul style="list-style-type: none"> a. Discuss how to obtain health services appropriate for individual needs b. Explain how to refer friends and family members to appropriate health services or providers for alcohol/drug addiction treatment programs
8.5 Demonstrate the ability to work cooperatively in small groups when advocating for healthy individual, families and schools	<ul style="list-style-type: none"> a. Research in small groups, grade appropriate health topics, develop a brief presentation with the information and present it to peers b. Evaluate the effectiveness of the group presentations based on a rubric

Students

ALCOHOL, DRUGS AND TOBACCO USAGE

Pursuant to the goal of the Ledyard Board of Education to maintain drug, tobacco and alcohol-free schools, the school administration shall take positive action through education, counseling, parental involvement, and medical and police referral in handling incidents in the schools involving possession, sale, and/or use of behavior affecting substances. These banned substances shall include, but not be limited to, alcohol and controlled substances as defined in the Penal Code of the State of Connecticut.

Alcohol, tobacco, stimulants, street drugs, including but not limited to marijuana, heroin and cocaine; anabolic steroids, hormones and analogues, diuretics and other performance enhancing substances; including supplements and Creatine, are addressed by this policy and accompanying administrative regulations.

Possessing, using, or transmitting any substance which is represented to be or looks like a narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, stimulant, depressant, or intoxicant of any kind, including such substances that contain chemicals which produce the same effect of illegal substances including but not limited to Spice and K2 and bath salts are addressed by this policy.

Definitions

Drugs are defined as any substance other than food or water that is intended to be taken or administered (ingested, injected, applied, implanted, inhaled, etc.) for the purpose of altering, sustaining, or controlling the recipient's physical, mental, or emotional state. Drugs may include, but not be limited to, alcoholic beverages; controlled substances such as marijuana, hallucinogens, cocaine, barbiturates, amphetamines, narcotics; and non-authorized prescription drugs.

Controlled substances, for purposes of this policy shall include all controlled substances prohibited by federal and state law, look-alike drugs, alcoholic beverages, anabolic steroids, drug paraphernalia, any volatile solvents or inhalants, such as but not limited to glue and aerosol products, and prescription or patent drugs, except those for which permission for use in school has been granted pursuant to Board policy.

Under the influence, for purposes of this policy shall include any consumption or ingestion of controlled substances by a student.

Privacy Rights

Personal privacy rights of students shall be protected as provided by law. School properties may be inspected by school authorities to maintain health and safety. Searches to locate drugs, narcotics, liquor, weapons, poisons, and missing properties are matters relating to health and safety and may be regarded as reasonable grounds for searches by school personnel. Privileged communication between a certified or paraprofessional employee and a student concerning drug abuse shall remain confidential except in cases where the employee is obtaining physical evidence of a controlled substance, and/or where there is an immediate threat to, or where students' health, safety, and welfare may be jeopardized.

Illegal Activities

Use, possession, sale or distribution of drugs, including prescription drugs, drug paraphernalia and/or alcoholic beverages in violation of state law or Board of Education policy is prohibited at any time on school premises, on school transportation vehicles, or at any school-sponsored activity.

If a student is under the influence of a drug or alcohol, or engaged in the illegal activity of possessing or selling drugs and/or alcohol, the police will be notified, his/her parent(s)/guardian(s) will be contacted, the student will be suspended from school, referred to a Student Support Team, and considered for expulsion.

In cases of the illegal activity of possessing or selling drugs or alcohol, students will be referred to the appropriate law enforcement authorities. If a student is arrested and is awaiting trial for possession of, or possession of with intent to sell drugs in or on school property or at a school-sponsored event, the student will not be allowed to attend school without the permission of the Superintendent, per the guidelines set forth in Policy 5114, *Suspension, Expulsion and Due Process*.

Notification of Policy

Annually, students will be notified through the student handbook, or through other means, of disciplinary sanctions for violation of this policy.

Building Principals shall include statements, appropriate to student maturity, in school handbooks and on District/school websites to the effect that:

- The unlawful manufacture, distribution, sale, dispensing, possession or use of controlled substances, other illegal drugs, performance-enhancing substances, alcohol or tobacco is prohibited in school, on school grounds, on school transportation and at school sponsored activities;
- Compliance with the standards of conduct stated in the handbook is mandatory;
- A violation of its provisions will subject students to disciplinary action up to and including expulsion and referral for prosecution;
- CIAC controlled activities at the high school and middle school levels sponsored by the District/school are included in this policy and accompanying administrative regulations; and
- CIAC may impose sanctions beyond those applied by the District for the use of performance-enhancing substances, as defined in this policy, by athletes.

Disciplinary Action

Students who violate this policy will be subject to disciplinary action which includes, but is not limited to, suspension or expulsion, and/or a program recommended by the Student Support Team.

Student athletes who violate this policy and are participating in CIAC-controlled activities shall also be declared ineligible for such activities in accordance with CIAC policy and regulation.

The Superintendent shall propose and the Board of Education shall approve procedures and regulations to ensure that any student violating this policy is subjected to disciplinary action, and that any disciplinary actions imposed for similar violations are treated consistently.

The following guidelines for reporting alleged violations are to be followed:

1. If an employee suspects student possession, use, abuse, distribution or sale of controlled substances, other illegal drugs, performance-enhancing drugs, alcohol, or tobacco/tobacco products the employee shall refer the matter to the building Principal or her/his designee. If the building Principal or her/his designee discovers the student to be in possession or under the influence of controlled substances, she/he shall notify the student's parent(s)/guardian(s), recommend a specific assessment, as appropriate, and contact law enforcement personnel as appropriate.

2. If an employee obtains physical evidence of a controlled substance, other illegal drug, drug paraphernalia, performance-enhancing drugs, alcohol, tobacco products or tobacco paraphernalia from a student in school, on school grounds, on school provided transportation or at a school sponsored event, the employee shall turn the student and the controlled substance over to the building Principal or her/his designee. If the building Principal or her/his designee discovers the student to be in possession or under the influence of controlled substances, she/he shall notify the student's parent(s)/guardian(s), recommend a specified assessment as appropriate, notify law enforcement personnel as appropriate, and shall surrender possession of the controlled substance to the proper authorities within the time period required by state law.

Drug-Free Awareness Program

The Superintendent shall assure that the school District provides a drug-free awareness program for students that includes the following topics:

- Health and safety-related dangers of drug abuse;
- Review of the Board of Education's policy of maintaining drug-free schools;
- Notification of the availability of drug counseling and rehabilitation programs; and
- Official penalties for drug abuse violations in Ledyard Public Schools.

Drugs and Alcohol

It is the policy of the Board to prevent and prohibit the use (except as duly authorized through the school nurse), possession, distribution or sale of any drug, drug paraphernalia, or alcohol by any student at any time on school property, at school-sponsored events or on school-provided transportation.

The District provides (1) a supportive environment for recovering chemically dependent students during and/or after their involvement in a treatment program for chemical dependency and will provide (2) assistance to those students who are affected by drug/alcohol possession or use by others.

Any student in District schools found to be using, selling, distributing, in possession of or under the influence of intoxicants, mood altering drugs or substances, or look-alike drugs, or in possession of any related drug paraphernalia during a school session, on school premises, or anywhere at a school-sponsored activity or trip, on school-provided transportation, or otherwise off school grounds when such student's conduct violates the substance abuse policy and is seriously disruptive of the educational process shall be subject to consequences as stated in Board policy, administrative regulations and student handbooks.

A breath alcohol tester is approved for use at events/activities such as dances and proms at the middle school and high school levels where, in the judgment of the school administrator, there exists reasonable suspicion that a student has consumed an alcoholic beverage and then, only under the following circumstances:

- The student denies to an administrator that he/she has consumed alcoholic beverages and wishes to establish his/her innocence. Should the student register a positive reading on the breath alcohol tester, consequences will be administered as outlined in the discipline/behavior regulations in the Code of Conduct.
- The student denies to an administrator that he/she has consumed alcoholic beverages and elects not to utilize the breath alcohol tester to establish his/her innocence. The judgment of the administrator will then be utilized to determine if the student has consumed an alcoholic beverage. In this instance, consequences will be administered as outlined in the discipline/behavior regulations in the Code of Conduct.

Inhalant Abuse

In addition to the prohibitions pertaining to alcohol, drugs and tobacco contained in this policy, no student shall inhale, ingest, apply, use or possess an abusable glue, aerosol paint or substance containing a volatile chemical with intent to inhale, ingest, apply or use any of these in a manner:

1. Contrary to directions for use, cautions or warnings appearing on a label of a container of the glue, paint aerosol or substance; and
2. Designed to affect the central nervous system, create or induce a condition of intoxication, hallucination or elation, or change, distort, or disturb the person's eyesight, thinking process, balance or coordination.

For purposes of this policy, inhalants are defined as follows, but not limited to:

Nitrous Oxide – Laughing Gas, Whippets, CO2 Cartridge
Amyl Nitrite – “Locker Room,” “Rush,” “Poppers,” “Snappers”
Butyl Nitrite – “Bullet,” “Climax”
Chlorohydrocarbons – Aerosol Paint Cans, Cleaning Fluids
Hydrocarbons – Aerosol Propellants, Gasoline, Glue, Butane

Further, no student, 18 years of age or older, shall intentionally, knowingly or recklessly deliver or sell potentially abusable inhalant materials as listed above to a minor student.

No student shall intentionally use or possess with intent to use inhalant paraphernalia to inhale, ingest, or otherwise introduce into the body an abusable glue, aerosol paint or substance or other substance that contains a volatile chemical.

Any student in Ledyard Public Schools found to be in possession of, using, distributing, or selling potentially abusable inhalant materials shall be subject to disciplinary action as outlined in this policy and related administrative regulations, up to and including suspension and a recommendation for expulsion. Violators of this policy may also be required to complete an appropriate rehabilitation program.

The Board of Education shall incorporate into the curriculum at all levels education pertaining to potential inhalant abuse which is appropriate for students given their age, maturity, and grade level. Inhalant abuse educational material and related information will be offered to parents/guardians in a manner convenient for their review and understanding.

Performance-Enhancing Drugs (including food supplements)

In addition to the prohibition pertaining to alcohol, drugs, tobacco and inhalants, the Ledyard Board of Education prohibits the use, possession, distribution or sale of performance-enhancing drugs, including anabolic steroids and food supplements, including Creatine, by students involved in school-related athletics or any co-curricular or extracurricular school activity/program, other than use for a valid medical purpose as documented by a physician.

Bodybuilding and enhancement of athletic ability and performance are not considered valid medical purposes.

School personnel and coaches will not dispense any drugs, medication or food supplements except as in compliance with Connecticut State law, Board policy and as prescribed by a student's physician, dentist, physician assistant or advanced practice registered nurse.

Students shall be made aware of the dangers of steroid abuse and that such abuse, unauthorized possession, purchase, or sale will subject them to disciplinary action and CIAC sanctions.

Students who violate this policy on performance-enhancing drugs will be subject to disciplinary action as delineated in Board policy, administrative regulations and student handbooks.

Tobacco Use by Students

There shall be no smoking or any other unauthorized use or possession of tobacco, tobacco products, including chewing tobacco or tobacco paraphernalia by students in any school building, on school grounds, in a school transportation vehicle, or at any time when the student is subject to the supervision of designated school

personnel (such as when the student is at any school function, extracurricular event, field trip, or school related activity such as a work-study program). An ongoing program of student support and counseling will be offered to provide support for students who wish to break the smoking habit.

For the purpose of this policy, “use of tobacco” shall mean all uses of tobacco, including but not limited to, cigarettes, cigars, snuff, blunts, bidis, pipes, chewing tobacco, or any other substance that contains tobacco or nicotine including electronic cigarettes, and all other forms of smokeless tobacco, rolling papers and any other items containing or reasonably resembling tobacco or tobacco products.

The Superintendent shall develop administrative procedures to support students who are following a medically-supervised program to stop smoking or break a nicotine dependency.

Students who violate this policy on tobacco use will be subject to disciplinary action as delineated in Board policy, administrative regulations and student handbooks.

Medical Marijuana

The conditions in this section are applicable to a student in Ledyard Public Schools who is eighteen (18) years of age or older and who holds a certificate authorizing the palliative use of marijuana issued by the Connecticut Department of Consumer Protection (DCP) for the medical use of marijuana as set out in Public Act 12-55, “*An Act Concerning the Palliative Use of Marijuana.*”

The District will not refuse to enroll a student or otherwise penalize a student for being a medical marijuana certificate holder unless failure to do so would cause the school to lose a monetary or licensing benefit under federal law or regulations.

A student medical marijuana certificate holder is subject to, without bias, the same code of conduct and disciplinary standards applicable to all students attending Ledyard Public Schools.

A student medical marijuana certificate holder shall not:

- Undertake any task under the influence of marijuana that would constitute negligence;
- Possess or engage in the medical use of marijuana on a school transportation vehicle, in a school building, on school grounds, or at any school-sponsored activity;
- Operate, navigate, or be in actual physical control of any motor vehicle while under the influence of marijuana, except that a qualifying certified marijuana user for medical purposes shall not be considered to be under the influence of marijuana solely because of the presence of metabolites or components of marijuana that appear in insufficient concentration to cause impairment;
- Use marijuana in any manner not authorized by Public Act 12-55; or
- Offer to give, sell, or dispense medical marijuana to another student or other individual on school property, in school-provided vehicles, at school events, or when functioning as a representative of the school.

If District officials have reasonable belief that a student may be under the influence, in possession of, or distributing medical marijuana, in a manner not authorized by the medical marijuana statute, law enforcement authorities will be informed.

A student who violates any portion of this policy shall be subject to disciplinary action and applicable criminal prosecution.

Legal References:

Connecticut General Statutes:

- 10-19. Teaching about alcohol, nicotine or tobacco, drugs and acquired immune deficiency syndrome. Training of personnel.
- 10-154a. Professional communications between teacher or nurse and student. Surrender of physical evidence obtained from students.
- 10-221. Boards of education to prescribe rules, policies and procedures.
- 19a-342. Smoking prohibited. Exceptions. Signs required. Penalties.
- 21a-240. Definitions. (Chapter 420b – Dependency-Producing Drugs)
- 21a-243. Regulations. Schedules of controlled substances.
- 21a-267. Penalty for use, possession or delivery of drug paraphernalia. Immunity.
- 21a-277. Penalty for illegal manufacture, distribution, sale, prescription, dispensing.
- 21a-278. Penalty for illegal manufacture, distribution, sale, prescription or administration by non-drug dependent person.
- 21a-278a. Penalty for illegal manufacture, distribution, sale, prescription or administration.
- 21a-279. Penalty for illegal possession. Alternative sentences. Immunity.
- 21a-279a. Penalty for illegal possession of small amount of cannabis-type substance.
- 53-198. Smoking in motor buses, railroad cars and school buses.
- 53-344. Sale or delivery of tobacco to minors. Purchase or misrepresentation of age to purchase tobacco or possession of tobacco in public place by persons under eighteen. Transaction scans. Affirmative defense.
- 53-345a. Nitrous oxide containers; sale to or purchase by minors prohibited. Proof of age.
- Public Act 11-73 – *An Act Regulating the Sale and Possession of Synthetic Marijuana and Salvia Divinorum.*
- Public Act 12-55 – *An Act Concerning the Palliative Use of Marijuana.*
- Public Law 107-110, The “No Child Left Behind Act of 2001,” Section 4303, “Nonsmoking Policy for Children’s Services”
- Title 20, United States Code:
Sections 4001-4206, “Safe and Drug-Free Schools and Communities Act”
Sections 7181-7184, “The Pro-Children Act of 2001”
- Title 21, United States Code:
Sections 801-889, “Controlled Substances Act”
- Title 21, Code of Federal Regulations, Part 1308 – Schedules of Controlled Substances (as amended by the “Synthetic Drug Abuse Prevention Act of 2012”)
- New Jersey v. T.L.O.*, 469 U.S. 325 (1985)
- Veronia School District 47J v. Acton*, 515 U.S. 646. (1995)
- Board of Education of Independent School District No 92 of Pottawatomie County v. Earls* 01-332 U.S. (2002).

Policy adopted: November 2, 1994
Complete revision: March 5, 2014

LEDYARD PUBLIC SCHOOLS
Ledyard, Connecticut

Appendix B – Drug Counseling and Rehabilitation Programs

The Superintendent shall assure that the school District provides a drug-free awareness program for students that includes:

- Notification of the availability of drug counseling and rehabilitation programs (LPS BOE Policy 5131.6 (c))

Students may receive school-based support through:

- Contacting their school counselor
- Contacting the school psychologist
- Contacting the district social worker/school psychologist
- The School Nurse's office
 - Some school Nurse's offices (LMS, LHS) have several pamphlets on different substance issues; they also have a bulletin board with varying info on substance use

The following are community resources/counselors to support students:

- Care Plus 7 Challenges Groton - 860-449-9947
- Richard Sugarman- Safe Harbor New London - 860-443-7505
- Catholic Charities Norwich - 860-889-8346
- Lynda Smith New London - 860-442-3380
- Willie Coleman Groton - 860-405-0490
- New London Counseling Associates Waterford - 860-447-9935
- Stonington Institute North Stonington - 860-535-1010

Students and Families can also work with Ledyard Youth Services - (860) 464-3213 or <http://www.town.ledyard.ct.us/index.aspx?NID=60>