

## Cambridge Public Schools

### Comprehensive Plan for Substance Use and Violence Prevention

**Goal:** Create a safe and drug-free school community by promoting a comprehensive science-based approach to substance abuse and violence prevention.

#### **Activities:**

##### A) Prevention Education

Elementary, Middle and High School teachers in CPS and participating private schools will utilize science-based substance abuse prevention and violence prevention activities directly with students in grades K-12.

Continue STARS program of peer leaders teaching about violence, respect, sexual harassment and dating violence in high school health classes and bully prevention in the elementary grades.

Purchase science-based substance abuse prevention and violence prevention materials to support components of Cambridge's comprehensive prevention curriculum in all Cambridge elementary schools (grades K-8) and in grade 9 at the high school and participating private schools. Materials will include: *Second Step, Life Skills Training, Safe Dates, Great Body Shop, and Teenage Health Teaching Modules.*

Provide stipends for Peer Mediation Advisors.

##### B) Professional Development

Provide on site staff development to Middle Grades teachers on using *Second Step, Life Skills Training, Safe Dates, and Teenage Health Teaching Modules.*

Provide training in the use of the substance abuse prevention and violence prevention components of Cambridge's comprehensive health education curriculum to all new elementary teachers.

Teachers of 9th grade Health will participate in staff development activities in substance abuse and violence prevention to enhance their work.

Cambridge staff and staff of participating private schools in grades K-12 will participate in trainings and technical assistance activities on implementing a comprehensive science-based approach to bullying prevention, the *Bully Prevention Program model, Responsive Classroom/Responsive Design*, and other programs identified to be research-based and proven effective.

##### C) Alternatives

Support the development of CRLS "non-users" group.

##### D) Collaboration

Collaborate with community and city agencies via the citywide Violence Prevention Taskforce, the Domestic Violence Free Zone Initiative, and the Cambridge (Substance Abuse) Prevention Coalition, Welcoming Schools, and STARS (Students Teaching and Advocating Respect).

#### E) Communications

Promote awareness at the high school on specific topics, including tobacco and alcohol use, sexual harassment, dating violence and peer mediation. The STARS peer educators will use whole school and classroom presentations, displays and parent awareness activities at the high school and elementary schools.

#### F) Early Intervention

Collaborate with CASPAR on classroom education, assessments on alcohol and drug use among middle grades and high school students and to conduct individual and group sessions for high school students.

The Teen Health Center at the high school and the school nurses in the elementary schools will continue to conduct tobacco education groups (elementary) and smoking cessation groups (high school)

Collaborate with Dating Violence Intervention Project and Cambridge Health Alliance in providing intervention services for students involved in dating violence situations.

#### G) Policies and Enforcement

Continue to revise and disseminate policies and procedures around violence and substance use. Continue to promote positive policies regarding safety, including the dissemination of the new Anti Bullying and Anti- Harassment policies.

#### Needs Assessment and Evaluation

Continue to evaluate student, staff and parent needs and to report results to all aspects of the school community.