

# **SAFE & SOBER**

## **Club Semester Outline**

### **1st Meeting: Assessment**

- Have students complete the pre-survey so that Safe & Sober can collect data.
- Introduce the students to the Safe and Sober Club.
- Introduce the topic of substance misuse.
- Assess school needs concerning substance misuse.
- Brainstorm ideas for the event students will lead.

### **2nd Meeting: Capacity Building**

- Each meeting will now begin with a Safe & Sober video and statistics about teen substance misuse.
- Discuss the targeted substance. Have students relate to the videos and draw connections to their school and their personal “why” for not using substances.
- Go through the Safe & Sober materials for the students’ event.
- Choose an event.
- Work through some preliminary details, like a general date.

### **3rd Meeting: Planning**

- Discuss the targeted substance. Have students relate to the videos and draw connections to their school and their personal “why” for not using substances.
- Review your event and plan out all of the needed details. Have students divide tasks.
- Assign tasks to complete before the next meeting, where students will rehearse their event.

### **4th Meeting: Implementation**

- This is the last meeting before the event. The goal is to leave with students feel confident in leading their event.
- Have students rehearse their event and help them perfect it.

## **5th Meeting: Evaluation**

- Congratulate students on their successful event.
- Have students discuss the event, what went well and what didn't.
- Have students take the club post-survey so that Safe & Sober can collect data.
- Lead a discussion about the club, what went well and what could improve next year.
- To celebrate and close, there is a trivia game linked to the slideshow.