

# HOW IS THE ELEMENTARY CURRICULUM DIFFERENT TO THE SECONDARY PROGRAM?

## ELEMENTARY CURRICULUM

### Overview



- The Sources of Strength elementary curriculum is evidence-informed.
- Designed for students grades K-6
- Tier 1 Universal Classroom-based Curriculum providing weekly 30-minute social emotional learning (SEL) lessons for all students in grades K-6.
- **Grades K-2:** Three separate curricula, stratified and scaffolded.
- **Grades 3-6:** One curriculum with flexible delivery.
- Scripted lessons and activities delivered by classroom teachers (Instructors) and supported by SEL specialists (Coaches) in the classroom. \*Lessons can be delivered by any adult in the school setting; however, they are intended to be delivered by classroom teachers.
- Interactive lessons empower student voice, student action, and student Strengths to build strong classroom/community connections.

## SECONDARY PROGRAM

### Overview



- The Sources of Strength secondary program is evidence-based.
- Designed for students grades 6-12
- Tier 2 Targeted Intervention through training a team of students (Peer Leaders) and adults (Adult Advisors who meet regularly to build community and create messaging campaigns).
- **Adult Advisor training:** 3-6 hour training of a recruited team of caring, connected and positive adults.
- **Peer Leader training:** 4.5-6 hour training of Adult Advisors and a nominated team of student leaders with social influence.
- Peer Leaders and Adult Advisors create public-health messaging campaigns targeted to engage the entire school population.
- Targeted messaging campaigns empower student voice, inspire student action and develop student Strengths to build resiliency, foster youth/adult connection, and increase protective factors.

## Implementation Training

- Elementary Curriculum is available to schools after a staff member from the school attends a Elementary Coaches training.
- Coaches Trainings are delivered by Sources of Strength National Trainers.
- **Coaches Training:** Two-day interactive and experiential training for selected staff members to gain an in-depth understanding of curriculum content, as well as the coaching model.
  - Coaches support curriculum implementation.
  - Coaches receive access to a variety of resources for leading staff professional development and delivering the curriculum.
  - Coaches facilitate monthly 30-minute meetings for staff wellness, self-reflection, and curriculum coaching.



## Messaging Components

- Identifying and sharing stories of Strength and resilience.
- Basic brain and body science
- Emotion regulation
- Co-regulation
- Building a culture of help-seeking
- Navigating conflict in healthy ways
- Foundational skills for relationship building
- Celebrating growth in oneself, others, and relationship repair.
- Talking circle format facilitating equity of voice for all classroom members.

## Implementation Training

- Adult Advisor and Peer Leader Trainings are delivered annually by Sources of Strength National or Certified Local/Regional Trainers. \*Recommended three-year training implementation
- **Adult Advisor Training:** 3-6 hour interactive and experiential training to educate, empower and equip Adult Advisors to support a Peer Leader team. Adult Advisors receive training, materials, website access, and ongoing program support.
- **Peer Leader Training:** 4.5-6 hour interactive experiential training (including Adult Advisors) to empower Peer Leaders to share their Strengths and use their social influence to impact their community through positive messaging campaigns focused on Hope, Help, and Strength.

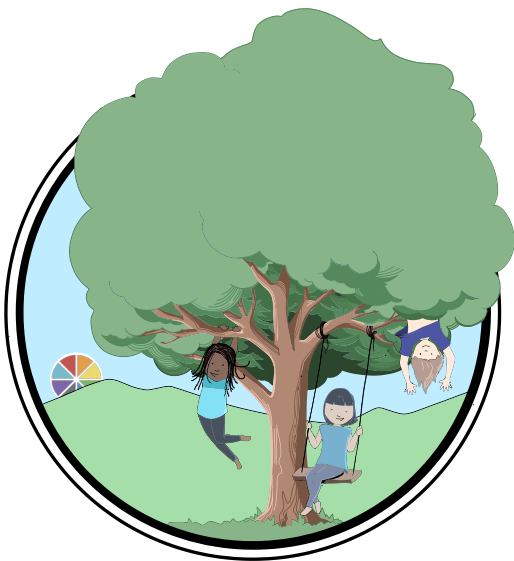


## Messaging Components

- After training, Peer Leaders and Adult Advisors meet consistently to play, share their Strengths, and plan strategic messaging campaigns.
- Teams are encouraged to meet within 10 days of training, and twice/month for 45-60 minutes throughout the school year.
- Campaigns are created by Peer Leaders with support from Adult Advisors.
- Targeted messaging campaigns inspire hope, encourage help-seeking and center stories of Strengths.
- Website access for messaging campaign templates, meetings agendas, sharing prompts and games directories.

### Costs

- **Two-day Coaches Training, facilitated by Sources of Strength National Trainers:**
  - Individual Registration: \$1,250 per person
  - Locally Hosted Closed Coaches Training: \$30,000 (50 participants)
- **One-time curriculum purchase:**
  - Single Grade Level (K-6): \$500 per grade/ per school
- **School Level Professional Development Training:**
  - \$5,000 (3-4 hours)



### Costs

- **Adult Advisor and Peer Leader training facilitated by National Trainer:**
  - \$6,000/per school (includes ongoing program support, website/materials access, and licensing fee).
- **Adult Advisor and Peer Leader training delivered by Local/Regional Trainer:**
  - \$750 per school (includes ongoing program support, website/materials access, and licensing fee).
- **Annual Licensing Fee with ongoing program support, website and materials access (if sustaining program without a training):**
  - \$750 per school.
- **All Staff Training, Parent and Community Nights:**
  - \$1,500 - \$3,000 (2-3 hours)
- **Four-day Train the Trainer (T4T) Advanced Skills Session Training facilitated by Sources of Strength National Trainers:**
  - Individual Registration: \$3,000 per person
  - Locally Hosted T4T: \$45,000 (30 participants)

