

## Project TND Presentation

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The 8th grade health class at Baraga recently had a change of pace with the implementation of Project TND (Towards No Drugs) brought to Baraga this semester by Rhys Edwards of Dial Help. Mr. Edwards shared Project TND with Mrs. Michele Serafin's 8th grade class this month in an effort to educate students about the reality of alcohol, tobacco and illegal drug use. Project TND focused on the three factors that predict tobacco, alcohol and other drug use including motivational behaviors, skills, and decision making. The 8th graders learned skills such as self-control and healthy coping. Myths and misleading information was identified concerning drugs and replaced with reality based strategies to address problems associated with substance abuse. Project TND was highly participatory and interactive. All students had the opportunity to learn and practice the material. It encouraged youth the use positive decision-making skills, to continue to discuss substance abuse with peers, and to commit to not using substances. It was a very positive program overall and the 8th graders clearly enjoyed Mr. Edward's presentation style.

Here's what the student's had to say:

"Rhys was a very good teacher because he let me know how bad certain drugs are."

"The lessons helped us learn about drugs and their consequences."

"TND is a great program that teaches kids about No Drugs!"

"It was awesome and very fun!"

"The TND Classes were very helpful and I learned alot."