

**SAFE SCHOOLS HEALTHY STUDENTS (SSHS)  
ROCK IN PREVENTION (Rock)**

**ROCK HELPS YOU MEET SSHS GRANT ELEMENTS AND REQUIREMENTS**

1. Safe School Environments
2. Alcohol, Tobacco and Drug Prevention
3. Student Behavioral, Social and Emotional Supports.

**READY, SET, ROCK!**

Rock In Prevention is a powerful, creative and positive program that students, teachers, high school (HS) mentors and parents will remember for a lifetime.

**EVIDENCE BASED**

The Substance Abuse and Mental Health Services Administration SAMHSA and the Center For Substance Abuse Prevention CSAP funded a multiyear research project that documents scientific evidence of effectiveness of both Rock LIVE and Rock PLUS programs.

There are two styles of Rock In Prevention, Rock LIVE and Rock PLUS. Both programs will help your school counselor(s) meet American School Counselors Association (ASCA) model goals and are designed to increase parental involvement to improve academic achievement.

**ROCK IN PREVENTION - CREATIVE – INTERACTIVE**

Rock uniquely uses music and the arts to reach the hearts and minds of children to help them make positive, healthy, life choices. Classroom and family follow up materials and CDs of the songs reinforce the skills taught beyond the school walls and help students and parents learn and retain the skills taught.

Rock LIVE and Rock PLUS will help you meet educational goals in several disciplines: personal and social skills; academic achievement; parental involvement; health and wellness; alcohol, tobacco, and other drug awareness; character education; media literacy; anger management; problem solving; violence prevention; anti bullying; and positive school and community climate.

**EVALUATION**

Rock LIVE and Rock PLUS have written evaluations and fidelity checklists.

## **ROCK LIVE – DESCRIPTION**

Over 1.2 million students have been in onsite, trainings and workshops. The optimism, enthusiasm, and skills gained through Rock LIVE is quite unique. We think you will absolutely enjoy having Rock LIVE in your school district. The SSHS team may directly participate in the high school (HS) mentor trainings, and elementary - middle school workshops and evaluation groups. This fun, win - win experience will energize your SSHS grant team and schools.

HS mentors serve their neighborhood school that feeds their high school. This matches ethnicity, race and culture of the participants. Mentors model how the younger students can grow up and be successful like them in school, in extracurricular activities and in life.

Rock LIVE helps students gain a working knowledge of age appropriate, life skills through skill practice with HS mentors and helps increase parental involvement through a family follow up guide and CD. Increased parental involvement helps improve academic achievement.

### **WHERE: ELEMENTARY – MIDDLE SCHOOL SITE – GYM FLOOR**

6:30 AM Equipment Set Up - Meet with School Contact Person

7:15 AM HS Mentor Training - train to co-present age appropriate interactive song components and interactive workshop activities.

9 – 10 AM Kindergarten - Grade 3. Interactive songs and activities help students learn needed life skills and help create a positive school climate. The teaching techniques used are effective for visual, auditory and kinesthetic learners. A teacher – student, positive school climate activity is used to help students return to the classroom refreshed and ready to learn.

10:15 – 11:30 Grades 4 - 5. Songs are used as therapeutic story telling tools to teach program objectives from a mental and emotional level. HS mentors have a small group of students where they conduct interactive social dramas to address needs identified with your Rock representative. A teacher – student, positive school climate activity completes the session.

From 11:30 – 12, SSHS Team, HS Mentor, Evaluation Process Group, process the experience.

### **CLASSROOM FOLLOW UP MATERIALS AND ACTIVITIES**

Education materials include five-week teacher classroom follow-up guides and follow-up guide compact discs, CDs for teachers to reinforce the positive messaging and empowerment tools.

### **FAMILY FOLLOW UP GUIDE, ACTIVITIES AND CD**

Completed family follow up guides document parental involvement and but even more importantly helps parents facilitate sometimes difficult conversations regarding alcohol, tobacco and other drug use and critical life choices. Family Follow Up CDs of the songs used as teaching tools reinforce the skills taught in the home, the family car, and in the child's life beyond the school walls allowing Rock a powerful presence in the child's family life.

### **WRITTEN EVALUATION – FIDELITY CHECKLIST**

Rock LIVE has written evaluations for HS mentors, elementary – middle school students, and teachers. There is also a fidelity checklist for the Rock LIVE program.

## **ROCK PLUS – DESCRIPTION**

Rock PLUS is the type of program that students, teachers and parents will remember for a lifetime. Each lesson is based on a song used as a teaching tool and the power of the music helps children retain the skills and the lessons taught.

Rock PLUS is an evidence-based, creative, 12-week elementary classroom curriculum that counselors – teachers – area prevention professionals implement to comprehensively address issues vital to developing healthy choices. Each lesson is approximately 40 minutes in length.

The curriculum is based on the national standards for effective practice known as CASEL (which stands for the Collaborative for Academic, Social, and Emotional Learning guidelines). Rock PLUS helps counselors meet American School Counselor Association Goals and meets educational goals in several disciplines: personal and social skills; academic achievement; parental involvement; health and wellness; alcohol, tobacco, and other drug awareness; character education; media literacy; anger management; problem solving; violence prevention; anti bullying; and positive school climate.

## **ROCK PLUS LEVELS – INSTRUCTION MANUAL KIT – STUDENT WORKBOOK KIT**

Level I in Grades 3-4, Level II in Grades 4-5, Level III in Grades 5-6

Typically K-5 Buildings use Rock PLUS Grades 3,4,5, K-6 Buildings use it Grades 4,5,6.

The Instructor Manual Kit contains the music CD, the lesson objective, rationale, materials, discussion questions, song lyrics, in-class activities and a school home link for each lesson. The Student Workbook Kit contains the music CD, the lesson overview, song lyrics, in-class activities, and school home link for each lesson. Students take their workbook home with them and complete the school home link with their parents and/or guardians.

Ideally Rock PLUS is launched with the Rock LIVE but it may be implemented independent of it. Professional development for Rock PLUS may be provided the afternoon of the Rock LIVE program or contracted independently after the district has purchased the materials.

## **PARENTAL INVOLEMENT – SCHOOL HOME LINK**

Child and parent begin vital conversations about: drug-awareness, media influences, responsibility, honesty, problem-solving, anti bullying, accepting no for an answer, celebrating the things you do well, how to ask for help, how to stay calm when you get mad or upset, following directions, staying out of trouble, violence prevention, and making good choices.

## **FAMILY FOLLOW UP CD**

CDs of the songs used as teaching tools reinforce the skills taught in the home and the family car. This makes Rock PLUS an incredibly powerful educational tool beyond the school walls.

## **WRITTEN EVALUATIONS – FIDELITY CHECKLISTS**

The Rock PLUS curriculum includes student, parent, and teacher written evaluations and program fidelity checklists.

## **SAFE SCHOOL HEALTHY STUDENTS – BREAKSDOWN**

### **1. Rock Activities - Element # 1 - Safe School Environments**

Universal Prevention, Good citizenship and character activities Positive School Climate Activities, Anti Bullying, Positive School Climate and Anger Management, SSHS Grant Team, Local Agency, Teacher Involvement and Training,

#### **Potential Local Agency Activities - Element # 1 - Safe Schools Environments – (Rock does not complete the following in Element 1)**

Early Intervention, Intensive Strategies with at risk students, Safety and Security Assessment for school, Surveillance Cameras, District Wide School Safety Plan, Training Students / Staff on conflict resolution, Institute Research Based Violence Prevention Curriculum, District Policy for entry to Parenting Programs, Juvenile Justice programs for kids re-entry to school

### **2. Rock Activities - Element # 2 - Alcohol, Tobacco, Drug Prevention Activities**

Evidence based prevention: Both Rock LIVE and Rock PLUS are evidence based curricula, are age, gender and culturally appropriate and match race, ethnicity and culture neighborhood by neighborhood and has quality assurance - fidelity checklists. Social norms campaign: HS mentor leadership in Rock LIVE to younger students. Provides 15 -30 opportunities to HS volunteers each day of service to influence social norms and provide positive peer influence to younger students. SSHS Team invited to participate. Rock teaches personal and social skills, health and wellness, drug prevention, character education, anger management, problem solving, parental involvement and positive school climate, and violence prevention.

#### **Potential Local Agency Activities in Element # 2 - Alcohol, Tobacco, Drug Prevention Activities - (Rock does not complete the following in Element 2)**

Identify high risk kids and provide local counseling and individual supports.

### **3. Rock Activities - Element # 3 - Student Behavioral, Social, Emotional Supports.**

Youth supervised, engaged in well planned programs providing positive interaction with peers and adults.

Promote student initiative – “helping kids live to their fullest potential.”

Promote youth to contribute to society, HS mentors.

Problem solving – decision making – addressing negative peer pressure.

#### **Potential Local Agency Activities in Element 3 – Student Behavioral, Social and Emotional Supports - (Rock does not complete the following in Element 3)**

SSHS Team obtains MOU's to involve the following groups in local LIVE Rock high school trainings and age appropriate workshops: Police, Juvenile Justice, Social Services, Mental Health, Faith and Community Based Organizations. Well designed mentoring programs that may address high risk kids ongoing. After school programs, Staff Trainings on positive student behavior, Designate staff to improve community /school liaisons.

- 4. All Local Agency Services - Mental Health Services**
- 5. All Local Agency Services - Early Childhood – Social and Emotional Learning**