

The ASCA Student Standards: Mindsets & Behaviors for Student Success describe the knowledge, attitudes and skills students need to achieve academic success, college and career readiness and social/emotional development. The standards are based on a survey of research and best practices in student achievement from a wide array of educational standards and efforts.

ASCA Student Standards: Mindsets & Behaviors for Student Success K-12 College-, Career- and Life-Readiness Standards for Every Student

Each of the following standards can be applied to the academic, career and social/emotional domains.

Category 1: Mindset Standards

School counselors encourage the following mindsets for all students.

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment
- M 3. Positive attitude toward work and learning
- M 4. Self-confidence in ability to succeed
- M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes
- M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success

Category 2: Behavior Standards

School counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

Learning Strategies	Self-Management Skills	Social Skills
B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 1. Effective oral and written communication skills and listening skills
B-LS 2. Creative approach to learning, tasks and problem solving	B-SMS 2. Self-discipline and self-control	B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them
B-LS 3. Time-management, organizational and study skills	B-SMS 3. Independent work	B-SS 3. Positive relationships with adults to support success
B-LS 4. Self-motivation and self-direction for learning	B-SMS 4. Delayed gratification for long-term rewards	B-SS 4. Empathy
B-LS 5. Media and technology skills to enhance learning	B-SMS 5. Perseverance to achieve long- and short-term goals	B-SS 5. Ethical decision-making and social responsibility
B-LS 6. High-quality standards for tasks and activities	B-SMS 6. Ability to identify and overcome barriers	B-SS 6. Effective collaboration and cooperation skills
B-LS 7. Long- and short-term academic, career and social/emotional goals	B-SMS 7. Effective coping skills	B-SS 7. Leadership and teamwork skills to work effectively in diverse groups
B-LS 8. Engagement in challenging coursework	B-SMS 8. Balance of school, home and community activities	B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary
B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	B-SMS 9. Personal safety skills	B-SS 9. Social maturity and behaviors appropriate to the situation and environment
B-LS 10. Participation in enrichment and extracurricular activities	B-SMS 10. Ability to manage transitions and adapt to change	B-SS 10. Cultural awareness, sensitivity and responsiveness



peerhelpers

A ThriveWay Program

PLUS

***Improve student behaviors and
wellness with our proven program!***

prevention & peer-to-peer support for kindergarten–12th grade

25%
of students
are chronically
absent ¹

1 in 5
students ages 12-18
experience bullying
nationwide

14%
of HS students do
not graduate on time
in the USA ¹

1 in 7
children are abused
& neglected ²

36%
of students with a
disability dropped
out of HS ¹

suicide is the **2nd**
leading cause of death
for 10-34 year-olds ²



HOW DOES PEER HELPERS PLUS HELP OUR STUDENTS?

- Builds *RESILIENCY* skills
- Promotes & educates on *PREVENTION* of unhealthy behaviors
- *SUPPORTS* through *LIFE STRUGGLES* which shift focus from academics
- Decreases disciplinary problems resulting in *SAFER SCHOOLS*
- *DECREASES AT-RISK* / unhealthy *BEHAVIORS*
- Increases *CONFLICT RESOLUTION* resources
- *IMPROVES* attendance, grades, & *GRADUATION RATES*
- Increases *COPING SKILLS, HAPPINESS,* and *GENERAL LIFE SKILLS*

HOW DOES IT WORK?

TIER 1

path Prevention & Awareness for Total Health

Equipping all students with life skills and solutions for bullying, abuse, mental health/suicide, and substance abuse at each grade level

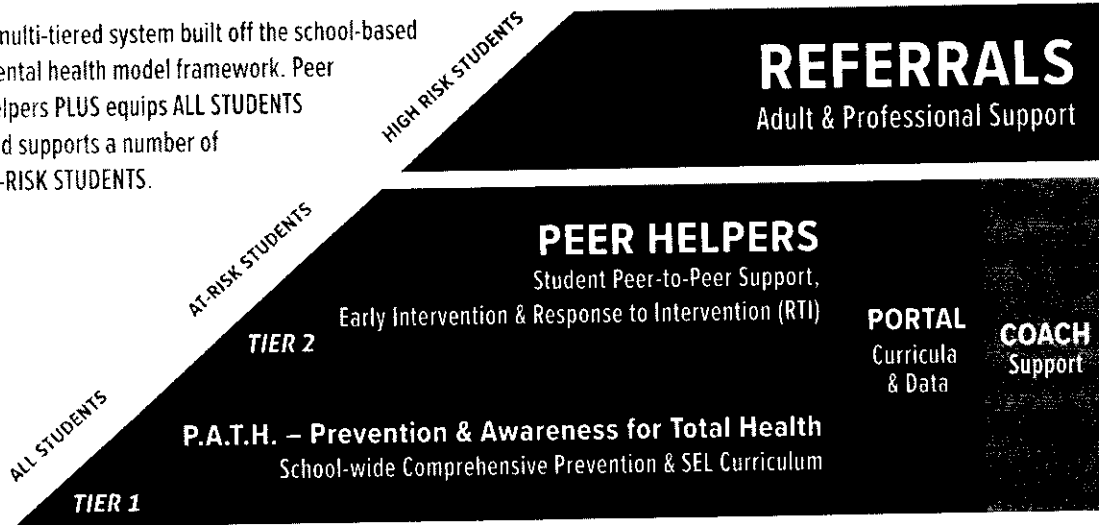
TIER 2

peerhelpers Peer-to-Peer Support

Empowering a group of diverse students within your school to provide assistance and support to their peers when they need it most

METHODOLOGY

A multi-tiered system built off the school-based mental health model framework. Peer Helpers PLUS equips ALL STUDENTS and supports a number of AT-RISK STUDENTS.



+ 8 Programs in 1

- Bullying Prevention Program
- Suicide Prevention Program
- Substance Use Awareness Program
- Abuse / Sexual Abuse Awareness Program
- Student Peer-to-Peer Support Program
- Survey Tool – Pre & Post Data
- Leadership Development Program
- Real Time Data and Reports



Our Roots. A Beautiful Legacy.

In 1997, after losing their daughter Jennifer to suicide, the Moore family and close friends established a foundation to provide support, understanding, and positive reinforcement to young people in their community through peer helping programs. Over time, the Jennifer Claire Moore Foundation expanded their scope beyond Baldwin County with ThriveWay, creating Peer Helpers PLUS – a comprehensive, peer-to-peer prevention and support program based on 20 years of research and accomplishments, aimed at helping youth.



LEARN MORE & SCHEDULE A FREE CONSULT

ThriveWay.com | info@thriveway.com | 844.705.1981

 **ThriveWay**
Transforming Lives. Brightening Futures.

COMPREHENSIVE PREVENTION COMPONENT OF PEER HELPERS PLUS

infused with the 5 SEL domains

Prevention Lessons <i>Character Education</i>		Drugs, Alcohol, & Tobacco	Abuse of All Types	Mental Health / Suicide	Bullying & Cyberbullying
4th Grade					
Lesson 1	My Go-To People	✓	✓	✓	✓
Lesson 1.2	Trustworthy				
Lesson 2	My Body Safety Rules		✓	✓	
Lesson 2.2	Courage				
Lesson 3	My Life Events/My Control	✓		✓	✓
Lesson 3.2	Self-Respect				
Lesson 4	Healthy vs. Unhealthy Coping	✓		✓	✓
Lesson 4.2	Perseverance				
Lesson 5	I Choose	✓	✓	✓	✓
Lesson 5.2	Integrity				
Lesson 6	My Character Strengths			✓	✓
Lesson 6.2	Compassion				
Lesson 7	My Voice	✓	✓	✓	✓
Lesson 7.2	Responsibility				
5th Grade					
Lesson 1	My Go-To People	✓	✓	✓	✓
Lesson 1.2	Trustworthy				
Lesson 2	Keeping My Body Safe!		✓		
Lesson 2.2	Courage				
Lesson 3	Coping with Life Events	✓		✓	✓
Lesson 3.2	Self-Respect				
Lesson 4	Can I Make Tough Decisions?	✓		✓	✓
Lesson 4.2	Perseverance				
Lesson 5	What Are My Strengths?			✓	✓
Lesson 5.2	Integrity				
Lesson 6	Using My Voice			✓	✓
Lesson 6.2	Compassion				
Lesson 7	Cyber-Trouble			✓	✓
Lesson 7.2	Responsibility				
6th Grade					
Lesson 1	My Go-To People	✓	✓	✓	✓
Lesson 1.2	Trustworthy				
Lesson 2	Keeping Safe!		✓	✓	
Lesson 2.2	Courage				
Lesson 3	My Life Events and Coping Skills	✓		✓	
Lesson 3.2	Self-Respect				
Lesson 4	Decisions, Decisions	✓		✓	✓
Lesson 4.2	Perseverance				
Lesson 5	How Does My Character Look?			✓	✓
Lesson 5.2	Integrity				
Lesson 6	My Voice, My Actions				✓
Lesson 6.2	Compassion				
Lesson 7	Out in Cyberspace		✓	✓	✓
Lesson 7.2	Responsibility				



COMPREHENSIVE PREVENTION COMPONENT OF PEER HELPERS PLUS

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Units Are Designed For Customizable Implementation			Drugs, Alcohol, & Tobacco	Abuse of All Types	Mental Health/Suicide	Bullying & Cyberbullying
Grade 7						
Bullying	Lesson 1	Understanding Bullying			✓	✓
	Lesson 2	Your Digital Footprint			✓	✓
	Lesson 3	Witness				✓
Abuse	Lesson 1	Understanding Abuse		✓	✓	
	Lesson 2	Abuse: Recognizing It and Knowing What To Do		✓	✓	
	Lesson 3	Healthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Refusal Skills	✓			
	Lesson 2	Say No to Drugs and Alcohol & Yes to Your Dreams	✓		✓	
	Lesson 3	Dependency & Getting Help	✓		✓	
Self-Harm & Suicide	Lesson 1	Health Includes Mental Health			✓	✓
	Lesson 2	Self-Care, Not Self-Harm			✓	
	Lesson 3	Suicide: The Irreversible Act			✓	
Grade 8						
Bullying	Lesson 1	Recognizing Bullying			✓	✓
	Lesson 2	Cyberbullying: The New Bathroom Wall			✓	✓
	Lesson 3	Training Your Brain to Be Compassionate				✓
Abuse	Lesson 1	Types of Abuse		✓	✓	
	Lesson 2	Abuse: Signs and Safety		✓	✓	
	Lesson 3	Creating Healthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Peer Pressure	✓			
	Lesson 2	Spotlight: Alcohol & Vaping	✓		✓	
	Lesson 3	Addiction	✓		✓	
Self-Harm & Suicide	Lesson 1	Mental Health: How We Think, Feel, & Act			✓	✓
	Lesson 2	There Is A Better Way!			✓	
	Lesson 3	Suicide: The Permanent Decision	✓	✓	✓	
Grade 7 & 8						
Violence (Pilot)	Lesson 1	The Value of Human Life			✓	✓
	Lesson 2	Youth Violence and Gangs/Neighborhood Violence			✓	✓
	Lesson 3	Youth Crime & Gun Violence				✓

Units Are Designed For Customizable Implementation			Drugs, Alcohol, & Tobacco	Abuse of All Types	Mental Health/ Suicide	Bullying & Cyberbullying
Grade 9						
Bullying	Lesson 1	Conflict vs. Bullying			✓	✓
	Lesson 2	Cyber-Image			✓	✓
	Lesson 3	Diffuse and Get Help				✓
Abuse	Lesson 1	Abuse: Know the Facts		✓	✓	
	Lesson 2	Signs and Situations of Abuse		✓	✓	
	Lesson 3	Healthy and Unhealthy Relationships		✓	✓	✓
Substance Use	Lesson 1	Reasons to Refuse	✓			
	Lesson 2	The Harmful Effects of Drugs and Alcohol	✓		✓	
	Lesson 3	When Drugs Take Control	✓		✓	
Self-Harm & Suicide	Lesson 1	Stress, Anxiety & Depression			✓	✓
	Lesson 2	Self-Harm			✓	
	Lesson 3	The Permanent Decision - Suicide			✓	
Grade 10						
Bullying	Lesson 1	Effects of Bullying on Self-Image			✓	✓
	Lesson 2	Cyberbullying: Wait - What?			✓	✓
	Lesson 3	Stand Up, Not On				✓
Abuse	Lesson 1	Social Implications of Abuse		✓	✓	
	Lesson 2	Sharing Abuse Prevention Messages	✓	✓	✓	
	Lesson 3	Relationship Boundaries & Expectations		✓	✓	✓
Substance Use	Lesson 1	High Pressure/Low Pressure Tips for Refusing	✓			
	Lesson 2	Spotlight: The Hidden Dangers of Drugs and Alcohol	✓		✓	
	Lesson 3	Addiction Is Never Planned	✓		✓	
Self-Harm & Suicide	Lesson 1	Recognizing Stressors & Responses			✓	✓
	Lesson 2	Do No Harm: Self-Harm Awareness			✓	
	Lesson 3	Suicide Awareness: Stomp the Stigma	✓		✓	
Grade 11						
Bullying	Lesson 1	Conflict & Bullying			✓	✓
	Lesson 2	Social Media Safety			✓	✓
	Lesson 3	No Cape Required				✓
Abuse	Lesson 1	Understanding Abuse		✓	✓	
	Lesson 2	Abuse Recognized		✓	✓	
	Lesson 3	My Boundaries for Relationships		✓	✓	✓
Substance Use	Lesson 1	Making a Difference	✓			
	Lesson 2	Dangers Specific to Alcohol & Opioids	✓		✓	
	Lesson 3	Focus on the Future	✓		✓	
Self-Harm & Suicide	Lesson 1	Managing Stress, Anxiety & Depression			✓	✓
	Lesson 2	Self-Harm Awareness			✓	
	Lesson 3	Suicide Awareness			✓	
Grade 12						
Bullying	Lesson 1	Bullying. Now, What's That Again?			✓	✓
	Lesson 2	Cyberbullying: Stop. Block. Tell.			✓	✓
	Lesson 3	Gossip Destroys Integrity				✓
Abuse	Lesson 1	Early Warning Signs of Relationship Abuse		✓	✓	
	Lesson 2	Effects of Abuse into Adulthood	✓	✓	✓	
	Lesson 3	Relationship Goals		✓	✓	✓
Substance Use	Lesson 1	Refusal: Set Yourself Apart	✓			
	Lesson 2	Choice...Consequence	✓		✓	
	Lesson 3	Addiction: Make a Change	✓		✓	
Self-Harm & Suicide	Lesson 1	Mental Health & Stress Management			✓	✓
	Lesson 2	From Self Injury to Positive Coping Skills			✓	
	Lesson 3	Suicide: Prevention for a Path to Success	✓	✓	✓	
Grade 9-12						
Violence (Pilot)	Lesson 1	The Value of Human Life			✓	✓
	Lesson 2	Knowing About Violence & Ending the Cycle			✓	✓
	Lesson 3	Gun Violence				✓