



# Think Smart

## Think Smart is a....

- 5-week life skills curricula targeting adolescents to prevent opioid and other drug use
- Can be offered as a health education course in middle and high school
- Taught by trained school teachers or facilitators
- Evidence-based activities include problem-solving and refusal skills, harm reduction strategies, and goal setting

In **Think Smart**, students learn and apply the S.M.A.R.T. problem-solving method to lower their risk for drugs misuse and abuse, particularly opioids.

- S** Source of the problem. What is your situation? What are mind and body cues that signal you are in a tough situation?
- M** Make a list of ideas to address the problem. Brainstorm options to make a healthy choice.
- A** Assess your options to address the problem. What are the risks and benefits of each option?
- R** Resources to help you resolve the problem. Seek support or learn skills to reduce harm and say “no”.
- T** Try out your problem-solving strategy. What worked or didn’t work? What were lessons learned?

## Lesson topics:

*Week 1* Smart Choices

*Week 2* Mind Matters

*Week 3* Act Safe

*Week 4* Refusal Skills

*Week 5* Think SMART

