

Base provides personalized learning pathways for all students, including Tier 1 prevention and Tier 2 and 3 intervention supports. Our content is flexible, allowing teachers to teach in the modality that works best for them, and includes:

- Educator guides, activities, and videos to support module content
- Companion caregiver and instructor modules for middle and high school modules
- All content builds upon evidence-based practices

Elementary School Modules (Grades K-5)

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| • Aggression | • Hygiene |
| • Anger | • Keeping Calm |
| • Boundaries | • Making Friends |
| • Bullying and Cyberbullying | • Mindfulness |
| • Coping Strategies | • Peer Pressure |
| • Digital Safety | • Refocus |
| • Diversity | • Resilience |
| • Emotions | • Respect |
| • Empathy | • Responsibility |
| • Equity | • Self-Esteem |
| • Erin's Law | • Self-Regulation |
| • Families | • Setting Goals |
| • Gratitude | • Teasing |
| • Growth Mindset | • Who Am I? |
| • Healthy Communication | • Worries |
| • Healthy Relationships | |

Middle School Modules (Grades 6-8)

- Adrenaline
- All or Nothing Thinking*
- Anger Management*
- Anxiety*
- + Avoiding Exploitation ([Supported by iEmpathize](#))
- Bullying and Cyberbullying*
- Character Traits*
- Coping Strategies*
- Cultural Implications Within Family & Learned Behavior
- Depression
- Digital Citizenship*
- Erin's Law (8-module series)
- Future Goals*
- Getting to Know You ([Sponsored by PALS4Ed](#))
- + Healthy Communication*
- Healthy Relationships*
- Impulsive Decision-Making*
- Irrational Thinking*
- Learned Helplessness*
- Learning How to Say "No Thanks"
- Life Changes and Adjustments
- Loss and Grief
- Mindfulness*
- Motivation*
- Primary and Secondary Impacts of Behavior*
- Putting it All Together
- Refocus
- Resilience*
- Restorative Practices
- Self-Esteem*
- Strategies for Successful Return to School
- Stress Management*
- Suicide Education and Prevention
- Talking to Adults
- + Truancy ([Approved by the National Center for School Engagement Practices](#))
- Understanding Words, Actions, and Their Impact
- Vision of Self*
- Welcome Module

**Middle school module includes video content*



High School Modules (Grades 9-12)

- Adrenaline
- All or Nothing Thinking
- Anger Management
- Anxiety
- + Avoiding Exploitation ([Supported by iEmpathize](#))
- Bullying and Cyberbullying
- Character Traits
- Coping Strategies
- Cultural Implications Within Family & Learned Behavior
- Depression
- Digital Citizenship
- Erin's Law (8-module series)
- Future Goals
- Getting to Know You ([Sponsored by PALS4Ed](#))
- + Healthy Communication
- Healthy Relationships
- Impulsive Decision-Making
- Irrational Thinking
- Learned Helplessness
- Learning How to Say "No Thanks"
- Life Changes and Adjustments
- Loss and Grief
- Mindfulness
- Motivation
- Primary and Secondary Impacts of Behavior
- Putting it All Together
- Refocus
- Resilience
- Restorative Practices
- Self-Esteem
- Strategies for Successful Return to School
- Stress Management
- Suicide Education and Prevention
- Talking to Adults
- + Truancy ([Approved by the National Center for School Engagement Practices](#))
- Understanding Words, Actions, and Their Impact
- Vision of Self
- Welcome Module

****Additional modules to support LGBTQIA & Equity are available for all grades by request**

Substance Use and Misuse Series (Grades 6-12)

- Introduction and Disclosure
- Pre-Course Knowledge Test
- Pre-Course Attitude Survey
- Alcohol*
- Bath Salts
- Cocaine
- E-Cigarettes and Vaping*
- Hallucinogens and Dissociative Drugs
- Heroin, Fentanyl, and Synthetic Street Opioids
- Inhalants and the Choking Game
- Marijuana and Concentrates*
- MDMA/Ecstasy
- Methamphetamine
- Prescription Drugs
- Synthetic Marijuana
- Tobacco and Nicotine
- Drugs and the Mind - Emotions and Drugs
- Drugs and the Mind - Moods and Drugs
- Drugs and the Body - Drugs and the Brain
- Drugs and the Body - Absorption of Drugs
- Drugs and the Body - Route Variance
- Drugs and the Body - Mixing Drugs
- Drugs and the Body - Overdose
- Drugs and the Body - Cycle of Abuse
- Drugs and Relationships - Friends and Drugs
- Drugs and Relationships - Lying, Concealment, and Deception
- Drugs and Relationships - Responsibilities
- Overcoming Drugs - Life Story
- Overcoming Drugs - The "Forget You" Moment
- Overcoming Drugs - Brainstorming the Future
- Overcoming Drugs - Refusal, Coping, and Withdrawal
- Overcoming Drugs - Triggers and Goals
- Overcoming Drugs - Relapse
- Living Drug-Free - Why Kids Use
- Living Drug-Free - Moving Forward
- Living Drug-Free - Impulsivity
- Raising Awareness of Opioid Addiction ([Co-Created with the FBI & DEA](#))
- Post-Course Attitude Survey
- Post-Course Knowledge Acquisition Test
- Close: Tying It All Together

**Middle school module includes video content*

+ Modules approved, sponsored, or co-authored by national organizations

Professional Development

- Understanding Your Own Backpack
- Leading With Your Core Values
- Suicide Education and Prevention for Educators

