

# COMPREHENSIVE MODULE LIST, K-12



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)

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

## 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