



Substance Use Prevention in the Elementary Classroom

Part 1. Action Planning Activity

Directions

Use this space to begin developing your personal action plan. You don't need five ideas for each section—start where you feel most ready and draw from today's materials to ground your thinking.

1. **Immediate actions:** What can you take into your classroom, school or district tomorrow to support student belonging and inclusion? (*e.g., greeting every student at the door, using a student-centered discussion protocol, etc.*)
2. **New practices to build toward:** What are new practices you'd like to incorporate over time to foster supportive and inclusive environments?
3. **Adapting existing practices:** What current practices could be modified to better support student belonging and well-being?



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Part II. Final Reflection

Directions

Take a few minutes to individually reflect in a way that works for you—write, sketch, voice memo or just think it through. Choose one or more prompts below to guide your reflection:

- *What's one insight from your group discussion that stuck with you?*
- *What is one small action you can take to build student agency and well-being?*
- *What challenge might you face, and how could you prepare for it?*
- *What support might you need to take a next step?*