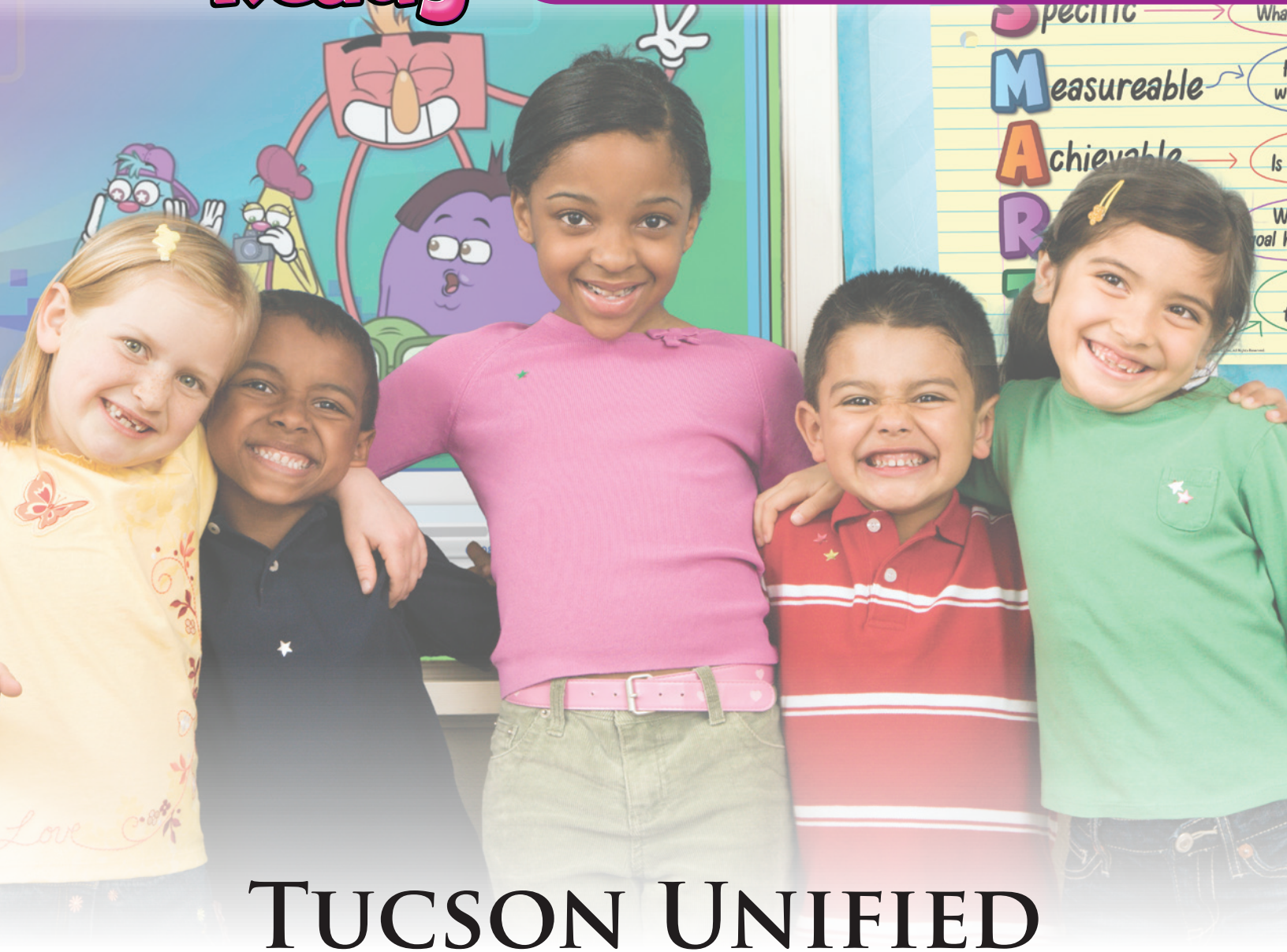




Helping Students Succeed in School



TUCSON UNIFIED

SCHOOL DISTRICT

**RFP: 26-012-TUSD1 Substance Abuse
and Disorder Education and Prevention
Supplemental Curriculum for K-12 Schools**



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Welcome, Tucson Reviewers!

We are excited to present our instructional materials for your review.

QuaverReady is a comprehensive, teacher-led life readiness skills and substance abuse prevention curriculum. In addition to dedicated modules on substance use, QuaverReady offers a comprehensive, whole-school solution that addresses the underlying behaviors, mindsets, and decision-making skills that contribute to substance abuse.

To make your experience seamless, we've compiled a few tips for navigating our platform.

Access All Materials Online

QuaverReady materials and resources are fully digital and accessible online. **Due to the interactivity of our resources, the full sample of our curriculum is found online.** Reviewers will find everything they need by logging in using the information on the following page. Reviewers can access lesson plans, instructional guides, activities, assessments, and multimedia resources through our secure web platform.

Interactive Resources	Printable Options
Our dashboard features several icons. We encourage you to explore them to understand where lessons, activities, games, resources, and tools are located. A help button is conveniently available in most areas if you need assistance.	Print materials, including worksheets, lesson plans, and assessments, are available. To access worksheets and assessments, select a lesson and then select the Worksheets button at the top of the page.

You're only a click away from exploring all QuaverReady offers! Check the next page for your login details.





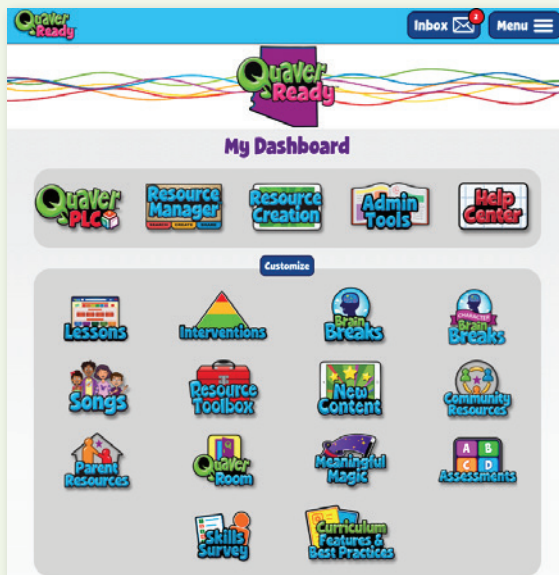
Reviewer Access

Below you will find the login information for both our teacher and student editions. While student accounts are optional, they do allow educators to create assignments and share resources with students.

Students can only access assigned content and cannot browse other parts of the curriculum.

Teacher Edition

For full access to all materials, please login to the teacher edition.



- Visit QuaverEd.com/Login
- Enter the credentials below.
 - Username: **TucsonReadyReview**
 - Password: **TucsonReview!2025**

Student Edition

Explore a selection of lessons showing what a student account may display when assignments are issued. Note this is just a portion of the content available to students.



- Visit QuaverEd.com/Login
- Enter the credentials below.
 - Username: **Student1Tu**
 - Password: **TucsonReview!2025**



Quick Start Guide

Getting Started with QuaverReady

1. Visit **QuaverEd.com**.
2. Click **Log In**, located in the upper-right corner.
3. Enter your **Username** and **Password**.

Navigating the QuaverReady Dashboard

Instructional Resources

The bottom section of the dashboard includes all lessons and interventions. It also houses additional resources for instruction and family engagement.

Support Tools

The top section of the dashboard includes resources and tools for educators. Here, teachers can create and customize lessons, assign work, and more. Troubleshooting tips and technical support can also be found here.

The dashboard interface shows a top navigation bar with 'Switch Curricula', 'Inbox', and 'Menu'. Below this is a row of icons for 'Quaver PLC', 'Resource Manager', 'Resource Creation', 'Admin Tools', and 'Help Center'. A 'Customize' button is also present. The main area is divided into 'Elementary' and 'Middle' tabs, displaying a grid of resource icons: Lessons, Interventions, Curriculum Features & Best Practices, Songs, Assessments, Skills Survey, Resource Toolbox, New Content, Community Resources, Parent Resources, Brain Breaks, and Quaver Room. A 'Meaningful Magic' icon is also visible at the bottom.

Supporting English Language Learners

QuaverReady includes extensive resources in both **English and Spanish**. Many are viewable with side-by-side English and Spanish displays, allowing students to access information in both languages.

Big and Small Problems

Select and sort each problem as big or small.

Seeing a fire

Big Small

Someone slipping you in line

Check Reset

Problemas Grandes y Pequeños

Selecciona y clasifica cada problema como grande o pequeño.

Ves un incendio

Grande Pequeño

Alguien se salta la fila

Verificar Reiniciar

Dashboard Icons

The QuaverReady Dashboard houses all your resources and can be customized according to your preferences. Below, you will find brief descriptions of some of the most-used resources and tools.



Access our professional learning series for educators, "Creating a Culture for Success."



Take a break! Provides a calendar of daily 5- to 10-minute activities to promote mindfulness.



Customize lessons by adding, deleting, and rearranging activities and editing lesson plans.



Explore QuaverReady's original songs in Spanish and English in this interactive library.



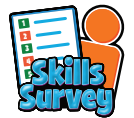
Create new resources or bring your own resources into a lesson.



Explore activities, rubrics, basic tools, quizzes, and more.



Manage student accounts, take attendance, give assignments, and monitor students' progress.



Assess students' skill levels and access recommendations for targeted instruction.



Troubleshoot device or account issues and obtain curriculum news, features, and updates.



Discover newsletters and resources to share and engage families in learning.



Access all competency-aligned lessons and Quaver Plus topics for grades Pre-K–5.



Find monthly themed activities to engage school and family communities.



Explore Intervention activities for individuals and small groups, along with Behavior and Peace Corner Resources.



Evaluate students' mastery of readiness skills through quizzes, rubrics, assessments, and other tools.



Share Resources with Families at Home

To share resources with families, simply select QR Code from the Settings menu to get a shareable QR code and URL. Families can use those links to access the resource – no login required.

QuaverReady Parent Newsletters are also designed to be shared. These newsletters, available in English and Spanish, offer activities and discussion points for home use.



Lessons

QuaverReady Lessons are aligned to personal and social competencies and the Lesson Selection Menu can be organized by suggested lesson order or by competency. Lessons can be flexibly implemented in 30- to 45-minute weekly lesson periods or in 5- to 10-minute daily lesson periods using the Morning Meeting function.

QuaverReady Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Quaver Plus:
 - » Academic Achievement
 - » Bullying
 - » Personal Safety
 - » Honesty
 - » Anxiety
 - » Disappointment
 - » Moods
 - » Transition
 - » Grief

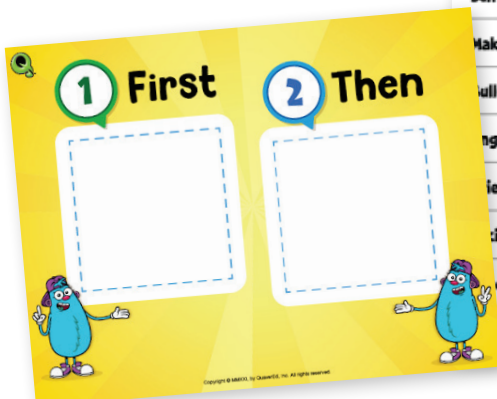


Interventions

QuaverReady Intervention Resources offer Tier 2 and Tier 3 support for individuals and small groups. These resources include weekly lessons available by topic; Behavior Resources such as Choice Boards, Break Cards, and Check-In/Check-Out Sheets; and Peace Corner Resources for de-escalation.

Intervention Resources

- Individual Interventions
- Small Group Interventions
- Behavior Resources
- Peace Corner Resources



Intervention Resources			
	Individual Interventions	Small Group Interventions	Behavior Resources
Topics	K-2		3-5
Self-Esteem	I Am Special!		My Confidence and Self-Esteem
Making Good Choices	When I Make Good Choices		Why Good Choices Are Important
Bullying	Bullying and Why It Hurts Others		Bullying Impacts Us All
Anger	When I Feel Angry		Managing Frequent Anger
Grief	Working Through Grief and Loss		Coping With Grief and Loss
Social Skills	Having Friendly Conversations		Why Are Social Skills Important?
Academic Support	Success at School		Managing Academics
Assertiveness	Speaking Up for Yourself		Being Assertive



What's in a Lesson?

Welcome

Introduce the topic, objectives, and vocabulary.



Topic Discussion



Initiate discussion and assess prior knowledge.

Lesson Mindset

Learn and reflect on a key phrase for student retention.



Song or Story



Engage students in the topic.

Application and Critical Thinking Activities

Students apply their learning and connect to their lived experiences.



Reflection and Assessment



Allow students to reflect on and share their learning.



What's in an Intervention?

Welcome

Set norms and begin building relationships.



Define



Name and define the area of need.

Identify

Notice the area of need and its impacts.



Apply

Learn and consider new strategies.



Practice

Practice skills and strategies learned.



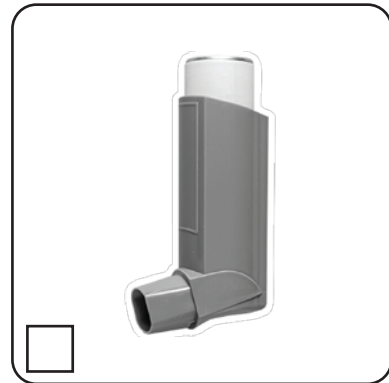
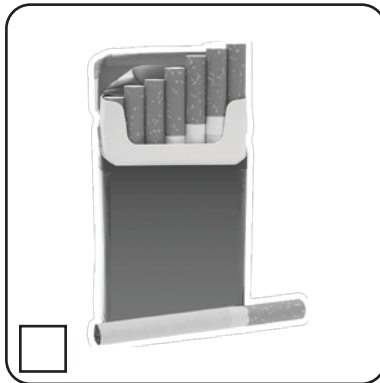
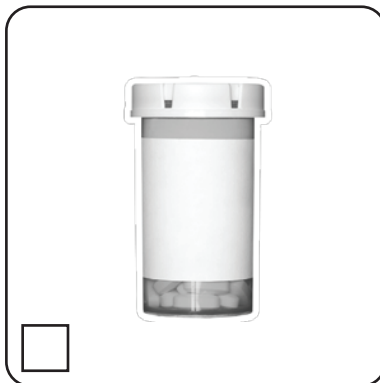
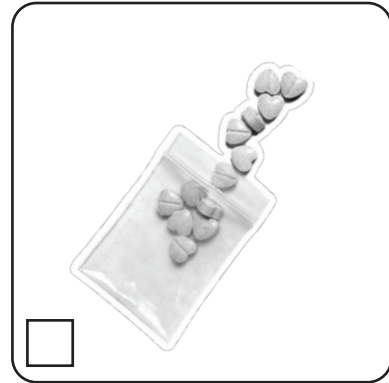
Reflect

Reflect on progress and prepare to move forward.



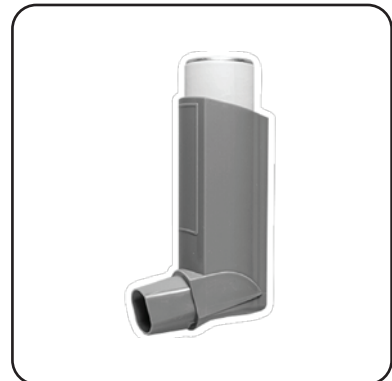
What is safe?

Circle the substances that are safe to use with a trusted adult and put an "x" on the ones that are not safe.



¿Qué es seguro?





Encierra en un círculo las sustancias que son seguras de usar o tomar con un adulto de confianza y marca con una "x" las que son peligrosas.



Name: _____

Planning My Choices





Write one way how each of these influences impacts your choices about drugs and alcohol.

<div>  </div> <div>Family</div>	<div>  </div> <div>Activities</div>	<div>  </div> <div>Technology</div>	<div>  </div> <div>Friends</div>

Nombre: _____

Planificando Mis Decisiones

Escribe una manera en la que cada una de estas influencias impacta tus decisiones sobre las drogas y el alcohol.

 <div>Familia</div>	 <div>Actividades</div>	 <div>Tecnología</div>	 <div>Amigos</div>

Effects of Drugs and Alcohol

Draw a line from the substance to an effect it has on health.

1. This can make you feel overly excited and anxious.

2. This can cause heart and liver disease, cancer, and many other problems.

3. These can impact your heart and lungs and be possibly filled with unknown chemicals.

4. These can cause you to become addicted if misused.

5. This can impact decision-making and perception, and cause you to have trouble solving problems.

Vapes



Prescription Drugs



Alcohol



Caffeine



Marijuana



Efectos de las Drogas y el Alcohol

Dibuja una línea entre la sustancia y el efecto que tiene sobre la salud.

1. Esto puede hacerte sentir demasiado agitado y ansioso.

2. Esto puede causar enfermedades del corazón y el hígado, cáncer y muchos otros problemas.

3. Estos pueden afectar tu corazón y tus pulmones y posiblemente estén llenos de químicos desconocidos.

4. Estos pueden causar adicción si se usan de forma incorrecta.

5. Esto puede impactar la toma de decisiones y la percepción, y puede causar dificultad para resolver problemas.

Cigarrillos Electrónicos



Medicamentos con Receta Médica



Alcohol



Cafeína



Marihuana



Name: _____

Coping with Big Feelings

Write down a healthy way to cope with each emotion.

Worried

Lonely

Bored

Unsteady

Pressured

Stressed

Name: _____

Coping with Big Feelings - Journaling Activity

Read the prompts below and respond by journaling.

Write about a time when you had big feelings and needed to use coping skills to make a healthy choice.

What could have happened if you hadn't used healthy coping skills?

Who were the parents, trusted adults and friends that gave you support and resources during this time?

When you encounter big feelings or hard situations in the future, how can you use what you've learned to avoid drugs, alcohol, and other harmful substances?

Name: _____

Influence Criteria

Refer to the following when discussing each scenario.

- **Could this hurt me?**
- **Could this hurt others?**
- **Could this negatively impact my future?**

Nombre: _____

Afrontando los Sentimientos Grandes

Escribe una forma saludable para afrontar cada emoción.

Preocupación

Soledad

Aburrimiento

Inestabilidad

Presión

Estrés

Nombre: _____

Afrontando los Sentimientos Grandes - Escribir en un Diario

Lee las siguientes preguntas y responde escribiendo en tu diario.

Escribe sobre un momento en el que tuviste que afrontar sentimientos grandes y necesitaste utilizar habilidades de afrontamiento para tomar una decisión saludable.

¿Qué podría haber pasado si no hubieras utilizado habilidades de afrontamiento saludables?

¿Quiénes fueron los padres, adultos de confianza y amigos que te dieron apoyo y recursos durante este tiempo?

En el futuro, cuando tengas que enfrentarte a sentimientos grandes o a situaciones difíciles, ¿cómo puedes utilizar lo que has aprendido para evitar las drogas, el alcohol y otras sustancias dañinas?

Nombre: _____

Criterios de Influencia

Hazte las siguientes preguntas al analizar cada situación.

- **¿Podría hacerme daño?**
- **¿Podría perjudicar a otros?**
- **¿Podría afectar negativamente mi futuro?**

Why I Say No

There are many reasons to say no to drugs and alcohol. List or illustrate reasons to say no to each of the dangerous substances below.

<p>Vaping</p>	<p>Alcohol</p>
<p>Tobacco</p>	<p>Drugs</p>

Why I Say No

Advocacy time!

Design a poster that encourages your classmates to say no to drugs and alcohol.



Por Qué Decir No

Hay muchas razones para decir no a las drogas y al alcohol. Escribe o dibuja las razones para decir no a cada una de las siguientes sustancias peligrosas.

Cigarrillo Electrónico

Alcohol

Tabaco

Drogas



Por Qué Decir No

¡Hora de la defensa!

Diseña un cartel que anime a tus compañeros a decir no a las drogas y al alcohol.

A large, empty rectangular box with a thin black border, intended for students to draw a poster that encourages their peers to say no to drugs and alcohol.



Where Learning Comes Alive