



# **The PASSPORT Program: A Journey through Emotional, Social, Cognitive, and Self- Development/Grades 6-8**

*Ann Vernon*

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An effective prevention curriculum that helps students in grades 6-8 learn positive mental health concepts by developing self-acceptance, personal relationship skills, problem-solving and decision-making strategies, and skills to deal with troublesome emotions. It is designed to teach students what is normal for their age group and to help them learn effective strategies for dealing with the challenges and problems of growing up. PASSPORT is a self-contained developmental curriculum containing numerous learning activities for use in classrooms or small-group settings. The activities can also be adapted for use in individual counseling. The PASSPORT Program is strongly grounded in developmental theory and the principles of Rational-Emotive Behavior Therapy.

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