

Comprehensive Module List, K-12

BASE Education provides personalized learning pathways for students needing Tier 2 and Tier 3 support. 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 parent and instructor modules for middle and high school modules
- All content builds upon evidence-based practices and is CASEL-recognized

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*
- 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
- 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)
- Vision of Self*
- Welcome Module

CASEL Competencies

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is the nation's leading organization advancing the development of academic, social, and emotional competencies.

Every BASE module aligns with all five CASEL competencies: self-awareness, self-management, responsible decision-making, relationship skills, and social awareness.



*Middle school module includes video content

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

Comprehensive Module List, K-12

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
- 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
- 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)
- Vision of Self
- Welcome Module

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

Substance Use and Misuse Series

- 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

**Middle school module includes video content*

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

Professional Development

- What is SEL: The Basics
- Breaking Down the Elements of SEL Through an Educator Lens
- Understanding Your Own Backpack
- Leading With Your Core Values
- Suicide Education and Prevention for Educators