

Goal Setting

Over the next 10 sessions, we will learn important life skills that will help you stay happy, healthy, and confident. Some of these skills include: setting and reaching goals, managing emotions, and making healthy choices. Goals can be short term or long term. An example of a short term goal is, "I want to level up in Minecraft." And an example of a long term goal would be, "I want to graduate from high school." When creating a goal, you want to make sure to name it. Say things like, "I can do it," or "Go for it," and always make sure to celebrate your successes. (Even the small ones)

Next we're going to watch 2 videos. In the first video you will see a little girl named Tinka. Tinka wants to save her money to get a new scooter. She saves her allowance and she is eventually able to buy her new scooter. And in the second video, you will see a group of friends that want to raise money to buy toys for other children in need.

Videos

<https://www.youtube.com/watch?v=FxWBG5Hwxll>

<https://www.youtube.com/watch?v=5eI5JvTGzAI>

Questions

- What does SMART stand for?

Specific, Measurable, Achievable, Rewarding, Time Specific

- Create a long term and a short-term goal for yourself. Write them down on a piece of paper.

Major Intersection-Decision Making

In this session, we will talk about making decisions. How many decisions have you already made today? Some decisions require a lot of thought and some you just do. An example of a decision that requires a lot of thinking would be, "Should I go play basketball at the park with my friends, or should I stay at home and study for my math test?" A decision you may not have to put much thought into would be, "Should I sit on my bed or on the floor while I play a game?" Here are a few steps to think about when making a decision, Stop, think, act, and reflect.

The first clip is about making choices and the effects that each choice has on you. If you eat a whole box of cookies...you will get sick. In the second clip, we will take a look at how our choices affect the people around us, and the feelings behind the choices we make.

Videos

<https://www.youtube.com/watch?v=gdsCUExLE-Y>

https://www.youtube.com/watch?v=6cxt_Ki4GSo

Questions

- What choices did you make today?
- What choices did you make and how did they affect the people around you?

Too Good for Drugs

Session 3

I See Me - Identifying and Managing Emotions

In this session we will talk about identifying and managing emotions. Think of some emotions that you experience every day. Things like: happiness, anger, sadness, stress, and excitement. These are all good examples of emotions that you may feel on a very regular basis.

In the first clip, we will look at other kids and help name their emotions. Try to name them before the time is up. You will learn new emotions like, pride, celebration, and boredom. The second clip is about how to manage your anger. It will also look at why we lose our emotions.

Videos

<https://www.youtube.com/watch?v=MeNY-RxDJig>

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Questions

- Practice closing your eyes and think happy thoughts.
- Come up with a plan to calm yourself down when you get upset.

Effective Communication

Throughout this session, we will learn about communication and how it works. Let's start by talking about communication. Communication is the sending and receiving of information between two or more people so the message can be understood. The messages can come in many forms, verbal, texting, emails, or even sign language. When a message is not understood, it's called miscommunication. When our messages are not received the way we wanted them to be, this can cause many problems in our lives.

The first clip will show us all the types of communication. Think of all the different types of communication you may use in your everyday life. And in the second clip, we will take a look at miscommunication, and how things can get lost in translation, and also how to fix these issues.

Videos

<https://www.youtube.com/watch?v=Z8QxVUGCsoc>

<https://www.youtube.com/watch?v=gCfzeONu3Mo>

Questions

- Give an example of your favorite type of communication?
- How did you feel when someone misunderstood you?

Community Garden - Bonding and Relationships

In session 5, we will talk about building healthy friendships. Why is it important to build healthy friendships? Good friends care for one another, they're interested in each other, and they make each other feel important. Knowing the qualities that make a good friend to someone else.

The first video we will watch will look at the different things to look for when finding new friends. You want to have something in common, such as sports, reading, watching movies, or even exercising. You want to find someone you can do fun things with. In the next video, we will take a look at unhealthy relationships, and the many different signs to recognize them.

Videos

<https://www.youtube.com/watch?v=OoHdwUEfBts>

<https://www.youtube.com/watch?v=yO3Jm4tsQnA>

Questions

- Think about your friendships. How are they healthy or unhealthy?
- If you have a problem, what's your friend's name you would talk to?

Town Hall Meeting: Peer-Pressure Refusal

In this lesson, we will talk about peer-pressure and how to avoid situations that could get us in trouble. The first strategy is to just say no. “No thanks,” “No way,” or “Sorry, but no.” These are all good things to say when you feel like you are being peer-pressured into doing something you’re not supposed to be doing. But sometimes, simply saying no isn’t enough. So the next step is to walk away. Think of a safe place to go and start walking there. Don’t hang around while other people are doing bad things. Another strategy is to just ignore them all together. When you ignore someone, you act as if the person pressuring you isn’t even there.

In the first video, we will look at what negative peer-pressure is. It will go into detail about the difference between positive and negative peer-pressure. An example of positive peer-pressure would be wanting to do better on a math test than your friend. So you study really hard to pass the test with an A. The second video looks at the importance of having a plan to handle peer-pressure. It’s always important to have a plan in place, that way you’re not surprised by any possible negative peer-pressure, and you will know exactly how to get out of that situation.

Videos

<https://www.youtube.com/watch?v=yDd1qcLfjUg>

<https://www.youtube.com/watch?v=ZA09vyY76g8>

Questions

- What is your plan to reuse peer pressure?
- Reflect on a time you let peer pressure make the decision for you? What could you have done better?

Brain Drain: Effects of Alcohol Use

Alcohol is a drug that can alter your thought process. What is the legal drinking age for alcohol? Answer: 21 years old. No matter the person’s age, drinking alcohol affects the normal functions of the brain. Drinking alcohol is especially harmful for people under 21 years of age, because your brain is still growing and not fully developed. Alcohol use can slow down or even stop the healthy development of your brain.

In the first clip, we will look at how the neurotransmitters in the brain are affected by alcohol. Alcohol can also affect the way you see and react to a situation. The second clip looks at how alcohol is not the answer to help with your problems or feelings. Many people use alcohol as a way to escape their life's problems, and this is not a healthy way to deal with things.

Videos

<https://www.youtube.com/watch?v=7x6HUNTnXUw>

<https://www.youtube.com/watch?v=aucAFuZJuC4>

Questions

- What is the legal age to drink alcohol?
- What are the effects of alcohol to a young person?

Too Good for Drugs

Session 8

No Butts About It: Effects of Tobacco Use

In this lesson we are going to talk about the harmful effects of using tobacco products like cigarettes, cigars, and chewing tobacco. Tobacco is a drug that is illegal for people under the age of 21 years old to use. Cigarette smoke surrounds the smoker and gets into his or her hair, leaving a very unpleasant smell. Smokers also develop wrinkles around the eyes and the mouth. The chemicals in tobacco smoke stick to the inside of the smoker's mouth, causing bad breath. No matter how much smokers rinse their mouths, they have bad breath.

The first clip will talk about the risks of using e-cigarettes and the unknown effect they may have on people. Many young people think it's cool to use things such as Juuls and vapes, but they actually have many negative effects on your health. The second video will talk about all the different effects that smoking tobacco may have on your health.

Videos

<https://www.youtube.com/watch?v=6JCAyb3IDTo>

<https://www.youtube.com/watch?v=IW6hwmdZbmE>

Questions

- What is Evali?
- How many chemicals are in cigarettes?

Too Good for Drugs

Session 9

Use as Directed - Understanding the Safe Use of Prescriptions and OTC Medicines

Today we are going to talk about the medicines and how they can be helpful when you are ill and how they can be harmful if they are used incorrectly. Medicines are made from drugs that can help your body, but medicines are only helpful when they are taken correctly. Medicine can be bad for you if you take the wrong kind or the wrong amount.

A doctor, a nurse, a parent, or other trusted adult can safely give you medication. OTC medicine is something you can get from a store without doctor's orders. Prescription medication means you can only get it if a doctor okays you to have it.

In the first video, we will take a look at what an OTC medication is and how important it is to take them correctly. And in the second video, you will learn how to keep your medications safe. It is extremely important to keep your medications in a safe place, and away from any animals or small children.

Videos

<https://www.youtube.com/watch?v=jE0-r2APdc>

https://www.youtube.com/watch?v=X4T_PcncdXY

Questions

- How can I give you medications?
- What is the difference between OTC and prescription medications?