

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To teach students about self-esteem and how it is developed.	Sharing thoughts and feelings; reframing thoughts on personal abilities; demonstrating a personal skill to peers.	1
Decision-Making	To teach students a simple step-by-step process for making decisions.	Group decision-making; sharing ideas in a small group.	1
Smoking Information	To introduce reasons some people smoke.	Practicing pulse taking and exercising; small group discussion; questioning; cause and effect reasoning.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; creating counter-advertisements.	1
Dealing with Stress	To teach students to recognize stress and to practice techniques to deal with stress.	Practicing stretching and deep breathing; finding what works.	1
Communication Skills	To teach students how feelings are communicated.	Group discussion of feeling words and verbal communication; practicing non-verbal communication; practicing “body language.”	1
Social Skills	To help students learn ways of building and maintaining friendships.	Brainstorming /discussion; analysis of terms; sharing perceptions about friendship; drawing, bulletin board.	1
Assertiveness	To teach students refusal skills.	Practicing & analyzing different ways to say “No”; practicing refusal skills in pairs; practicing in small groups or in front of the class.	1
<b>Total Class Periods</b>			<b>8</b>

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To make students aware that they are unique and should feel good about their uniqueness.	Sharing thoughts and feelings; reframing thoughts on unique attributes; identifying similarities and differences in a team setting.	1
Decision-Making	To teach students how their daily decisions are influenced in direct and indirect ways.	Defining and applying terms; assessing likely behavioral responses to direct and indirect influences.	1
Smoking Information	To teach students about the consequences of nicotine and tobacco products on their body.	Small group discussion; writing; reporting.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; contrasting ads with reality; interpreting ad jargon.	1
Dealing with Stress	To identify positive and negative ways to cope with stress.	Practicing relaxation techniques; group brainstorming; practicing and finding what works; listening to music while relaxing.	1
Communication Skills	To teach students about the importance of communication.	Defining terms and examples of verbal communication; practicing non-verbal communication; communicating nonverbally through movement.	1
Social Skills	To help students learn ways to get along with their peers.	Sharing examples of positive and negative peer pressure; hearing messages from peers.	1
Assertiveness	To teach students how to develop assertiveness skills.	Practicing and writing I-messages; recognizing feelings and formulating I-message responses.	1
<b>Total Class Periods</b>			<b>8</b>

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To help students feel better about themselves by taking a broader perspective of what they have already achieved and of what is possible for them to achieve in the future.	Setting time lines; considering short and long-term goals; identifying and assessing risks; group discussion and writing.	1
Decision-Making	To teach students how to make decisions in tobacco-related situations.	Group decision-making; 3-step decision-making; sharing ideas in a small group.	1
Smoking Information	To familiarize students with the many different kinds of tobacco products and teach them that attitudes, norms, and laws about smoking in this country are changing.	Sharing perceptions of tobacco; observing tobacco products; writing; reporting.	1
Advertising	To create an awareness in students of the many techniques and appeals that advertisers use to get consumers to purchase their products.	Discussing names of ad techniques; group “marketing” activity/ presentation.	1
Dealing with Stress	To teach students that because stress does not go away, one of the best ways to deal with it is to prevent it.	Time-management, studying, test-taking; reporting to a group.	1
Communication Skills	To teach students the importance of communication.	Discussion, writing, thinking about what is being said; practicing passive and active listening.	1
Social Skills	To teach students ways to deal with conflict in a positive way.	Identifying personal conflict styles and alternatives; conflict resolution; analyzing terms.	1
Assertiveness	To help students learn assertive skills that will enable them to stand up for themselves.	Team role-playing; interpreting terms and applying them to situations.	1
<b>Total Class Periods</b>			<b>8</b>