

Proximal Goals

Core Lesson One: Introduction to Project ALERT

1. To set the tone and establish an open, supportive classroom environment
2. To motivate students and to convey the purposes of Project ALERT

Core Lesson Two: Consequences of Smoking Cigarettes and Marijuana

1. To increase students' perception that using cigarettes or marijuana has serious consequences that can immediately affect their daily lives and social relationships
2. To motivate students to resist pressures to use cigarettes and marijuana by helping them identify the social, psychological, and physical consequences of using those substances

Core Lesson Three: Drinking Consequences and Alternatives

1. To demonstrate the similarities between using marijuana and alcohol
2. To increase students' perception that drinking alcohol has serious consequences that can immediately affect their daily lives and social relationships
3. To motivate students to resist drinking alcohol by helping them identify the social, psychological, and physical consequences
4. To present alternatives to drinking

Core Lesson Four: Introduction to Pressures

1. To help students resist drugs by showing them how to identify different pressures to use drugs
2. To motivate resistance by showing students that most teenagers do not use drugs
3. To help students resist media pressure by learning how to counter advertisements

Core Lesson Five: Social Pressures to Use Drugs

1. To help students understand and identify social pressures to use drugs
2. To provide examples of how to resist social pressures to use drugs
3. To give students practice in resisting social pressures

Core Lesson Six: Resisting Internal and External Pressures to Use Drugs

1. To help students learn how to resist external pressures to use drugs
2. To help students understand the concept of internal pressures
3. To help students learn how to resist internal pressures

Core Lesson Seven: Practicing Resistance Skills

1. To provide students with practice resisting pressures from others
2. To present alternative ways of resisting pressures
3. To help students feel capable of resisting internal pressures through discussion and practice

Core Lesson Eight: Inhalant Abuse

1. To show students how to protect themselves from accidental inhalant poisoning
2. To motivate students not to use inhalants intentionally
3. To motivate experimenters to quit

Core Lesson Nine: Review and Practice of Resistance Techniques

1. To review and practice ways of resisting pressures to use drugs
2. To help students feel capable of resisting when faced with a real-life pressure situation
3. To help students become aware of the benefits of not using drugs

Core Lesson Ten: Smoking Cessation

1. To acknowledge that it's hard to quit smoking, but it can be done and it's worth it
2. To identify actions students can take to quit smoking

Core Lesson Eleven: Benefits of Not Using Drugs

1. To review and reinforce negative consequences of using drugs, particularly cigarettes, marijuana, inhalants and alcohol
2. To motivate and reinforce resistance by reminding students of the benefits of nonuse
3. To reinforce resistance by eliciting a written commitment

Booster Lesson One: Motivating Resistance to Drugs

1. To remind students of the consequences of drug use as a means of motivating resistance
2. To increase resistance self-efficacy by helping students understand the nature and variety of pressures to use drugs and by providing practice in resisting them
3. To motivate resistance by presenting new information about problems with drugs

Booster Lesson Two: Practice Resisting External and Internal Pressures

1. To increase resistance self-efficacy by reviewing external and internal pressures and helping students understand them
2. To provide students with practice resisting external and internal pressures

Booster Lesson Three: Benefits of Resisting Drugs

1. To increase resistance self-efficacy by providing students with practice resisting pressures
2. To help students understand that resistance is easier if they support each other
3. To increase resistance motivation by discussing the benefits of nonuse