

Numbers in the grid below indicate the lesson activities in which the topics are addressed. B1, B2, and B3 refer to the lessons in the Booster Program.

	Lesson 1	2	3	4	5	6	7	8	9	10	11	B1	B2	B3
Topics	Introduction	Consequences of Cigarettes and Marijuana	Drinking Consequences and Alternatives	Introduction to Pressures	Social Pressures to Use Drugs	Resisting Internal and External Pressures to Use Drugs	Practicing Resistance Skills	Inhalant Abuse	Review and Practice of Resistance	Smoking Cessation	Benefits of Not Using Drugs	Motivating Resistance to Drugs	Practice Resistance to External and Internal Pressures	Benefits of Resisting Drugs
INFORMATION														
Harmful effects of tobacco	3,6	1,2,4,7		7	2,3,4	4,6			3,4	2,4	2,3	2,7	1-8	1,5
Harmful effects of alcohol	4,5,6	7	3,6			4,6			3,4,6		1-3	3	7,8	1,5
Harmful effects of marijuana	3-6	3,4,5				4,6	2-6		3,4,6		1-3	3,7	1,5,7	5
Harmful effects of inhalants								2-6,8	3,4		2	6,7	1	
Harmful effects of other drugs									3,4,6	6	1-3	6,7	1	5
Natural addictions			6	7	2	4,6			7	2,4	2	2,7	1	5
Reason people use tobacco	3,6			2-5,7	2	4,6			2	2,4	2,3	4	2,3,7	2
Reasons people use alcohol	4-6		2	2		4,6			2		2,3	4	7	2
Reasons people use marijuana	3-6			2		4,6			2		2,3	4	7	2
Reasons people use other drugs				2				7	2		2,3	4,7	1	5
Harmful effects of second hand smoke				7						3		7	1	
Harmful effects of smokeless tobacco				7					3,4				5	
Positive effects of smoking cessation										4				
SKILLS														
Abiding by ground rules	2,5	1,3	1,5	3	6	5	6				2	1	3	3
Identifying sources of influences	4-5		7	1	1,2	2-6		7	2,3,4		2		2,3,6,7,8	2
Recognizing misperceptions of norms	5,6			3						3,6				
Influencing social norms					2-6		3-5	3,4	3,4					3
Cognitive skills for resistance		6			2-6	2,3,4,6	3-6	7	3,4,5	2,6		5,7	1,4	2,3,6
Saying "no" to friends					2-7	2,3,4,6	3-5		3,4,5			5	4	
Saying "no" to yourself						2,3,4,6	3-5		3,4,5			5	7	
Identifying alternatives to ATOD			5,7	1	2-6	2,3,4,6	3-5						4	
Decision-making skills					2,6	2,3,4,6	3-5						5,7	
Countering media influences				4-7	1									6
Coping with stress		5,7	1											
BONDING/SELF ESTEEM														
Acknowledging feelings		6	4		6	4,6							6	
Coping with unpleasant feelings		4												
Identifying personal strengths					5,6	4,6				5			7	4
Recognizing the influences of stress			4							4				
Assertiveness					5,6	4,5,6	3,4,5		3,4,5				7	4
Recognizing the power of saying "no"					5,6	4,5,6	3,4,5		3,4,5		4			4
Positive self talk						4,6				5	4,5			4
Identifying healthy ways to have fun					5,6	3,4	3,4,5		3	4				
Identifying what is important					5,6	4,5,6	3,4,5			4,5				4,6
Helping others feel included					5,6									
Working creatively with others	3		6	6	3,4		3,4	7	3,4			5	7	6