

Lesson One: Introduction to Project ALERT

Introduces Project ALERT; sets the tone for the program; clarifies reasons why people do and don't use drugs.

Lesson Two: Consequences of Smoking Cigarettes and Marijuana

Motivates students to resist drug use by having them identify immediate and later consequences of smoking cigarettes and marijuana; increases students' perceptions that using cigarettes and marijuana impacts their daily lives and social relationships.

Lesson Three: Drinking Consequences and Alternatives

Identifies reasons why people drink alcohol; discusses consequences of drinking; demonstrates similarities between drinking and marijuana; presents how alcohol is used to cover feelings; and brainstorms alternatives to drinking.

Lesson Four: Introduction to Pressures

Marks the transition into the skill-building section of the curriculum; helps students resist pressures to use drugs by identifying what the different pressures are and where they come from; counters belief that "everyone uses" with survey information indicating that most teenagers do not use drugs.

Lesson Five: Social Pressures to Use Drugs

Provides the first example of the modeling, practice, and feedback strategy used throughout the curriculum; identifies social pressures to use drugs; teaches resistance skills and facilitates saying "no" in social situations.

Lesson Six: Resisting Internal and External Pressures to Use Drugs

Identifies internal pressures to use drugs; students discuss and practice resistance techniques for internal and external pressures.

Lesson Seven: Practicing Resistance Skills

Facilitates practice of resisting external pressures to use drugs; presents additional alternative ways to resist pressure; encourages students to openly express feelings of being capable of resisting internal pressures.

Lesson Eight: Inhalant Abuse

Introduces inhalants; shows students how to protect themselves from accidental inhalant poisoning; discusses physical consequences of inhalant abuse; identifies ways to resist pressure to try inhalants.

Lesson Nine: Review and Practice of Resistance Techniques

Reinforces earlier lessons by reviewing resistance techniques and facilitating resistance practice; introduces the concept of benefits from not using drugs.

Lesson Ten: Smoking Cessation

Identifies why it is hard to quit smoking; offers techniques for quitting and changing general behavior.

Lesson Eleven: Benefits of Not Using Drugs

Reviews and reinforces negative consequences of using drugs; motivates resistance by reviewing benefits of not using drugs; elicits written commitments from students.

Booster Lesson One: Motivating Resistance to Drugs

Re-introduces Project ALERT; reviews consequences of using marijuana, alcohol and cigarettes; reviews sources of pressure; introduces facts about crack and LSD and new prevalence rates.

Booster Lesson Two: Practice Resisting External and Internal Pressures

Reviews concept of external and internal pressures; students prepare and act out internal pressure skits.

Booster Lesson Three: Benefits of Resisting Drugs

Reviews the benefits of resistance and discusses how friends can help each other resist pressure.