

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
Total Class Periods			8