

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
Total Class Periods			8