

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To help students feel better about themselves by taking a broader perspective of what they have already achieved and of what is possible for them to achieve in the future.	Setting time lines; considering short and long-term goals; identifying and assessing risks; group discussion and writing.	1
Decision-Making	To teach students how to make decisions in tobacco-related situations.	Group decision-making; 3-step decision-making; sharing ideas in a small group.	1
Smoking Information	To familiarize students with the many different kinds of tobacco products and teach them that attitudes, norms, and laws about smoking in this country are changing.	Sharing perceptions of tobacco; observing tobacco products; writing; reporting.	1
Advertising	To create an awareness in students of the many techniques and appeals that advertisers use to get consumers to purchase their products.	Discussing names of ad techniques; group “marketing” activity/presentation.	1
Dealing with Stress	To teach students that because stress does not go away, one of the best ways to deal with it is to prevent it.	Time-management, studying, test-taking; reporting to a group.	1
Communication Skills	To teach students the importance of communication.	Discussion, writing, thinking about what is being said; practicing passive and active listening.	1
Social Skills	To teach students ways to deal with conflict in a positive way.	Identifying personal conflict styles and alternatives; conflict resolution; analyzing terms.	1
Assertiveness	To help students learn assertive skills that will enable them to stand up for themselves.	Team role-playing; interpreting terms and applying them to situations.	1
Total Class Periods			8