

Targeted Program Guide – Overview				
Key: <b>CB: Community Builder</b> <b>MA: Main Activity</b> <b>FR: Family and Caregiver Resource</b>				
		Grades K-2	Grades 3-5	Grades 6-8
	<b>Session 1</b>	CB: Movement Circle MA: Building Our Group Agreements	CB: Movement Circle MA: Building Our Group Agreements	CB: Movement Circle MA: Building Our Group Agreements
<b>Unit 1</b> Positive View of Future	<b>Session 2</b> Vision and Goals for Future Self	CB: Three Wishes MA: I've Got Big Plans	CB: Get to Know You Bingo MA: All About Me	CB: What Matters to Me? MA: Imagining the Future
	<b>Session 3</b> Identifying a Positive Support Network	CB: Superhero Clap MA: My Real-Life Superhero	CB: Marshmallow Toss MA: My People Mapping	CB: Guess Who's Coming to Dinner? MA: Community Support Map
<b>Unit 2</b> Effective Communication	<b>Session 4</b> Asking Health-Related Questions and Listening	CB: Betcha Didn't Know! MA: You've Got My Attention FR: Extension Activity	CB: Famous Pairs! MA: You've Got My Attention FR: Extension Activity	CB: The Wright Family MA: Active Listening FR: Extension Activity
	<b>Session 5</b> Assertive Communication	CB: Cooperative Drawing MA: Speak Up, Speak Kindly	CB: Let's Talk MA: What Would You Do?	CB: Open Fist MA: Assert Yourself!
<b>Unit 3</b> Decision-Making	<b>Session 6</b> Decision-Making Framework	CB: Emoji Run MA: Think, Feel, Do	CB: Weather Report Check-In MA: What Happens Next?	CB: Who Do You Choose? MA: Dani's Dilemma
	<b>Session 7</b> Practicing Decision-Making	CB: Would You Rather? MA: Decision-Making Magicians FR: Discussion Guide	CB: Healthy or Unhealthy? MA: Freeze! FR: Discussion Guide	CB: Rapid Decision-Making! MA: AMAZE-ing Decisions FR: Discussion Guide
<b>Unit 4</b> Resistance and Refusal Skills	<b>Session 8</b> Steps to An Effective Refusal	CB: Healthy or Unhealthy? MA: How to Say No	CB: It's OK to Say No MA: How to Say No	CB: What Does Peer Pressure Feel Like? MA: Saying No
	<b>Session 9</b> Practicing Refusal Steps	CB: Can't Stop, Won't Stop MA: I Can Say No!	CB: Mirror, Mirror MA: I Can Say No	CB: Have You Ever? MA: I Have the Power to Say No
<b>Unit 5</b> Media Literacy	<b>Session 10</b> Reliable Source	CB: Where the Wind Blows MA: Who to Ask?	CB: Two Truths and a Lie MA: Sticker Vote!	CB: What's Your Meme? MA: But Is It Verified?
	<b>Session 11</b> Media Messages	CB: What is it? MA: Make Your Own Health Message FR: On-site Experience	CB: Commonalities MA: Sell that Message! FR: On-site Experience	CB: Quick Commercial MA: How Do We See Ourselves? FR: On-site Experience