



Curriculum-Based Support Group (CBSG[®]) Program

Goals & Objectives for *Kids' Connection, Too*

Unit	Goal	Objectives
<p>I: I AM -</p> <p>Major Message:</p> <p>I AM likeable, capable, unique and valued.</p>	<p>To enhance each group participant's autonomy.</p>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • identify positive traits about themselves • identify unique, special qualities they have • recognize and celebrate one another's individual differences • identify reasons their families are special • understand that all families have problems • identify their feelings and recognize that all feelings are okay • identify ways to express feelings in healthy ways
<p>II: I CAN -</p> <p>Major Message:</p> <p>I CAN treat others like I want to be treated.</p>	<p>To enhance each group participant's social competence.</p>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • identify things that can and cannot be changed • identify qualities they want in a friend • identify qualities they have that make them a friend • give and receive a compliment • identify ways to adjust/adapt to change in positive ways • understand the importance of treating others like they want to be treated

Unit	Goal	Objectives
<p>III: I HAVE</p> <p>Major Message:</p> <p>I HAVE strengths, capabilities, and people who care about me.</p>	<p>To enhance each group participant's interdependence</p>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • identify special qualities they have • identify people in their life who can help them • identify people in their lives who care about them • identify ways to ask for help
<p>IV – I WILL</p> <p>Major Message:</p> <p>I WILL make healthy choices and be alcohol, tobacco and drug free.</p>	<p>To enhance each group participant's problem-solving skills.</p>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • learn how to make healthy choices • learn how to make responsible decisions that have positive consequences • identify ways of take care of oneself • recognize ways to overcome obstacles • identify ways to say no to alcohol, tobacco and other drugs
<p>IV – I BELIEVE</p> <p>Major Message:</p> <p>I BELIEVE I have a purpose.</p>	<p>To enhance each group participant's sense of purpose.</p>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • identify dreams for themselves • learn how to make plans so that dreams and goals can be fulfilled • identify resources to help them realize dreams • experience validation of their dreams • identify ways to overcome obstacles