

Curriculum-Based Support Group (CBSG®) Program

Youth Connection: 12-Session Topics & Major Messages

Session	Topic	Overview
1	<i>Getting to Know You</i>	As we begin Group, we will get to know each other and learn about <i>Kids' Connection</i> . Group is a safe place to belong, experience connections, and have fun!
2	<i>A Celebration of Me</i>	Each of us is special and unique because of who we are and not what we do. Using alcohol, tobacco, and other drugs will not help us feel better about ourselves.
3	<i>Feelings</i>	Each of us have feelings and all our feelings are okay. What is important is how we express our feelings. Learning how to cope with and express our feelings in healthy, appropriate ways is essential. Drinking alcohol or using other drugs to change our feelings is not a good choice.
4	<i>Handling Anger</i>	Reacting to situations with anger and inappropriate behaviors can have negative consequences. We can learn ways to stay calm, keep from fighting, and not lose control.
5	<i>Dreams & Goal Setting</i>	Dreams give us hope and a sense of purpose and future. Learning how to set and achieve goals helps us plan and take steps to achieve the future we hope for.
6	<i>Making Healthy Choices</i>	Each of us make choices every day, and all our choices have consequences. Consequences can be positive or negative. Using alcohol, tobacco, and other drugs is not a healthy, responsible choice and can have negative consequences.
7	<i>Friends</i>	To have a friend, we must BE a friend who is respectful and trustworthy. There are many positive, healthy ways we can make and keep the friendships we want.
8	<i>Resisting Negative Peer Pressure</i>	Pressure from our peers can influence us to make healthy or unhealthy choices. Learning ways to say no and resist negative peer pressure takes skills, practice, and confidence.
9	<i>Chemical Dependency: A Family Disease</i>	When a member of the family has a Substance Use Disorder everyone is affected. Family members can learn how to cope, take care of themselves, and who and how to ask for help.
10	<i>Changes & Challenges in My Life</i>	Change happens to everyone. Some changes we like, and others can be difficult, challenging, and out of our control. We can learn to accept and cope with change in healthy ways.
11	<i>Putting It All Together</i>	Each of us will reflect on what we have learned in the previous sessions and identify the knowledge and skills we have practiced and want to remember.
12	<i>Commitment & Celebration</i>	As we complete our time together, it is important to celebrate our accomplishments and each other. This is an opportunity to make a personal commitment not to use alcohol, tobacco, and other drugs or engage in other unhealthy behaviors.

Major Messages

I AM likeable, capable, unique, and valued.

I CAN treat others like I want to be treated.

I HAVE meaningful relationships and people who care about me.

I WILL make healthy, responsible decisions.

I BELIEVE in my purpose and future.