

Kids' Connection

CBSG Program Session Overview

The following *CBSG Program Session Overview* provides a summary of each Session Title, Major Message, Goal, Key Points, and Key Knowledge & Skills.

Session 1 – Getting to Know You

Goal: To create connections and understand the Group's purpose and process.

Key Points:

- ⊗ Our group is called *Kids' Connection* and is:
 - different from school and class – there are no right or wrong answers and there are no grades or tests;
 - a time to meet with others we may already know, make new friends, and have fun;
 - a time to learn about ourselves and each other, and about important choices which can help us now, and in the future;
 - a time for building trust with each other and a safe place to talk about our thoughts and feelings in confidence; and
 - a chance to take a break from our usual routine and spend time thinking about and discussing topics different from the ones in school.
- ⊗ You were invited to be in group because you can benefit from and enjoy the group, not because you are “in trouble.”
- ⊗ In group, there are Group Promises to help us feel safe and comfortable.

Major Message: *I AM not alone.*

Key Knowledge & Skills:

- ◆ group decision-making
- ◆ teamwork and cooperative learning
- ◆ positive messages of reinforcement
- ◆ respectful behaviors
- ◆ trust and confidentiality

Session 2 – A Celebration of Me!

Goal: To recognize and celebrate the unique and special qualities of each participant.

Key Points:

- ⊗ Each of us is “one-of-a-kind” (unique). There is no one else exactly like you.
- ⊗ We are special because of who we are, not because of what we do or what we have.
- ⊗ Using alcohol, tobacco, and other drugs will not make me feel better about ourselves.
- ⊗ It is important to recognize and respect our differences.
- ⊗ A factor in how we feel about ourselves is how we feel about our family. There are different, diverse kinds of families.
- ⊗ All families are special, and all families have problems sometimes. No family is perfect.
- ⊗ When our families have problems, we can take care of ourselves.

Major Message: *I AM likeable, capable, unique, and valued.*

Key Knowledge & Skills:

- ◆ identification of personal qualities and strengths
- ◆ respect of differences
- ◆ diversity of family relationships and dynamics
- ◆ self-care

Session 3 – Feelings

Goal: To identify feelings and learn healthy and appropriate ways to express them.

Key Points:

- ⊗ All of us have feelings. All our feelings are okay.
- ⊗ We can learn how to manage and express our feelings in healthy and appropriate ways.
- ⊗ Drinking alcohol, vaping, using tobacco or marijuana, and other drugs to change our feelings is never okay for us to do.

Major Message: *All my feelings are okay, and I CAN choose how to express them.*

Key Knowledge & Skills:

- ◆ identification and healthy expression of feelings
- ◆ understanding the impact of ATOD on feelings
- ◆ skills for managing feelings in healthy ways

Session 4 – Managing Anger

Goal: To identify ways to manage anger in healthy, appropriate ways.

Key Points:

- ⊗ When we lose control, become angry, and react inappropriately, there can be negative consequences.
- ⊗ Steps to managing anger: Imagine a STOP sign...
 1. S = Settle: Cool down and gain control.
 2. T = Think: What are you feeling and why?
 3. O = Options: What are positive actions and behaviors you can take so your response to anger is appropriate and non-hurtful?
 4. P = Practice: What are routine coping and self-control behaviors you can do every day?
- ⊗ Drinking alcohol, smoking, vaping, using marijuana or other drugs can make us lose self-control.
- ⊗ I can treat others with respect and like I want to be treated.

Major Message: *I CAN have self-control when I am angry.*

Key Knowledge & Skills:

- ◆ self-control and anger management
- ◆ understanding impact of ATOD on behaviors and expression of anger
- ◆ mutual respect and treatment

Session 5 – Dreams & Goal Setting

Goal: To believe in our sense of purpose and future dreams and learn to set goals to achieve them.

Key Points:

- ⊗ Dreams and goals for the future can give us hope and a sense of purpose.
- ⊗ There are steps we can take to help us set goals to fulfill our dreams:
 1. Identify our dreams.
 2. Develop a plan
 3. Ask for help.
 4. Be flexible.
- ⊗ Making healthy choices, engaging in positive activities, and working hard can help us achieve our goals and fulfill our dreams.
- ⊗ Drinking alcohol, smoking, vaping, using marijuana or other drugs can make it difficult to achieve our goals and fulfill our dreams.

Major Message: *I BELIEVE in my purpose and future.*

Key Knowledge & Skills:

- ◆ identification and understanding of steps for goal setting
- ◆ understanding of practices needed to achieve goals
- ◆ understanding impact of ATOD on goals and dreams

Session 6 – Making Healthy Choices

Goal: To make healthy, responsible choices.

Key Points:

- ⊗ Everyone makes choices every day and all our choices have consequences.
- ⊗ The consequences of our choices can either be positive or negative.
- ⊗ Drinking alcohol, smoking, vaping, using marijuana or other drugs is never a healthy choice for kids and teenagers and can have negative consequences.
- ⊗ Drinking alcohol, smoking, vaping, using marijuana or other drugs can be dangerous and seriously damage your developing brains and bodies.
- ⊗ Most people your age want to make healthy, responsible choices.

Major Message: *I WILL make healthy choices which are good for my brain and body.*

Key Knowledge & Skills:

- ◆ understanding of consequences of choices
- ◆ harmful impact of ATOD on healthy development
- ◆ understanding prevalence of ATOD use

Session 7 – Friends

Goal: To understand ways to be a friend and to have friends.

Key Points:

- ⊗ To have friends, we must also BE a friend.
- ⊗ There are healthy things we can do to have and be a genuine friend:
 - Be yourself.
 - Be equals.
 - Be a good listener.
 - Be respectful.
 - Be honest and trustworthy.
 - Be kind and compassionate.
 - Be okay with disagreeing sometimes.
 - Be willing to apologize and willing to forgive.
- ⊗ A genuine friend cares about you and will respect your decision to make healthy choices.
- ⊗ Being bullied, or bullying someone, is never okay.

Major Message: *I CAN BE a good friend and treat others like I want to be treated.*

Key Knowledge & Skills:

- ◆ dynamics of mutually beneficial friendships
- ◆ respectful, caring behavior
- ◆ negative impact of bullying

Session 8 – Resisting Negative Peer Pressure

Goal: To develop the confidence and skills to resist negative peer pressure.

Key Points:

- ⊗ Pressure from our friends/peers can be both negative and positive.
- ⊗ Pressure from our friends/peers can influence us to make healthy choices or unhealthy choices.
- ⊗ Genuine friends do not bully each other.
- ⊗ We can use the “5-B’s of Saying No,” when we are experiencing negative peer pressure.
 1. Beware
 2. Bad idea
 3. Better one
 4. Bye for now
 5. Buzz me later
- ⊗ A healthy choice is to resist negative peer pressure to drink alcohol, smoke cigarettes, vape, or use marijuana or other drugs.

Major Message: *I WILL resist negative peer pressure.*

Key Knowledge & Skills:

- ◆ skills for resisting negative peer pressure
- ◆ making healthy choices to avoid anti-social, rebellious, negative, dangerous or self-defeating behaviors

Session 9 – Putting it All Together

Goal: To review what has been learned and practiced in previous sessions.

Key Points:

- ⊗ Review of previous sessions’ Key Points – Facilitator Template KC 9:1.

Major Message: *I HAVE new knowledge and skills to help me now and in the future.*

Key Knowledge & Skills:

- Exploring attitudes, opinions, and behaviors.
- Analyzing and reframing all that has been learned.

Session 10 – Celebration & Commitment

Goal: To celebrate our accomplishments and commit to making healthy choices.

Key Points:

- ⊗ I can recognize and celebrate my accomplishments.
- ⊗ I will make healthy choices for myself.
- ⊗ I will commit to be “drug-free” until I am at least 21 years old.
- ⊗ I am confident and believe in my skills to make responsible decisions and live a life of purpose.

Major Message: *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.*

Key Knowledge & Skills:

- ◆ importance of celebrating accomplishments
- ◆ making commitments
- ◆ self-confidence

Additional Session – Substance Use Disorders & the Family

Goal: To better understand substance use disorders in the family and learn ways to take care of ourselves.

Key Points:

- ⊗ There are different names to describe when someone is dependent on alcohol or other drugs (substances).
- ⊗ When someone has a substance use disorder (SUD) they have a disease which affects them mentally and physically (their brains and bodies).
- ⊗ When someone has a substance use disorder it impacts everyone in the family. Remember though, you are still loved.
- ⊗ There are “Seven Cs” to remember if someone in your family has a substance use disorder:
 - I didn’t **Cause** it.
 - I can’t **Control** it.
 - I can’t **Cure** it, but,
 - I can help take **Care** of myself by **Communicating** my feelings, making healthy **Choices**, and **Celebrating** me! (Jerry Moe)
- ⊗ Ask for help. There are safe people who can help you and it is okay to ask for help.
- ⊗ There is hope. People can recover and make healthy choices.

Major Message: *I CAN ask for help.*

Key Knowledge & Skills:

- ◆ understanding the impact of substance use disorders
- ◆ self-care practices
- ◆ asking for help
- ◆ acceptance

Additional Session – Changes in My Life

Goal: To learn healthy ways to cope with change.

Key Points:

- ⊗ Change happens to everyone. Some changes we like, and others we do not like.
- ⊗ There are changes in our life we have control over, and other changes we have no control over.
- ⊗ Even though we may not be able to control or like what changes, we can choose how we cope when change happens.
- ⊗ It is important to choose healthy ways to cope with change.
- ⊗ There are safe, trustworthy people who can support us and help us cope with change.

Major Message: *I CAN cope with changes in my life in healthy ways.*

Key Knowledge & Skills:

- ◆ identifying situations of control and non-control
- ◆ healthy coping skills
- ◆ asking for help