

Curriculum-Based Support Group (CBSG®) Program

Youth Connection: 10-Session Topics & Major Messages

Session	Topic	Overview
1	<i>Getting to Know You</i>	The purpose of this session is to get to know each other, learn about the group process and agree upon ways to make the group experience a good one for all of us.
2	<i>A Celebration of Me</i>	We share similarities and differences and yet we are unique - there is no one else exactly like you are. Who we are as people is more important than what possessions we have or all we accomplish.
3	<i>Feelings</i>	All our feelings are okay, even ones we don't like to have or can be hard to manage. We will learn how to manage and show our feelings in healthy, positive ways.
4	<i>Managing Anger</i>	It is okay to be mad or angry, but it is not okay to hurt ourselves or someone else when angry. We will learn a four-step process to help us choose positive, healthy ways to express our anger.
5	<i>Dreams & Goal Setting</i>	It is important to have dreams and goals for our future. We will learn steps we can take to help us reach our goals as well as to identify what can keep us from achieving our goals and fulfilling our dreams.
6	<i>Making Healthy Choices</i>	Every day we make choices, and all our choices have consequences, some positive and some negative. We will learn how to make healthy choices with positive consequences.
7	<i>Friends</i>	Friendships are important to all of us. To have a friend it is important to "Be" a friend. We will learn positive, healthy ways to be a friend, qualities we look for in friends, and ways to maintain friendships.
8	<i>Resisting Negative Peer Pressure</i>	Peer pressure can be positive and negative. We will learn ways to resist negative peer pressure and make choices which can keep us from reaching our goals and fulfilling our dreams.
9	<i>Putting It All Together</i>	Session 9 is a time to review all we have learned and reflect upon what we and others have shared during the previous sessions.
10	<i>Commitment & Celebration</i>	As we bring our time together to a close, we will take time to celebrate each other and all we have accomplished. We will also have the opportunity to commit to making healthy choices regarding the use of alcohol, tobacco, and other drugs.

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.