

CBSG Program Domains, Major Messages, Objectives & Protective Factors

The *CBSG Program* Domains are based on Social and Emotional Learning and Coping Skills research. A corresponding Major Message, repeated aloud at the close of each support group session, provides verbal reinforcement of the Session’s topics, objectives, and protective factors.

Two additional sessions, *Substance Use Disorders: Family Impact* and *Changes and Challenges in My Life*, can be added to the 10-session sequence for selective populations. For indicated populations, the additional sessions are required.

Domains & Major Message	Objectives & Protective Factors	Session
I AM: Self-Awareness <i>I AM likeable, capable, unique, and valued.</i>	Self-perception/Identity/Value Self-confidence Self-efficacy Recognizing strengths Identifying emotions and positive, healthy ways to express & cope with them Recognize one another’s differences	Session 1 Getting to Know You Session 2 A Celebration of Me Session 3 Feelings Session 5 Dreams & Goal Setting Session 10 Celebration & Commitment
I CAN: Social Awareness & Competence <i>I CAN treat others like I want to be treated.</i>	Empathy Perspective-taking Appreciating diversity Respect for self & others Ability to assert oneself Ability to adapt to change	Session 1 Getting to Know You Session 2 A Celebration of Me Session 3 Feelings Session 4 Handling Anger Session 5 Dreams & Goal Setting Session 6 Making Healthy Choices Session 7 Friends Session 8 Resisting Negative Peer Pressure Session 10 Celebration & Commitment Additional Session Substance Use Disorders: Family Impact Additional Session Changes & Challenges
I HAVE: Relationship Skills <i>I HAVE meaningful relationships and people who care about me.</i>	Building meaningful relationships Communication Working cooperatively Resolving conflicts Identifying caring & safe people Helping & seeking help	Session 1 Getting to Know You Session 2 A Celebration of Me Session 3 Feelings Session 5 Dreams & Goal Setting Session 10 Celebration & Commitment Additional Session Substance Use Disorders: Family Impact Additional Session Changes & Challenges
I WILL: Responsible Decision Making <i>I WILL make healthy, responsible decisions.</i>	Critical & creative thinking Identifying & solving problems Analyzing situations Understanding positive & negative consequences Ethical responsibility Self-care practices	Session 1 Getting to Know You Session 2 A Celebration of Me Session 7 Friends Session 9 Putting It All Together Session 10 Celebration & Commitment Additional Session Substance Use Disorders: Family Impact Additional Session Changes & Challenges
I BELIEVE: Sense of Purpose & Future <i>I BELIEVE in my purpose and future.</i>	Dreams & aspirations Goal Setting Self-control Self-discipline & motivation Perseverance Faith/spiritual connectedness	Session 1 Getting to Know You Session 2 A Celebration of Me Session 3 Feelings Session 5 Dreams & Goal Setting Session 6 Making Healthy Choices Session 10 Celebration & Commitment