



**Curriculum-Based Support Group (CBSG<sup>®</sup>) Program**  
**Goals & Key Points for *Kids' Connection* and *Youth Connection***

<b>Session</b>	<b>Goal</b>	<b>Key Points</b>	<b>Major Message</b>
<b>1 – Getting to Know You</b>	To get acquainted and learn about the group process.	<ul style="list-style-type: none"> <li>• Our group is:               <ul style="list-style-type: none"> <li>• Different from school and class - there are no right or wrong answers and there are no grades or tests;</li> <li>• A time to meet with others we may already know, make new friends, and have fun;</li> <li>• A time to learn about ourselves and about each other, and about important choices that can help us make a better life for ourselves;</li> <li>• A time for building trust with each other and a safe place where we can talk about our thoughts and feelings;</li> <li>• A chance to take a break from our usual routine and spend time thinking and talking about subjects different from the ones in our classroom.</li> </ul> </li> <li>• In our group, there are Group Promises/Behaviors of Respect that will help us feel safe and comfortable.</li> <li>• Participants were selected and invited to be in group because they can benefit from and enjoy the group, not because they are “in trouble.”</li> </ul>	I AM Not Alone

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<b>2 – A Celebration of Me</b>	To recognize and celebrate the unique and special qualities of each participant.	<ul style="list-style-type: none"> <li>• Each of us is “one-of-a-kind” (unique). There is no one else exactly like me.</li> <li>• We are special because of who we are, not because of what we do or what we have.</li> <li>• Using alcohol and other drugs will not make me feel better about myself.</li> <li>• Part of how we feel about ourselves is how we feel about our family. There are many different kinds of families. Every family is special in some way, but no family is perfect.</li> </ul>	I AM special, capable, unique and valued.
<b>3 – Feelings</b>	To identify feelings and learn appropriate, healthy ways to express them.	<ul style="list-style-type: none"> <li>• All of us have feelings. All our feelings are okay.</li> <li>• We can learn how to handle and show our feelings in healthy, positive ways – even feelings we don’t like to have.</li> <li>• Drinking alcohol or using tobacco or other drugs to change our feelings is never okay for us to do.</li> </ul>	All my feelings are okay and I CAN choose how to express them.
<b>4 – Handling Anger</b>	To identify ways to stay calm and stay out of fights.	<ul style="list-style-type: none"> <li>• When we lose control and react to situations with an angry behavior like fighting, there can be negative consequences.</li> <li>• Steps to handling anger:  <b>S = Stop</b> – cool down and gain control.  <b>I = Identify</b> – what are you feeling and why?  <b>T = Take Action</b> – respond to your feelings in an appropriate way that shows respect for yourself and others.</li> <li>• Alcohol and other drugs can cause us to lose control over the way we feel and act.</li> </ul>	I CAN stay calm when I feel angry and not get into fights.

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<b>5 – Dreams and Goal Setting</b>	To gain or strengthen our sense of purpose and feel more confident in setting goals and taking steps that will help us in achieving our dreams.	<ul style="list-style-type: none"> <li>• Dreams can give us hope and give us a sense of purpose for our future.</li> <li>• There are steps we can take to help us set goals and achieve our dreams:               <ol style="list-style-type: none"> <li>1. Identify our dreams.</li> <li>2. Develop a plan.</li> <li>3. Ask for help.</li> <li>4. Be flexible.</li> </ol> </li> <li>• Getting into fights and using alcohol and other drugs can keep us from reaching our dreams or achieving our goals.</li> </ul>	I BELIEVE there is a purpose for my life.
<b>6 – Making Healthy Choices</b>	To recognize that we have the freedom to make choices and that most people our age want to make healthy choices.	<ul style="list-style-type: none"> <li>• Everyone makes choices every day and all our choices have consequences.</li> <li>• Consequences can either be positive (healthy) or negative (unhealthy).</li> <li>• Most people your age want to make healthy choices and have chosen not to use alcohol, tobacco, or other drugs.</li> <li>• Using alcohol, tobacco, and other drugs is never a healthy choice.</li> </ul>	I WILL be alcohol tobacco and drug free.
<b>7 – Friends</b>	To identify ways to make and maintain healthy friendships.	<ul style="list-style-type: none"> <li>• To have good friends, we must first BE a good friend.</li> <li>• There are some positive, healthy things we can do to have the friendships we want:               <ul style="list-style-type: none"> <li>♦ Be yourself and like yourself.</li> <li>♦ Be a good listener.</li> <li>♦ Be reliable and trustworthy.</li> <li>♦ Understand that having conflict is normal. Friends can disagree and still be friends.</li> <li>♦ Forgive one another.</li> </ul> </li> <li>• A true friend will respect our choice not to use alcohol, tobacco, and other drugs.</li> </ul>	I CAN treat others like I want to be treated.

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<b>8 – Resisting Negative Peer Pressure</b>	To develop the confidence and skills needed to resist negative peer pressure that could lead to unhealthy choices.	<ul style="list-style-type: none"> <li>• Pressure from our friends or peers can influence us to make healthy choices or unhealthy choices.</li> <li>• By learning the “5-B’s of Saying No” skills, we can say “no” when we are pressured:               <ol style="list-style-type: none"> <li>1. Beware</li> <li>2. Bad idea</li> <li>3. Better one</li> <li>4. Bye for now</li> <li>5. Buzz me later</li> </ol> </li> <li>• Resisting peer pressure to use alcohol, tobacco, and other drugs is a healthy choice and keeps us from getting in trouble.</li> </ul>	I WILL resist negative peer pressure and stay out of trouble.
<b>9 – Putting It All Together</b>	To review all the major messages and key points from the previous eight sessions.	<ul style="list-style-type: none"> <li>• Review of Key Points from previous sessions.</li> </ul>	I HAVE learned many things about myself that will help me now and in the future.
<b>10 – Celebration and Commitment</b>	To celebrate one another and our group experience and to make a commitment not to use alcohol, tobacco and other drugs.	<ul style="list-style-type: none"> <li>• It is important to take time to celebrate our accomplishments.</li> <li>• I promise to be alcohol, tobacco and drug free.</li> <li>• Each one of us can decide how this group will affect our choices and the way we act both now and in the future.</li> </ul>	I AM likeable, capable, unique and valued; I CAN treat others like I want to be treated; I HAVE strengths, capabilities and people who care about me; I WILL make healthy choices and be alcohol, tobacco and drug free; I BELIEVE I have a purpose.

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<b>Additional Session: Chemical Dependency: A Family Disease</b>	To learn how to take care of ourselves if living in a family impacted by chemical dependency.	<ul style="list-style-type: none"> <li>• Alcoholism, chemical dependency, substance use disorder, addiction to alcohol or other drugs—there are many different names for the disease of addiction but the important thing to remember is that it is a disease and people need help to recover and get better.</li> <li>• Chemical dependency affects the person physically, emotionally and spiritually.</li> <li>• The whole family is impacted when someone in the family is chemically dependent.</li> <li>• There are four “C’s” to remember about chemical dependency: <ul style="list-style-type: none"> <li>♦ We cannot <u>Cause</u> someone to be chemically dependent.</li> <li>♦ We cannot <u>Control</u> the person or the disease.</li> <li>♦ We cannot <u>Cure</u> the disease.</li> <li>♦ We can <u>Cope</u>.</li> </ul> </li> <li>• There are people to help us and ways we can take care of ourselves if chemical dependency is in our family.</li> </ul>	I CAN ask for help.
<b>Additional Session: Changes and Challenges In My Life</b>	To identify ways to handle change and challenging situations, especially change over which we have no control.	<ul style="list-style-type: none"> <li>• Change happens to everyone. Some changes can be good and we like them, while others can be hard and we don’t like them.</li> <li>• Some changes in our life we have control over, some changes in our life we don’t have control over.</li> <li>• Even though we may not be able to control what happens, we can control how we act when change happens.</li> <li>• It is important to choose healthy ways to handle change.</li> <li>• We can find “safe people” who can support us and help us cope with hard changes.</li> </ul>	I CAN handle the changes in my life in healthy ways.