

Project Towards No Drug Abuse (TND)

Session Preview

Session	Title	Description
1	Active Listening	Students are introduced to Project TND and discuss the importance of being active listeners. They also learn listening and communication skills.
2	Stereotyping	Students learn that believing stereotypes can lead to self-fulfilling prophecies and can put one at risk for drug abuse. They also learn corrective drug use prevalence information.
3	Myths and Denials	Students learn to identify myths associated with drug use, how to distinguish facts from myths, and how people use various beliefs to deny or justify their drug abuse.
4	Chemical Dependency	Students learn about the course of negative consequences associated with chemical dependency. They also learn the effects of drug abuse on family and friends.
5	Talk Show	Students role-play a talk show whose guests are affected by drug abuse. They learn about many physical, emotional and social consequences drug abuse.
6	Stress, Health & Goals	Students learn various ways to cope with stress and the importance of health as a life value to accomplish life's goals.
7	Tobacco Basketball and Use Cessation	Students play a "tobacco basketball" question game and learn about tobacco use consequences and cessation. They are also introduced to a brief quit-tobacco manual.
8	Self-control	Students learn to examine their own level of self-control, how to match their behavior to different social contexts, and the importance of being assertive.
9	Marijuana Panel	Students learn about the consequences of marijuana use through use of a group "panel" activity. Students role-play those affected by marijuana use and abuse.
10	Positive and Negative Thought and Behavior Loops	Students learn how positive and negative thinking affects choices and behavior. Also they are provided with violence prevention material.
11	Perspectives	Students present differing views on such topics as public smoking laws and drug use and find out that most people have moderate views regarding drug use. Alignment of attitudes and behavior is suggested.
12	Decision-making & Commitment	Students realize they have many choices and can make different decisions regarding drug use and abuse. They think through different options and make a commitment to themselves regarding drug use.