

# TABLE OF CONTENTS

## **WEEK ONE: FRIENDS AND PEER PRESSURE**

### Day One

- DVD lesson
- Introduction to Risk Factors

### Day Two

- Avoiding Trouble
- Being in the Wrong Place at the Wrong Time
- High-Risk People

### Day Three

- Risks and Consequences

### Day Four

- Peer Pressure
- What To Do About Peer Pressure

### Day Five

- How to Tell Your Real Friends
- Some True Friends
- I'm a True Friend Activity

## **WEEK TWO: HIGH RISK PEOPLE, PLACES, THINGS, AND SITUATIONS**

### Day Six

- DVD lesson
- Risk Factors

### Day Seven

- How to Avoid Danger

### Day Eight

- Thought Stopping
- Create Your Own Thought-Stopper

### Day Nine

- The Avoid Skill
- You Avoided The Danger, Now What?

### Day Ten

- Who Can You Trust?

## **WEEK THREE: FAMILY RISK FACTORS**

### Day Eleven

- DVD Lesson

### Day Twelve

- Problems at Home
- Alcohol and Drug Abuse at Home

### Day Thirteen

- Violence at Home
- What You Can Do

### Day Fourteen

- Thought-Stopping Review
- Escape Skills

### Day Fifteen

- You Have Options
- Your Options

# TABLE OF CONTENTS

## **WEEK FOUR: INTRODUCTION TO PERSONAL RISK FACTORS**

### Day Sixteen

--DVD Lesson

### Day Seventeen

--How Are You Feeling Today?

-- What Happened In Your Life

### Day Eighteen

--A Quick Look at the Basics

--What do You Think?

### Day Nineteen

--What Causes You Anger

--Triggers

### Day Twenty

--Where Does Your Anger Go?

-- Keeping Out of Fights

--Role Play

## **WEEK FIVE: INTERNAL RISK FACTORS**

### Day Twenty-One

--Introduction to Mindsets

--More about Negative Mindsets

### Day Twenty-Two

--Introduction to Criminal Values

--The Law

--Criminal Identity

### Day Twenty-Three

--Respect

### Day Twenty-Four

--Loyalty

--Have An Excuse Ready!

### Day Twenty-Five

--Different Mindsets

## **WEEK SIX: THINKING AND PROBLEM-SOLVING**

### Day Twenty-Six

--DVD lesson

### Day Twenty-Seven

--Excitement Junkie

### Day Twenty-Eight

--Stinking Thinking

### Day Twenty-Nine

Action Maze

### Day Thirty

Action Maze Continued