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 Dav 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

<u>Day Six</u> --DVD lesson --Risk Factors <u>Day Seven</u> --How to Avoid Danger <u>Day Eight</u> --Thought Stopping -- Create Your Own Thought-Stopper <u>Day Nine</u> --The Avoid Skill --You Avoided The Danger, Now What? <u>Day Ten</u> -- 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

<u>Day Twenty-Six</u> --DVD lesson <u>Day Twenty-Seven</u> --Excitement Junkie <u>Day Twenty-Eight</u> --Stinking Thinking <u>Day Twenty-Nine</u> Action Maze <u>Day Thirty</u> Action Maze Continued