

COPING SKILLS GROUP OUTLINE

1. Getting to Know You
 - *Introductions
 - *Rules of Group
 - *Graduated Trust Experiment
2. Goal setting and Good decision making
 - *Set a goal for the class
 - *Discuss decision making process
 - *Adolescent brain development
3. Stress
 - *Looking at Stress
 - *Affects of stress on the body
 - *Ways to Handle Stress
4. Feelings
 - *Anger management
 - *Bullying
 - *Cross the Line activity
5. Listening and Communication
 - *Human Knot
 - *Drawing Activity
 - *Define and practice active listening and communicating with “I” statements
 - *Empathy
6. Alcohol, Tobacco and other drugs
 - *How much do you know?
 - *Staying Smart
 - *Addiction
 - *Prescription drugs, alcohol, marijuana, and energy drinks
7. Friends/relationships
 - *What makes a good friend?
 - *Disagreements
 - *Pressure from friends
 - *Healthy relationships
8. Positive Affirmations
 - *Post group survey