\_\_\_\_\_Anger Alert. This program consists of small group lessons designed to help develop skills in anger management. Students will discuss various styles of anger and examine how their anger affects them. They will identify triggers for their anger and learn ways to control their responses. They will practice assertive forms of communication and learn ways to express anger in positive, assertive ways, rather than through harmful, aggressive displays.

\_\_\_\_\_Stressed Out. Students will learn to recognize reactions to situations in which they may feel overwhelmed, depressed, and anxious. They will discuss techniques for coping with stressors in their lives and practice strategies for eliminating unnecessary stress. Activities include relaxation exercises, learning positive self-talk, and reframing situational experiences.

\_\_\_\_\_Coping with Transitions. This series of lessons explores ways in which people experience losses and struggle with transitions, including adolescence, change in schools, friendship break ups, divorce, and other losses. Students will explore the feelings that may occur with transitions and the behaviors that may result from these feelings. They will learn coping skills to use during transitional times and identify people in their lives who will be helpful for them during difficult

times.

\_\_\_\_\_Bully Busting. This series of lessons teaches ways to address bullying behaviors by using assertive communication, enlisting the help of other students, and seeking the advice of an adult they can trust. The topics of cyber bullying and text messaging will be explored. Activities include role-playing and small group discussion.

\_\_\_\_\_Positive Choices. Students will learn about the effects of alcohol, tobacco, and other drugs on their bodies and minds. They will explore what it means to be addicted to a substance and will learn to use refusal skills when pressured to use drugs. This will include information about cyber addiction and gambling awareness.