

## TEEN CHOICES GROUP OUTLINE

1. Getting to Know You
  - \*Introductions
  - \*Rules of Group
  - \*Graduated Trust Experiment
2. Problem solving/healthy decisions
  - \*Starburst game
  - \*"What are adolescents thinking?!"
  - \* Healthy decisions role playing
  - \* Values clarification
3. "Perceptions of a Teenager"
  - \* Fitting In
  - \* The Perfect apple
  - \* Peer pressure
  - \* Cyber-bullying/texting
4. Stress
  - \* What are causes and how body reacts?
  - \* Ways to handle stress
  - \* Stress relieving activities
5. Alcohol, Tobacco and other drugs
  - \*How much do you know?
  - \*Staying Smart
  - \*Feeling good naturally
  - \*Co-dependency
6. Healthy Relationships
  - \* dating
  - \* friends
  - \* violence
  - \* setting boundaries
  - \* feelings
7. "Self-esteem/media"
  - \* Looking at the media – print, songs and shows
  - \* clothing and what it says
8. Self-Care
  - \* Sticky note affirmations
  - \* Post-group survey