



Length: Simulation 35 Mins **Lesson Plan: 90 Mins Total**

The experiential program takes a SEL skills-based approach to substance misuse prevention. Focusing on goal-setting, assertiveness, decision-making and relationship skills, the program moves beyond just say no to improving student agency to build their own future and navigate important decision points with increased confidence and preparedness. **Kognito**

Introduction



Today you will engage in a virtual simulation where you can practice tools to navigate situations involving substances

Skills

- Goal-Setting
- Assertiveness and Refusal Skills
- Stress Management
 & Coping Skills
- Help-Seeking Skills
- Critical Thinking & Problem-Solving Skills
- Empathy & Active Listening Skills

Learning Objectives

- Understand how positive self-concept can be used to help self and others
- Understand positive social norms
- Understand the differences between healthy and unhealthy coping strategies
- Identify ways to resist peer pressures and stay safe
- Recognize substance misuse and potential support services
- Reflect on and create an action plan based on personal values and goals
- Apply communication skills to help a friend





Group Norms



- 1. Actively Participate.
- 2. Be respectful.
- 3. Do not share names or other identifying information of students or staff.
- 4. Reach out to me or another trusted adult if you would like to talk.



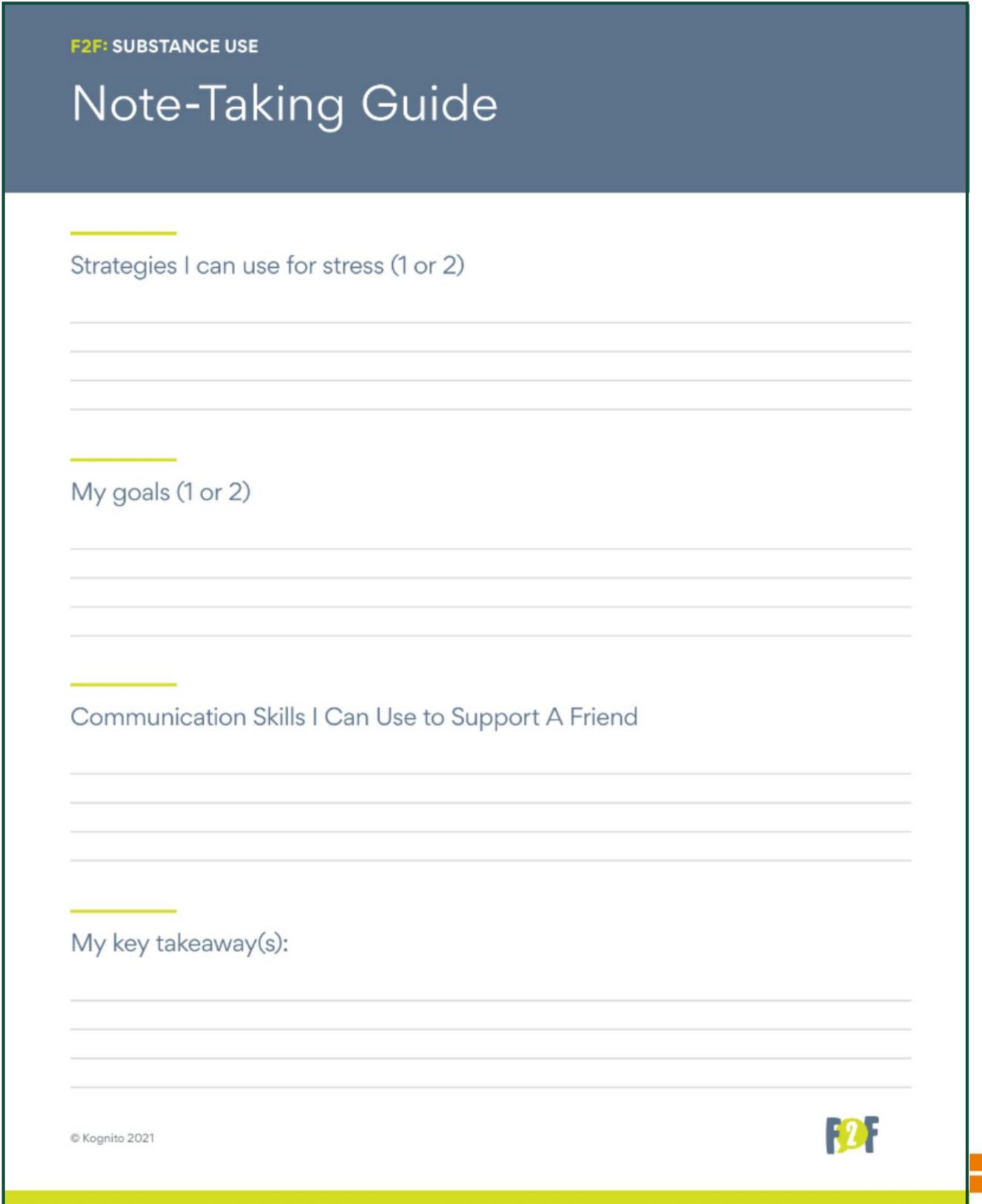


Login Instructions & Note Taking Guide



Login Instructions

1.







Knowledge: Media Portrayals of Substance Use

Media Portrayals of Substance Use	
	dia example that you have seen that portrays substance use.
Media Example:	
Realistic or Misleading?	Why?
What incentives might Give at least two reason	the media have for portraying substance use this way? ns.
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Reflecting On...Goal Setting & Getting to Know Your Why

















