

Safe Schools

Project Drug Free: Reach for the Stars

Personal Awareness Objectives

- Help students understand, appreciate, and respect differences in people.
- Instill values of self-worth.
- Help students build confidence in ability to use their personal power.
- Develop skills to make independent, logical decisions that meet their needs in a healthy way.
- Help students explore personal preferences, attitudes, and beliefs.
- Increase identity awareness and self-esteem.
- Identify feelings and with whom students may share feelings.
- Communicate our feelings to others appropriately, i.e., conflict, harassment, and teasing.
- Identify stress causes and develop skills for coping.
- Accept responsibility for our actions.
- Set realistic goals.
- Learn the differences between healthy and unhealthy relationships.
- Learn the importance of community.

Drug Awareness Objectives

- Understand the personal role in maintaining healthy habits.
- Learn wise use of prescription and over-the-counter medicines.
- Explore various reasons given for drug abuse.
- Explore alternatives to drug abuse.
- Use decision-making steps.
- Conduct research on commonly used drugs.
- Learn the harmful effects of substances on the body.
- Learn the negative effects of drug abuse on families and society.
- Learn to assess the credibility of sources of information.
- Develop refusal skills.