

## PROJECT TNT

Project TNT Sessions	Health Standards	Science Standards	Language Arts Standards
<b>Session 1: Effective Listening &amp; Tobacco Information</b>		<i>No Science Standards Match to Project TNT</i>	
<b>Activity 1:</b> Introduction			
<b>Activity 2:</b> Effective Listening	Demonstrate communication skills that build and maintain healthy relationships. 4:1:a		Determine specific cognitive and physical barriers to effective listening and viewing. 3:1:a
<b>Activity 3:</b> Tobacco Product Information and Prevalance	Analyze the media impact on personal and family health decisions and practices. 2:1:b		
<b>Activity 4:</b> The TNT Game			

<b>Session 2: The Course and Consequences of Tobacco Use</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> The Stages of Addiction	Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c		
<b>Activity 3:</b> Consequences and Decision Making	Distinguish short- and long-term consequences of risky and harmful behaviors ( <i>sic</i> ). 3:1:a		
<b>Activity 4:</b> Homework: Consequences of Tobacco Use	Analyze how appropriate and inappropriate health practices affect self and family. 1:1:c		
	Distinguish short- and long-term consequences of risky and harmful behaviors ( <i>sic</i> ). 3:1:a		
<b>Activity 5:</b> Session Summary			

<b>Session 3: Self-Esteem</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Building Self-Esteem	Examine practices, which enhance personal emotional, social, and physical well-being. 1:2:b		

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<b>Activity 3:</b> Homework: Feeling Good About Myself	Examine practices, which enhance personal emotional, social, and physical well-being. 1:2:b		Apply appropriate conventions of language in written work. 2:1:a
<b>Activity 4:</b> Session Summary			

<b>Session 4: Being True to Yourself &amp; Changing Negative Thoughts</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Being True to Yourself	Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b		
<b>Activity 3:</b> Changing Your Thoughts	Analyze how social pressures can influence participation in risk-taking behaviors. 3:1:b		
<b>Activity 4:</b> Session Summary			

<b>Session 5: Effective Communication</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Effective Communication	Demonstrate communication skills that build and maintain healthy relationships. 4:1:a		Determine the effect of non-verbal cues on interpersonal communication. 3:1:c
<b>Activity 3:</b> Homework: Interviewing a Tobacco User	Choose appropriate communication techniques when interacting with family, peers, and community. 4:1:b		Determine the effect of non-verbal cues on interpersonal communication. 3:1:c
	Model effective interpersonal communication skills. 4:1:c		
<b>Activity 4:</b> Session Summary			

<b>Session 6: Assertiveness Training &amp; Refusal Skills</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Refusal Learning	Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a		Determine the effect of non-verbal cues on interpersonal communication. 3:1:c
<b>Activity 3:</b> Homework: Saying "No"	Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a		
<b>Activity 4:</b> Session Summary			

<b>Project TNT Sessions</b>	<b>Health Standards</b>	<b>Science Standards</b>	<b>Language Arts Standards</b>
<b>Session 7: Assertive Refusal Skills Practice</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Video "Stand Up for Yourself"	Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a		Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a
<b>Activity 3:</b> Assertive Refusal Skills Practice	Demonstrate healthy ways to express needs, wants, and feelings. 4:2:a		
<b>Activity 4:</b> Session Summary			

<b>Session 8: Advertising Images</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Advertising Images	Analyze the media impact on personal and family health decisions and practices. 2:1:b		Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, Television. 3:2:a
			Determine methods of assessing the validity and accuracy of various types of oral and visual information. 3:2:b
<b>Activity 3:</b> Homework: Anti-Tobacco Advertisements	Analyze the media impact on personal and family health decisions and practices. 2:1:b		Use examples from print and electronic sources to support personal interpretations. 2:4:c
<b>Activity 4:</b> Session Summary			

<b>Session 9: Social Activism: Advocating for No Tobacco Use</b>			
<b>Activity 1:</b> Review of Previous Session			
<b>Activity 2:</b> Advocating for No Tobacco Use	Investigate methods used to influence others in making healthy choices. 5:3:a		Determine and use the appropriate organization based on the established writing purpose and intended audience. 2:2:a
<b>Activity 3:</b> Preparation for Last Day of Project TNT			
<b>Activity 4:</b> Session Summary			

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<b>Session 10: Public Commitment and Videotaping</b>			
<b>Activity 1: Videotaping</b>			