Boys and Girls Clubs of Springfield

Smart Moves 2014

Henderson Unit

Pre-Teen Director: Amber Alcorn

**Program Objective:**

The objective of the Smart Moves program is to provide members with the self-awareness needed to develop respect for one’s own body, handle feelings and build healthy habits, to develop a stronger ability to work in groups, to practice decision making, problem solving and goal setting, to provide age-appropriate information about alcohol, tobacco and other drugs and to teach members refusal techniques useful for avoiding risky situations.

**Primary Goals of Start Smart (ages 10 to 12):**

To provide young people with the knowledge, skills, self-esteem and peer support to help them:

* Make healthy choices and practice responsible behaviors.
* Avoid using alcohol, tobacco and other drugs.
* Postpone sexual activity and practice abstinence first.

**Session One: January 12th and January 16th**

Recruit members and introduce Smart Moves. Take Pre-Test (Go over correct answers to Pre-Test).

**Session Two: January 28th**

**I am able to make Choices (Pg. 13)/ What Kind of person to I hope to become?/ Who do I admire and why? (pg. 26)**

1. Play group development Game:
2. Electric Marker (10 minutes)  
     
   This exercise is a great energizer, focusing tool and fosters group development.  
     
   Separate the group into two even teams. Each team stands in a line, holding hands. Opposing teams should be facing each other. At one end of the two teams, place a table and on the table stand a marker upright. A facilitator stands at the other end of the two teams, opposite the table and marker. The facilitator is the coin flipper. If the coin lands on heads, the team members begin to squeeze their partners hands, until the hand-squeeze reaches the other end. When the last person's hand is squeezed, he/she grabs the marker. The two teams race to see which one will grab the marker first. If the coin lands on heads, the first team to grab the marker wins a point.  
     
   Only the two team members beside the coin-flipper can look at the coin. Everyone else must direct their attention towards the marker. If the coin lands on tales and a team member accidentally squeezes his/her teammate's hand and the team grabs the marker, a point is lost. Anytime the marker is knocked on the floor or does not end up in someone's hand, it is a foul. Neither team gains or loses a point. The teams race to see who can squeeze hands and grab the marker the first.
3. Why Do We Fall- Motivational Video (youtube)
   1. What ideas or feelings from the video stood out to you the most?
   2. What did the video teach you about making decisions and setting goals for the future?
   3. How can the decisions you make today affect your future?

II. Hand out steps for making good decisions sheet and discuss.

i. Journal in response: Think of a time in your own life when you had to

make a difficult decision. What was the situation? What were your

options? What were the results of your decision? It can also be a

decision that you’re facing now.

ii. Split into partners, share decisions and try to fit these situations into

the seven steps for decision making.

III. Discuss how making good decisions helps us achieve our long term goals.

* 1. Discussion: Who do you admire and what makes them so admirable? What are your goals? What kind of person do you want to be now and what kind of person do you hope to become?

**Session Three: January 30th**

**What is true friendship? / Friendship and its effect (Pg. 30)/ Peer Pressure (Pg**. **32)**

1. Minute to Win it game: getting cookie from forehead to mouth…as many as possible in a minute.
2. Review Pre-Test
3. Journal: Who is your best friend right now? How did you guys meet; how long have you been friends? What makes them so special to you?
4. Shrek Clip (scene 16): Use discussion from Pg. 30 in smart moves book.
5. Make a list together of adjectives that describe a good friend.
   1. Reflect on these adjectives: Have you been a true friend in the past? Are there any attributes that you would like to develop more fully? In what ways can you be a better friend?
   2. What sorts of difficulties to you have in current friendships? What do you do if a friend pressures you to do something you don’t want to do? What are some ways that we can resist this kind of pressure?

**Session four:** (Split guys and girls) **February 2nd**

**What changes have I gone through and what changes am I going through now? / Puberty/ Body image (pg. 21)**

1. Use discussion and activities laid out in Smart Moves Book (Pg. 21)
2. Use talk box and answer girl’s questions

II. Discussion: Healthy Body Image and Self Esteem (For Girls)

A. Dove Videos on Youtube: Building Confidence and Self Esteem in young Girls;

Selfie

B. Selfie Activity: Printed selfies of each girl. Everyone goes around and writes

compliments on each other’s selfies. What makes each of one of us beautiful?

**Session Five: February 4th**

**What do I know about gateway drugs and other drugs? (Pg. 41) / Underage Drinking (Pg. 47)**

1. What do you really like to do? activity from pg. 43
2. Guest Speaker; Bob Schutz to talk about drugs, AA and the aftermath of addiction.

**Session Six: February 6th**

D**eveloping resistance to peer pressure and learning to say no to alcohol and drugs**

1. Minute to WIn it Game: stacking soda cans
2. Review Pre-Test

III. Introduction: Learning to resist Peer Pressure

A. Youtube video- Booster 3: Resisting Peer Pressure

IV. Discussion: What are peers using at your home and school? What sort of things do you feel pressured by others to do? What are some practical ways we can handle this?

V. take examples from website: ways to avoid temptation…more than the old “Just Say No” ploy.

<http://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Helping-Teens-Resist-Pressure-to-Try-Drugs.aspx>

**Week Seven :** (Split guys and girls) **February 9th**

**Avoiding and managing sexual pressure (pg. 35)**

**I**. Review Pre-Test

II. Guest Speaker: Cindi Boston; CEO of Pregnancy Care Center.

**Week Eight:**

Post Test and Party!