



Rainbow Days' Curriculum-Based Support Group (CBSG®) Program for Children and Youth Developmental Ages 4-15 In Christian Faith-Based Settings

Scope and Sequence for Selective and Indicated Populations

Overview: The CBSG® Program Scope and Sequence consists a series of support group sessions, each devoted to a different research-based topic. The sessions provide for the delivery of the mediating variables targeted by the CBSG® Program. Each of the Session Topics has developmentally matched, interactive, and experiential activities for different age groupings, which are designed to explore, explain and reinforce the topic and major message for that Session. The same age groupings, topics, and format are used in all CBSG® Program implementation settings; only the guided discussions and activities change to meet the needs of different developmental age groupings.

Frequency and Duration: Sessions are conducted weekly or bi-weekly, depending on the developmental age of the group participants. For pre-school and early elementary ages, bi-weekly sessions are found to be more effective than weekly sessions, inasmuch as the retention and recall of younger participants is usually less than that of older participants. For middle elementary ages and older, weekly sessions are found to effective with regard to retention and recall. The duration of each session is approximately the same length as a regular school classroom period for the same developmental level. Such durations are found to be developmentally appropriate with regard to expectations for participants' attention, concentration, retention and recall, and when the CBSG® Program is delivered in school settings, consistency with classroom period durations are an important consideration in meeting school implementation needs.

Number of Sessions: There are a total of 12 sessions: 10 of the 12 sessions are designed to provide a "course" that meets the needs of most selective populations; the additional two sessions are provided to address the needs of indicated populations which go beyond the scope of the 10 session course. In order to meet the needs of a particular group of participants, who may require reinforcement in a specific topic, a provider may conduct more than one session on the same topic, thereby increasing the total number of sessions without changing the course content. In some settings, cycles of sessions are conducted on an ongoing basis, with the original sequence being repeated with different activities. When a provider conducts the CBSG® Program with multiple age groups over time, the repetitions of topic content serve as "boosters." *For an explanation of selective and indicated populations, please see the matrix entitled "CBSG® Program: Target Group in Relationship to Different Prevention System Definitions."*

Number of Sessions and Sequence for Selective Populations: The first 10 sessions, conducted in sequence, provide a complete CBSG® Program course for use by providers serving selective populations of children and youth. Each session provides different activities for each age grouping, allowing the 10-session course to be used with developmental ages 4 to 15.

Number of Sessions and Sequence for Indicated Populations and Mixed Populations of Selective and Indicated: Sessions 1 through 10 - plus the two sessions listed below - provide a course for use by providers serving indicated populations or a mix of selective and indicated populations. The 12-session course is most often used with indicated populations of upper elementary and early secondary students, ages 10-15. When implementing the 12-Session course, the session sequence changes slightly to accommodate the two additional sessions:

Sequence for the 12-Session Course:

- Sessions 1-8 are conducted in sequence without alteration
- Additional Sessions, “Chemical Dependency: A Family Disease” and “Changes and Challenges In My Life” are inserted and conducted as the new Sessions 9 & 10
- “Putting It All Together” becomes the 11th group session and is conducted with references to the two added sessions for consistency
- “Celebration and Commitment” becomes the 12th session and is conducted without alteration

NOTE: To accommodate grant and contract requirements, the age groupings for schools and community-based settings are also available in separate volumes under the names *Kids’ Connection* (For Developmental Ages 4-12) and *Youth Connection* (For Developmental Ages 10-15.)

CBSG® Program Matrix – For Christian Faith-Based Settings

The following CBSG® Program matrix lists the session titles, major messages, goals, key points and key knowledge and skills.

Session	Goal	Key Points	Key Knowledge & Skills
<p>1 – Getting to Know You</p> <p>Major Message:</p> <p>I AM Not Alone</p>	<p>To get acquainted and learn about the group process</p>	<p>Our group is:</p> <ul style="list-style-type: none"> • different from school, church or youth group - there are no right or wrong answers and there are no grades or tests; • a time to meet with others we may already know, make new friends, and have fun; • a time to learn about God, ourselves and each other; • a time to learn and realize we are not alone-we have God and other people who care about us; • a time for building trust with each other and a safe place where we can talk about our thoughts and feelings. 	<ul style="list-style-type: none"> • Practicing group decision making; • Practicing teamwork and cooperative learning; • Practicing positive messages of reinforcement; • Practicing respectful behaviors; • Learning Group Rules; • Learning about trust and confidentiality “What’s said here stays here.”)

Session	Goal	Key Points	Key Skills
<p data-bbox="184 272 491 345">2- A Celebration of Me</p> <p data-bbox="184 505 470 542">Major Message:</p> <p data-bbox="184 578 420 646">I AM a unique creation of God.</p>	<p data-bbox="508 272 875 451">To recognize and celebrate the way God made each individual with unique and special qualities.</p>	<ul data-bbox="892 272 1400 932" style="list-style-type: none"> • God created each of us to be “one-of-a-kind” (unique) and to celebrate and praise Him. There is no one else exactly like me. • We are special because of who we are – God’s creation - not because of what we do or what we have. • Using alcohol and other drugs will not make me feel better about myself. • Part of how we feel about ourselves is how we feel about our family. There are many different kinds of families. Every family is special in some way, but no family is perfect. 	<ul data-bbox="1417 272 1759 500" style="list-style-type: none"> • Identifying personal attributes/assets; • Sharing personal attributes/assets; • Practicing respect; • Practicing tolerance.
<p data-bbox="184 971 407 1008">3 – Feelings</p> <p data-bbox="184 1167 470 1205">Major Message:</p> <p data-bbox="184 1240 470 1416">All my feelings are okay and I CAN ask God to help me express my feelings in healthy ways.</p>	<p data-bbox="508 971 875 1117">To identify our God-given feelings and learn appropriate, healthy ways to express them</p>	<ul data-bbox="892 971 1400 1412" style="list-style-type: none"> • God created us to have feelings. All our feelings are okay. • We can learn how to handle and show our feelings in healthy, positive ways – even feelings we don’t like to have. • God wants us to have peace no matter what goes on around us. • Drinking alcohol or using tobacco or other drugs to change our feelings is never okay for us to do. 	<ul data-bbox="1417 971 1854 1230" style="list-style-type: none"> • Identifying/explaining feelings; • Sharing thoughts and feelings; • Practicing skills for dealing with uncomfortable feelings.

Session	Goal	Key Points	Key Skills
<p data-bbox="184 272 420 349">4 – Handling Anger</p> <p data-bbox="184 505 472 542">Major Message:</p> <p data-bbox="184 581 436 722">I CAN stay calm when I feel angry and not get into fights.</p>	<p data-bbox="508 272 833 375">To identify ways to stay calm and stay out of fights</p>	<ul data-bbox="850 272 1409 966" style="list-style-type: none"> • When we lose control and react to situations with an angry behavior like fighting, there can be negative consequences. • Jesus will help us keep self-control in all situations – in our thoughts, words and actions. • Steps to handling anger: S = Stop – cool down and gain control. I = Identify – what are you feeling and why? T = Take Action – respond to your feelings in an appropriate way that shows respect for yourself and others. • Alcohol and other drugs can cause us to lose control over the way we feel and act 	<ul data-bbox="1438 272 1858 456" style="list-style-type: none"> • Practicing skills for emotional and personal control and self-mastery; • Practicing handling anger in challenging situations.

Session	Goal	Key Points	Key Skills
<p>5 – Dreams and Goal Setting</p> <p>Major Message:</p> <p>I BELIEVE God has a plan and purpose for my life.</p>	<p>To learn specific goal setting steps and understand the importance of seeking God’s help in achieving our dreams.</p>	<ul style="list-style-type: none"> • God has created each of us with special dreams that give us hope and a sense of purpose for our future. • God will help us overcome obstacles and problems when we ask for his help and depend on him. • There are steps we can take to help us set goals and achieve our dreams: Identify our dreams; Develop a plan. Ask for help. Be flexible. • Getting into fights and using alcohol and other drugs can keep us from reaching our dreams or achieving our goals. 	<ul style="list-style-type: none"> • Practicing skills in goal setting and steps toward attainment; • Linking dreams and goals with behavior and consequences.
<p>6 – Making Healthy Choices</p> <p>Major Message:</p> <p>I WILL honor my body, God’s temple, and be alcohol tobacco and drug free.</p>	<p>To recognize that God allows us the freedom to make choices and that most people our age want to make healthy choices</p>	<ul style="list-style-type: none"> • God has given us the freedom to make choices every day and all our choices have consequences. • Consequences can either be positive (healthy) or negative (unhealthy). • Most people your age want to make healthy choices and have chosen not to use alcohol, tobacco, or other drugs. • Our bodies are God’s temple and He does not want us to harm our bodies with alcohol and other drugs. Using alcohol, tobacco, and other drugs is never a healthy choice. 	<ul style="list-style-type: none"> • Exploring social influences to use ATOD, including the media; • Correcting misperceptions about prevalence of ATOD use; • Practicing identifying who and how to ask for help.

Session	Goal	Key Points	Key Skills
<p>7 – Friends</p> <p>Major Message:</p> <p>I CAN treat others like I want to be treated.</p>	<p>To identify ways to make and maintain healthy friendships.</p>	<ul style="list-style-type: none"> • To have good friends, we must first BE a good friend. • One of the most cherished relationships and friendships we have is the one we have with God. • There are some positive, healthy things we can do to have the friendships we want: <ul style="list-style-type: none"> ➢ Be yourself and like yourself. ➢ Be a good listener. ➢ Be reliable and trustworthy. ➢ Understand that having conflict is normal. Friends can disagree and still be friends. ➢ Forgive one another. <p>A true friend will respect our choice not to use alcohol, tobacco, and other drugs.</p>	<ul style="list-style-type: none"> • Naming the attributes of a “true friend” ; • Naming own assets as a “true friend”; • Describing the value of true friendship; • Practicing giving and receiving compliments.
<p>8- Resisting Temptation</p> <p>Major Message:</p> <p>I WILL ask God to help me resist temptation.</p>	<p>To develop the skills needed to resist external pressures and influences that could lead to wrong choices or sin.</p>	<ul style="list-style-type: none"> • Pressure from our peers can influence us to make healthy choices or unhealthy choices. • With God’s help we can resist temptation and negative peer pressure or negative influences. • We can learn skills that can help us say “no” when we are pressured: The “5-B’s of Saying No” – •Beware •Bad idea •Better one •Bye for now •Buzz me later 	<ul style="list-style-type: none"> • Practicing skills for resisting peer influence and refusing substance use and other anti-social, rebellious, negative, dangerous or self-defeating behaviors.

Session	Goal	Key Points	Key Skills
<p>9 – Faith</p> <p>Major Message:</p> <p>I HAVE faith and I BELIEVE Jesus is the son of God.</p>	<p>To understand the concept of faith and identify ways to practice faith in everyday life.</p>	<ul style="list-style-type: none"> • Faith means knowing that something is real even if we do not see it. • When we depend on God, our plans will succeed according to his will. • No matter how many changes we might be experiencing, God does not change. • God wants us to have faith that Jesus is his son and to believe and trust in him. 	<ul style="list-style-type: none"> • Discussing thoughts and feeling • Analyzing and reframing.
<p>10 – Putting It All Together - Celebration and Commitment</p> <p>Major Messages:</p> <p>I AM likeable, capable, unique and valued; I CAN treat others like I want to be treated; I HAVE strengths, capabilities and people who care about me; I WILL be alcohol, tobacco and drug free; I BELIEVE I have a purpose.</p>	<p>To review all the major messages and key points from the previous eight sessions and to celebrate one another and our group experience and to make a commitment not to use alcohol, tobacco and other drugs.</p>	<ul style="list-style-type: none"> • We are going to take time to celebrate each other and to thank God for the many blessings we have enjoyed during our time in Faith Connection! • I promise to be alcohol, tobacco and drug free. • Each one of us can decide how this group will affect our choices and the way we act both now and in the future. 	<ul style="list-style-type: none"> • Exploring attitudes, opinions and behaviors; • Analyzing and reframing all that has been learned. • Practicing making a public commitment to be alcohol, tobacco and drug free.

Session	Goal	Key Points	Key Skills
<p>Additional Session: Chemical Dependency: A Family Disease</p> <p>Major Message:</p> <p>I CAN ask for help.</p>	<p>To learn how to take care of ourselves if living in a family impacted by chemical dependency.</p>	<ul style="list-style-type: none"> • Chemical Dependency (or Alcoholism) is a disease. • Chemical Dependency affects the person physically, emotionally and spiritually. • The whole family is impacted when someone in the family is chemically dependent. • There are four “C’s” to remember about Chemical Dependency: <ul style="list-style-type: none"> ➢ We cannot Cause someone to be chemically dependent. ➢ We cannot Control the person or the disease. ➢ We cannot Cure the disease. ➢ We can Cope. • God doesn’t always answer our prayers how or when we would like for him to. • God will protect and help us in times of trouble. • There are people to help us and ways we can take care of ourselves if Chemical Dependency is in our family. 	<ul style="list-style-type: none"> • Exploring ways to take care on ourselves; • Practicing identifying who and how to ask for help.

Session	Goal	Key Points	Key Skills
<p>Additional Session: Changes and Challenges In My Life</p> <p>Major Message: I CAN handle the changes in my life with God's help.</p>	<p>To identify ways to handle change and challenging situations, especially change over which we have no control.</p>	<ul style="list-style-type: none"> • Change happens to everyone – some changes can be good and we like them, while others can be hard and we don't like them. • Some changes in our lives we have control over while others we do not. • We can always control how we react to change. • When changes happen, sometimes we get scared or angry. God will help us handle the challenges if we ask for his help. • God will help us find safe people who can support us and help us cope with hard changes. • God never changes! • When we are experiencing changes, we don't need to be afraid. God is always with us. 	<ul style="list-style-type: none"> • Analyzing and reframing the changes we face. • Practicing handling changes in healthy ways.