

Wanted:

- Groups of 8- to 12-year-olds interested in learning about tobacco, alcohol, and drugs and their health
- Groups of kids who want to have fun
- Adult-teen teams that will be trained and teach Health Rocks!® for 10 hours

Each section includes:

- Overview
- Activities
 - Objectives of the activity
 - Life skills learned
 - National Health Education Standards addressed
 - Time needed for the activity
 - Materials needed
 - Step-by-step instructions
- Summing up
- What do you know?
 - Questions to see if the participants understand what was taught
- Evaluation

Health Rocks!®

reached 45,781 youth in 2010 with 10 or more hours of teaching.

After Health Rocks!® training:

- 95 percent of youth reported that they could help other teens resist alcohol and drugs.
- 96 percent of youth reported they can stand up for what they believe in.
- 97 percent of youth reported that they gained knowledge of negative consequences.
- 94 percent of youth reported knowing that once a person is hooked on drugs, it is hard to stop.
- 95 percent of youth participants demonstrated social competency, volunteerism, self-confidence, and strong values.

Who is the target audience?

4-H clubs
After-school groups
Classrooms
Special interest groups
Camps

For more information:



Health Rocks!®

4-H ■ HEALTHY LIFE SERIES

**A curriculum designed
to reduce tobacco,
alcohol, and drug use
among younger youth
ages 8-12 as well as
ages 12-14**

“Substance use is a serious issue facing youth today. Approximately 25 percent of youth below the age of 18 report having engaged in smoking, drinking, and other illicit drug use, posing serious threats to the well-being of youth and those around them.”

Health Rocks!® is a healthy living program designed to:

- Reduce youth smoking and tobacco use.
- Help youth build life skills that lead to healthy lifestyle choices with special emphasis on youth smoking and tobacco use prevention.
- Help youth understand influences and health consequences of tobacco, alcohol, and drug use to make healthy choices.
- Engage youth and adults in partnerships to develop and implement community strategies that promote healthy lifestyle choices.
- Build positive, enduring relationships, with youth involved as full partners, through widely varying “communities of interest” to address risk behaviors of youth.

Curriculum topics

The **Health Rocks!®** curriculum focuses on three general areas.

All about me

- Learn how drugs affect behavior and the health consequences of drug use.
- Learn and practice decision-making skills.
- Understand stress and learn how to relieve it.

What influences me?

- Learn skills to resist risky behaviors.
- Learn how family, peers, media, and technology influence choices.

Taking it beyond me

- Share message with community.
- Commit to and celebrate being drug-free.

Health Rocks!®

- Easy to use.
- Interactive hands-on learning.
- Pick and choose activities to teach.
- Each activity is 30-45 minutes in length.
- Can be used in 4-H clubs, after-school settings, classrooms, and more.
- Meets National Health Education Standards.

