

LESSON ONE

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check “YES” or “NO” to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Provided introduction scenarios and asked for feedback.		
Activity 2		
▪ Showed the Introduction to kiR video		
▪ Provided a general preview of the lessons		
▪ Encouraged active participation		
Activity 3		
▪ Introduced and explained the R.E.A.L. resistance strategies choices		
▪ Facilitated student discussion with Introduction Scenarios		
Activity 4		
▪ Introduced and showed the Option Risk Consequences Presentation		
▪ Asked students for definitions and provided correct definitions		
▪ Presented the Purpose Presentation		
▪ Asked students about future goals		
Activity 5		
▪ Facilitated discussion on Simple Preference and Wise Choice		
▪ Imposed questions for students to consider		
Activity 6		
▪ In-depth discussions about Introduction Scenarios (display Choices ppt.)		

YES NO

Activity 7		
▪ Reviewed the lesson's concepts		
▪ Emphasized Consequences		
▪ Emphasized Simple Preference and Wise Choice		
Activity 8		
▪ Distributed Choices Reflection homework		
▪ Read directions and gave examples for homework		

LESSON TWO

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Briefly reviewed previous homework		
▪ Made connection between Lessons 1 & 2		
Activity 2		
▪ Presented lesson's objectives		
▪ Asked Risk question and showed Risk Presentation		
▪ Reviewed Consequences Presentation		
▪ Questioned and Identified what is a risk		
▪ Reviewed obvious vs. not obvious risk		
▪ Facilitated discussion on everyday risks		
Activity 3		
▪ Facilitated Guessing Game		
▪ Asked questions after the game		
▪ Explained importance of the game		
Activity 4		
▪ Asked students what they learned		
Activity 5		
▪ Distributed The Risks in Everyday Life homework		
▪ Read directions and gave examples for homework		

LESSON THREE

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Briefly reviewed previous homework		
▪ Made connection between Lessons 2 & 3		
Activity 2		
▪ Explained Objectives and facilitated discussion		
▪ Provided a general preview of the lessons		
Activity 3		
▪ Distributed material for Conflict Stories		
▪ Facilitated Conflict Stories discussion		
Activity 4		
▪ Introduced and utilized presentation pages for Self Determination		
▪ Asked Decision and Assertiveness questions to students		
▪ Utilized Passive Aggressive Assertive Presentation		
▪ Referred back to Conflict Stories		
Activity 5		
▪ Introduce I Statement lesson		
▪ Utilized I Statements presentation pages with student worksheet		
▪ Facilitated Practice With I Statements activity		
Activity 6		
▪ Asked students to identify lessons and techniques learned		
▪ Reviewed concepts		
Activity 7		
▪ Distributed Singing About Conflict homework		
▪ Read directions and gave examples for homework		

LESSON FOUR

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check “YES” or “NO” to indicate if each teaching point below was covered when the session was taught.

YES NO

Activity 1		
▪ Briefly reviewed homework		
▪ Introduced Lesson 4		
Activity 2		
▪ Presented objective		
▪ Explained Clear vs. Humiliate definitions		
▪ Facilitated discussions on Friendship and Peer Pressure, Clear and Considerate		
▪ Asked students for examples		
Activity 3		
▪ Utilized Assertiveness Techniques presentation pages for discussion		
Activity 4		
▪ Facilitated Saying “No” Assertively paired activity with worksheet		
Activity 5		
▪ Showed Breakin’ Bad Habits video		
▪ Discussed techniques the main character used		
Activity 6		
• Asked students to share lessons learned and reviewed objectives		
Activity 7		
▪ Distributed Observing “No” homework		
▪ Read directions and gave examples for homework		
▪		

LESSON FIVE

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

YES NO

Activity 1		
▪ Reviewed homework from previous week		
▪ Made connection between Lesson 4 & 5		
▪ Reviewed Refuse strategy		
Activity 2		
▪ Introduced lesson		
▪ Facilitated discussion examples		
Activity 3		
▪ Utilized the Guidelines For Explaining presentation pages		
▪ Facilitated discussion and went through each guideline point		
Activity 4		
▪ Played Why Not? video		
▪ Facilitated discussion questions		
▪ Reviewed the Guidelines For Explaining presentation pages for examples		
Activity 5		
▪ Explained exercise and distributed worksheet		
▪ Organized students into pairs to share their findings		
Activity 6		
▪ Facilitated brief class discussion encouraging students to participate		
Activity 7		
▪ Distributed the My Explanation homework sheet		
▪ Read directions and gave examples for homework		

LESSON SIX

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Introduced objectives of the Lesson		
▪ Briefly reviewed previous homework		
▪ Made connection between Lessons 4 & 5		
Activity 2		
▪ Provided definition of Avoid with examples		
Activity 3		
▪ Showed Video and facilitated discussion questions		
Activity 4		
▪ Utilized ABCD Problem Solving Method presentation pages		
▪ Facilitated examples for problem solving process (ABCD)		
Activity 5		
▪ Facilitated Avoid Scenarios group activity		
Activity 6		
▪ Invited students to share their group's ideas		
Activity 7		
▪ Distributed Practicing Avoid homework		
▪ Read directions and gave examples for homework		

LESSON SEVEN

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Briefly reviewed previous homework		
▪ Made connection between Lessons 6 & 7		
Activity 2		
▪ Review Refuse, Explain Avoid		
▪ Utilized Leave presentation pages		
▪ Clarified difference between Avoid and Leave		
Activity 3		
▪ Showed Ain't No Game video		
▪ Facilitated discussion questions		
▪ Introduced Role Plays activity		
Activity 4		
▪ Facilitated Role Play Scenarios activity		
▪ Asked students questions during "freeze frame"		
Activity 5		
▪ Briefly reviewed Refuse, Explain, Avoid and Leave		
Activity 6		
▪ Distributed Real In Real Life homework		
▪ Read directions and gave examples for homework		

LESSON EIGHT

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Introduced objectives with examples		
▪ Made connection between Lessons 6 & 7		
Activity 2		
▪ Identified peer norms with examples		
▪ Identified choices with examples		
Activity 3		
▪ Distributed Norms questionnaire		
▪ Invited students to share responses		
▪ Reviewed responses for Peer Norms, My Norms and Others Norms		
Activity 4		
▪ Distributed Name Acrostic worksheet		
▪ Utilized the Name Acrostic presentation pages		
▪ Had each student share one quality		
Activity 5		
▪ Utilized Complete the Sentences presentation pages		
▪ Facilitated discussion		
Activity 6		
▪ Review concepts and lessons learned		
▪ Distributed Personal Decision Making homework		
▪ Read directions and gave examples for homework		

LESSON NINE

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check "YES" or "NO" to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Briefly reviewed previous homework		
▪ Made connection between Lessons 8 & 9		
Activity 2		
▪ Briefly introduced Lesson 9 objectives		
▪ Facilitated discussion		
Activity 3		
▪ Facilitated activity		
▪ Invited students to share responses		
Activity 4		
▪ Explained and facilitated Role Play Scenario		
▪ Identified the characteristics discussion		
Activity 5		
▪ Invited students to share lessons learned		
▪ Reviewed lesson's objectives		
Activity 6		
▪ Distributed I Disagree homework		
▪ Read directions and gave examples for homework		

LESSON TEN

Date:		Observer Name:	
Site (City, State)		School:	
Instructor(s):		# of Students:	
Time Lesson Started:		Time Lesson Ended:	
Was the lesson interrupted? If so, how much time was taken from the lesson? _____ Minutes			

Check “YES” or “NO” to indicate if each teaching point below was covered when the session was taught.

	YES	NO
Activity 1		
▪ Reviewed previous homework		
▪ Made connection between Lessons 9 & 10		
Activity 2		
▪ Explained and discussed skill objectives with key terms		
Activity 3		
▪ Distributed and explained Eco-Map and Eco-Map Questions worksheet		
▪ Utilized the Eco-Map presentation pages		
▪ Had students complete questions worksheet		
Activity 4		
▪ Facilitated discussion for ways to ask for help		
▪ Had students pair up for further discussion		
Activity 5		
▪ Reviewed lesson’s objectives		
Activity 6		
▪ Explained Take Home Challenge activity		
Activity 7		
▪ Facilitated discussion of lessons learned in past weeks		
▪ Distributed the Real Review worksheets		
▪ Had students identify REAL strategies		
▪ Briefly discussed summary of each strategy		
▪ Distributed Review Scenario worksheet for students to complete		
▪ Redistributed original completed worksheet and have students compare them		
▪ Concluded course with congratulating students for completing program		