WEEK ONE: FRIENDS AND PEER PRESSURE
Day One
--DVD lesson
--Introduction to Risk Factors
Day Two
--Avoiding Trouble
--Being in the Wrong Place at the Wrong Time
--High-Risk People
Day Three
--Risks and Consequences
--Day Four
--Peer Pressure
--What To Do About Peer Pressure
Day Five
--How to Tell Your Real Friends
--Some True Friends
--I’m a True Friend Activity

WEEK TWO: HIGH RISK PEOPLE, PLACES, THINGS, AND SITUATIONS
Day Six
--DVD lesson
--Risk Factors
Day Seven
--How to Avoid Danger
Day Eight
--Thought Stopping
-- Create Your Own Thought-Stopper
Day Nine
--The Avoid Skill
--You Avoided The Danger, Now What?
Day Ten
-- Who Can You Trust?

WEEK THREE: FAMILY RISK FACTORS
Day Eleven
--DVD Lesson
Day Twelve
--Problems at Home
--Alcohol and Drug Abuse at Home
Day Thirteen
-- Violence at Home
--What You Can Do
Day Fourteen
-- Thought-Stopping Review
-- Escape Skills
Day Fifteen
-- You Have Options
-- Your Options
WEEK FOUR: INTRODUCTION TO PERSONAL RISK FACTORS
Day Sixteen
--DVD Lesson
Day Seventeen
--How Are You Feeling Today?
-- What Happened In Your Life
Day Eighteen
--A Quick Look at the Basics
--What do You Think?
Day Nineteen
--What Causes You Anger
--Triggers
Day Twenty
--Where Does Your Anger Go?
-- Keeping Out of Fights
--Role Play

WEEK FIVE: INTERNAL RISK FACTORS
Day Twenty-One
--Introduction to Mindsets
--More about Negative Mindsets
Day Twenty-Two
--Introduction to Criminal Values
--The Law
--Criminal Identity
Day Twenty-Three
--Respect
Day Twenty-Four
--Loyalty
--Have An Excuse Ready!
Day Twenty-Five
--Different Mindsets

WEEK SIX: THINKING AND PROBLEM-SOLVING
Day Twenty-Six
--DVD lesson
Day Twenty-Seven
--Excitement Junkie
Day Twenty-Eight
--Stinking Thinking
Day Twenty-Nine
Action Maze
Day Thirty
Action Maze Continued