

The Health Rocks!® is a three-part evidence and research-based leader's curriculum for a healthy living program, designed to bringing youth, families, and communities across the United States together to reduce use of tobacco, alcohol, and drugs among youth. Health Rocks! Aims to help youth resist risky behaviors by guiding them in development of life skills in the areas of critical thinking, decision-making, communication, managing feelings, stress management, and goal setting to help them resist risky behaviors. It also provides accurate health information on the consequences of youth usage of tobacco, alcohol, and drugs. The program is designed for teen/adult facilitation, and teaching tips and key health messages are embedded within the activities. Health Rocks! aligns with National Health Standards and North Carolina Essential Standards (Healthful Living-Health Education) targeting ages 8 through 14.

The program aims 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 related to use of tobacco, drug, and alcohol use to make healthy choices.
- Engage youth and adults in partnership 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 youth risk behaviors.
- Health Rocks! ® also provides health information regarding norms and consequences of youth tobacco, alcohol, and drug usage. The curriculum is designed for teen/adult facilitation, with teaching tips and key health messages embedded in the hand-on activities.

The 46 activities use hands-on experiences to facilitate youth learning, including concept review and learning assessment at the end of each chapter. A Retrospective Impact Evaluation is included along with appendices with additional resources, a drugs glossary, and a facilitator-training outline.

For information about Health Rocks! in your area, contact your local Cooperative Extension Office and ask 4-H agent for the Health Rocks curriculum.

Healthful Living Essential Standard 6<sup>th</sup> grade

*Unit Heading*

**Alcohol, Tobacco, and Other Drugs**

- ✓ Take a deep breath
- ✓ Running free
- ✓ Did you know?

**Mental and Emotional Health**

- ✓ Should I or shouldn't I
- ✓ The chains that bind
- ✓ Be a stress buster
- ✓ Making informed decisions

**Personal and Consumer Health**

- ✓ The choices that matter
- ✓ Lights! Camera! Action!

Healthful Living Essential Standard 7<sup>th</sup> grade

*Unit Heading*

**Alcohol, Tobacco, and Other Drugs**

- ✓ Take a deep breath
- ✓ Running free
- ✓ Did you know?

**Mental and Emotional Health**

- ✓ Should I or shouldn't I
- ✓ The chains that bind
- ✓ Be a stress buster
- ✓ Making informed decisions

Healthful Living Essential Standard 8<sup>th</sup> grade

*Unit Heading*

**Alcohol, Tobacco, and Other Drugs**

- ✓ Did you know?
- ✓ Lights! Camera! Action

**Mental and Emotional Health**

- ✓ Should I or shouldn't I
- ✓ The chains that bind
- ✓ Be a stress buster
- ✓ Making informed decisions

