



Title: Health Rocks!®

Type of 4-H Material: Group Curriculum

Grade/Level: Beginning (Ages 8-12 years)

Type of Media: Leader's Guide and CD-Rom

Category: Healthy Living

Focus Area: Health (Life Skills Development; Tobacco, Alcohol & Drug Use Prevention)

Summary: *Health Rocks!*® is a three-part series of leader's curricula for a healthy living program, with the goal of bringing youth, families and communities across the United States together to reduce tobacco, alcohol and drug use by youth. *Health Rocks!* helps youth develop life skills in the area 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 regarding statistics and consequences of youth tobacco, alcohol, and drug usage. The program is designed to be facilitated by teen/adult teams. Teaching tips and key health messages are embedded within the activities.

The Guide includes: an issue framing background, information on teens as volunteer leaders, youth developmental stages, experiential learning, Essential Elements of 4-H, targeted life skills, National Health Education Standards, and a planning guide. The 21 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, drugs glossary, and a facilitator training outline.

An accompanying cd-rom provides resources for teen/adult leaders and youth participants including: Definitions/Instructions, Drug Cards, Cause & Consequence Cards, Body Parts Cards, Recording Sheet(s), Decision-Making Worksheets, Role Play Cards, People Group Cards, Influence Worksheet, Influence Situation Cards, Decision Cards and Gameboard, Messages in Community Worksheet, and Family/Community Cards to extend learning and activities beyond youth participants.

For more information, or to purchase National 4-H Curriculum: www.4-hmall.org