

- 96% of youth reported they could help other teens resist alcohol and drugs
- Over 90% of youth reported they can stand up for what they believe in
- 90% of youth reported they gained knowledge of negative consequences
- 94% of youth reported knowing that once a person is hooked on drugs, it is hard to stop
- 95% of youth participants demonstrated social competency, volunteerism, self-confidence, and strong values

FOLLOWING HEALTH ROCKS! PROGRAMS:

HEALTH ROCKS! has reached over 171,000 youth since 2010 with 10 or more hours of teaching.



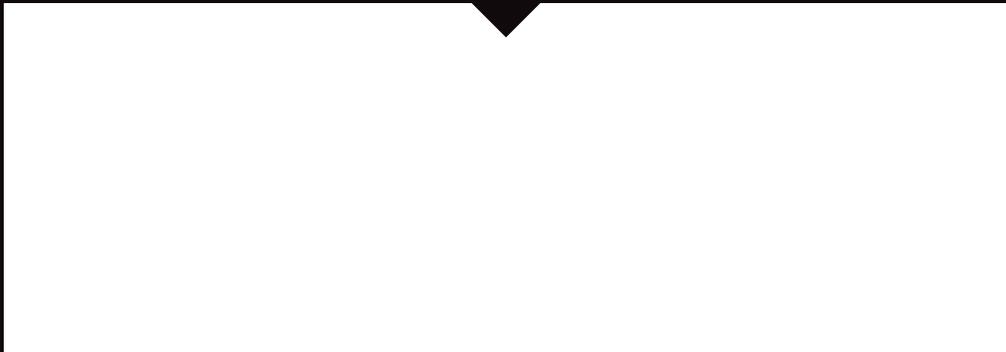
HEALTH ROCKS! IS A CURRICULUM DESIGNED TO BUILD RESILIENCY, CRITICAL THINKING, AND DECISION MAKING SKILLS AMONG YOUTH AGES 8-16.



Health Rocks!

4-H ■ HEALTHY LIFE SERIES

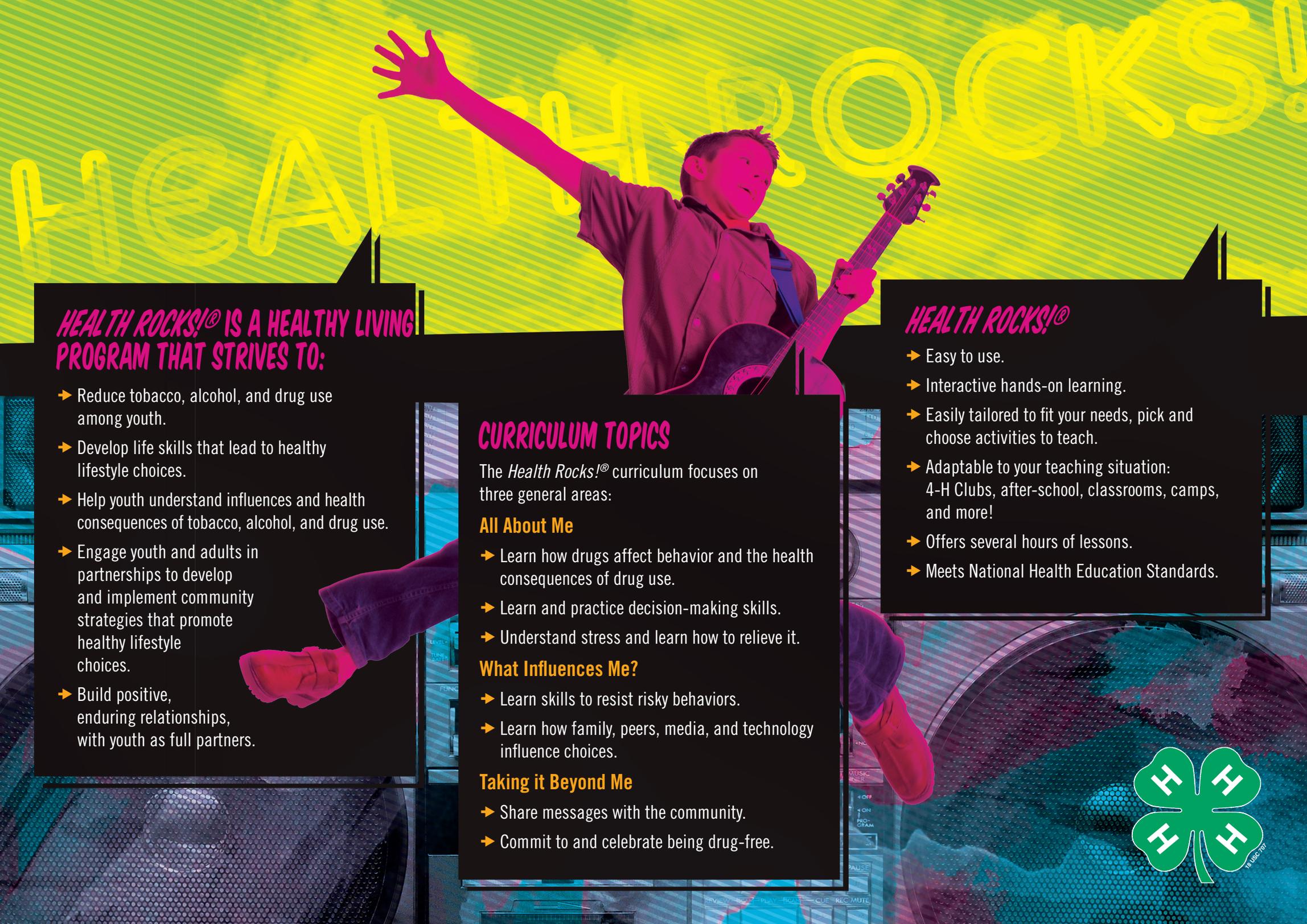
FOR MORE INFORMATION



Health Rocks!

4-H ■ HEALTHY LIFE SERIES





HEALTH ROCKS!® IS A HEALTHY LIVING PROGRAM THAT STRIVES TO:

- ➔ Reduce tobacco, alcohol, and drug use among youth.
- ➔ Develop life skills that lead to healthy lifestyle choices.
- ➔ Help youth understand influences and health consequences of tobacco, alcohol, and drug use.
- ➔ Engage youth and adults in partnerships to develop and implement community strategies that promote healthy lifestyle choices.
- ➔ Build positive, enduring relationships, with youth as full partners.

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 messages with the community.
- ➔ Commit to and celebrate being drug-free.

HEALTH ROCKS!®

- ➔ Easy to use.
- ➔ Interactive hands-on learning.
- ➔ Easily tailored to fit your needs, pick and choose activities to teach.
- ➔ Adaptable to your teaching situation: 4-H Clubs, after-school, classrooms, camps, and more!
- ➔ Offers several hours of lessons.
- ➔ Meets National Health Education Standards.

