



SMART Moves Program Components

Week One:

Program Introductory

Week Two:

What Are My Strengths? What Do I Need To Work On?

Week Three:

How to Make your Strengths Work for you

Week Four:

Being SMART About My Future

Week Five:

Am I Making the Right Choices?

Week Six:

Peer Influence & Bullying

Week Seven:

Media SMART-Should I believe Everything I See?

Week Eight:

What Do I Know About Drugs & Alcohol

Week Nine:

Identifying Gateway and Commonly Use Drugs

Week Ten:

What are the effects on my body?

Week Eleven:

Importance of Decision-Making Discussion

Week Twelve:

Program Overview

Week Thirteen:

Students Feedback/Recognition

Week Fourteen:

Program Wrap-up