

	Unit Goals	Key Skills	Class Periods
LST Parent Program Orientation	To introduce participants to the program; to understand the challenges of combating substance use.	Identifying group's concerns; setting group's goals.	1
Family Communication	To help participants develop family communication skills.	Analyzing family communication styles; building skills for avoiding misunderstandings and expressing feelings effectively; family goal-setting.	1
Parental Monitoring	To help participants understand the importance of parental monitoring and determine an appropriate level.	Assessing family risk factors; establishing rules.	1
Being a Good Role Model	To help participants realize the power of positive role models and how to model positive behaviors.	Role modeling drug resistance and healthy stress management; value assessment.	1
Use of Appropriate and Consistent Discipline	To analyze disciplinary styles and help participants understand the importance of establishing rules.	Identifying different parenting styles; establishing rules; compromising; negotiation.	1
Effects and Warning Signs of Substance Use	To discuss commonly used substances, their effects, and warning signs of their use.	Analyzing adolescent behaviors; identifying signs of substance use; expressing substance-use concerns effectively.	1
Taking a Clear Stand on Drugs	To help participants communicate rules and consequences on substance abuse to their children.	Preparing to respond to substance-related questions; analyzing rules and the consequences for breaking them.	1
<b>Total Class Periods</b>			<b>7</b>