

## All Stars Fact Sheet

### All Stars Core 2.0

**14 essential sessions** – 45-minute classroom or community group sessions. (Program Orientation, The World of the Future, Understanding What is Important, Planning for the Future, Make Your Mark, Ideals-Based Reputations, Opinion Poll Game, Norms – Unwritten Rules of Behavior, Opinion Poll Game Rematch, Hypocrisy or Commitment, Defending Commitments, Scripting Commitments, Proclaiming Commitments, Celebration)

**8 supplemental sessions** – one-on-one sessions, peer leader session, optional classroom and community group sessions. (Talent Search, Reaching Out, Getting to Know Youth, Where Do I Stand?, Standing For Something, Great Expectations, Commitment Game, Commitment Defense Skills)

**Strategies for Success** – 7 activities for teachers and adult leaders. (Promoting Idealism, Art and Idealism, Priorities and Reputations, Positive Cultures, Good Judgment, Supporting Commitments, Parental Involvement)

**Program Planning Session** – one session useful for insuring program success within a school or institution.

**Parent Training Session** – one session to train parents in 7 parenting skills essential for prevention. (Understanding growth and development, Expressing love and affection, Promoting involvement in the community, Setting clear standards, Monitoring and supervising friends and activities, Providing appropriate discipline when needed, Setting a positive example)

**Student Worksheets** – includes homework to be completed with parents. (Friendship Survey, Opinion Poll Survey, Possible Futures, Forward to the Future, Good and Bad, Getting a Reputation, Good Judgment, Draft Personal Commitment Form, Habits That Make it Happen, Personal Commitment Form, Commitment Game Score Card)

### All Stars Booster 2.0

**12 sessions** – 45-minute classroom or community group sessions. (Renewed Acquaintance, Program Orientation, Group Ideals, Thinking about the Future, Doing Something about the Future, Booster Opinion Poll Game, Press the Point, Slipping into the Future, Advanced Commitment Defense Skills, Commitment Video Review, Take Two, Return and Report)

**Program Planning Session** – one session useful for insuring program success within a school or institution.

**Parent Training Session** – one session to promote monitoring and supervision among parents.

**Student Worksheets** – includes homework to be completed with parents. (Booster Opinion Poll Questions, Positive Habits, My Greatest Challenge)

### All Stars Plus

**11 sessions** – additional 45-minute classroom or community group sessions implemented after the Core sessions. (Goals That Come From Ideals, Using Goals to Realize Ideals, Decision Making Strategies, Conscience-Based Decisions, Logical Decisions, Decision Making Practice, Basic Communication Skills, Charades, Being Assertive, Resisting Peer Pressure, No Challenge, Celebration Plus)

**Student Worksheets** – includes homework to be completed with parents. (Making It Happen, The Small Voice, Decisions-Decisions)

### Strategies for Using All Stars Programs

	6th Grade	7th Grade	8th Grade
Option 1	All Stars Core and Plus	All Stars Booster	
Option 2		All Stars Core and Plus	All Stars Booster
Option 3	All Stars Core	All Stars Plus	All Stars Booster