**Prevention On Purpose Content Suite**

**Middle & High School**

Below are Purpose Prep’s current course offerings, along with a suggested grade-range for each course to be offered. The training videos, discussion questions and content have been effectively delivered to and received by students. Purpose Prep still provides a general recommended framework for schools to implement these offerings across 6-12th grade. This is based on the development of the offerings, age-appropriate content, and to provide the scaffolding and support to create the greatest impact in schools and students’ lives. This structure may be altered based on school knowledge, experiences, and the emotional, social and academic capacity of student populations at the school’s discretion.

1. Personal Development – 6-8th Grade
2. Character & Leadership Development – 6-8th Grade
3. Unlock Your Purpose – 6-8th Grade
4. Social & Emotional Success – 6-12th Grade
5. Mental Health & Wellness – 9-12th Grade
6. College & Career Readiness – 9-12th Grade
7. Climate & Culture Transformation – 6-12th Grade
8. Restorative Practices & Principles – 6-12th Grade
9. Trauma-Informed Living – 9-12th Grade
10. **PERSONAL DEVELOPMENT**

**UNIT 1 – DEVELOP YOURSELF**

MENTORSHIP: THE POWER OF MENTORSHIP

Mentorship – What is Traditional Mentoring?

Mentorship – The Man on Stage vs. Man in the Mirror

Mentorship – Transactional vs. Transformational Mentorship

Mentorship – Inspiration from a Mentor

Mentorship – The Importance of Mentorship

PAST & FUTURE:HOW TO REFLECT ON YOUR PAST & PREPARE FOR YOUR FUTURE

Past & Future – Personal Reflection + Future Projection = Personal Development

Past & Future – To Create or Be Created

Past & Future – Born to Be Different

Past & Future – Personal Leadership

Past & Future – Don't Let the Same Team Beat You Twice

A SATISFIED LIFE: FIND SATISFATION IN EACH STAGE IN LIFE

A Satisfied Life – Getting Out of Your Comfort Zone

A Satisfied Life – Harness Your Ability to Learn, Read & Obtain Knowledge

A Satisfied Life – The Perpetual Learner

A Satisfied Life – The Questioner

A Satisfied Life – Achieving a Fulfilling Career

BE YOURSELF:GIVE YOURSELF PERMISSION TO BE YOU

Be Yourself – Be Honest with Yourself

Be Yourself – Joy & Happiness

Be Yourself – Inner-Peace / Outer-Peace

Be Yourself – The Journey is the Reward

Be Yourself – Being Yourself & Letting Others Be Themselves

**UNIT 2 – STRATEGIC PLANNING**

WHERE ARE YOU HEADED: BUILDING A ROADMAP

Where Are You Headed – Embracing Your Design

Where Are You Headed – Define Your Identity

Where Are You Headed – What Makes You Tick?

Where Are You Headed – What is Your Passion & Design?

Where Are You Headed – Focus

ARE YOU UNIQUE: A STRATEGY FOR LIFE

Are You Unique – Does it Pay to Be Different?

Are You Unique – When Good Isn’t Enough

Are You Unique – Stay True, Be You

Are You Unique – Build Around Your Uniqueness

Are You Unique – How to Get Unstuck

OPPORTUNITY: ATTRACTING THE RIGHT OPPORTUNITIES

Opportunity – Move by Vision, Not by Need

Opportunity – Challenge + Change = Opportunity

Opportunity – Don’t Force it, the Opportunities Will Come

Opportunity – Preparation Meets Opportunity

Opportunity – Listening to the Universe

DREAMING: DREAMS WORTH PURSUING – THE CYCLE

Dreaming – Learning How to Dream

Dreaming – Creation

Dreaming – Reinventing the Dream

Dreaming – Persistence

Dreaming – Don't Stop Dreaming

**UNIT 3 – SELF-ESTEEM**

VALUE: THERE’S GOOD IN EVERYONE

Value – See the Value in Yourself

Value – Appreciate the Value in Others

Value – Stop Expecting, Start Appreciating

Value – Healthy Self-Esteem

Value – Practical Examples of Self-Esteem

WHO’S IN CONTROL: TAKING RESPONSIBILITY

Who’s in Control – What’s in Your Hands?

Who’s in Control – Who You Are & Who You’re Not

Who’s in Control – Time is Ticking

Who’s in Control – Personal Accountability

Who’s in Control – Command Your Temper

NEEDS & LIMITS: COMMUNICATING NEEDS & OVERCOMING LIMITATIONS

Needs & Limits – We All Have Needs

Needs & Limits – Don’t Fault People’s Limitations

Needs & Limits – Living in Denial

Needs & Limits – What About Me

Needs & Limits – Identifying My Needs

DON’T STAY SILENT: SPEAK OUT!

Don’t Stay Silent – Against the Grain

Don’t Stay Silent – Limits Are Meant to Be Broken

Don’t Stay Silent – Be Vocal About Your Direction

Don’t Stay Silent – Breaking Free from My Secrets

Don’t Stay Silent – Surround Yourself with Giants

**UNIT 4 – COMPLETE HEALTH**

MENTAL HEALTH: WHAT IS MENTAL HEALTH?

Mental Health – Break it Down

Mental Health – Shifting Your Perspective

Mental Health – Healing Your Mind

Mental Health – The Freedom in Forgiveness

Mental Health – Tips to Mental Health

PHYSICAL HEALTH: HARNESSING YOUR PHYSICAL ENERGY

Physical Health – Challenge Yourself

Physical Health – A Change in Pace Leads to a Change in Production

Physical Health – We Are What We Consume

Physical Health – Mindfulness

Physical Health – Personal Hygiene

SOCIAL/EMOTIONAL HEALTH: FINDING THE BALANCE WITHIN

Social/Emotional Health – Human Boundaries

Social/Emotional Health – Emotional Pain, Loss & Stress

Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise

Social/Emotional Health – Accepting Your Circumstances

Social/Emotional Health – Explore a New Environment

GROWTH MINDSET: HEALTHY DISCIPLINES SHOULD LEAD TO GROWTH

Growth Mindset – Assess Your Budget

Growth Mindset – The Decision-Making Chart

Growth Mindset – Daily Disciplines

Growth Mindset – Emotional Intelligence

Growth Mindset – Breaking Free of Limitations

1. **CHARACTER & LEADERSHIP DEVELOPMENT**

**UNIT 1 – MISSION, VISION, PURPOSE**

VISION: DRAFT A VISION FOR YOUR FUTURE

Vision – The Guiding Image

Vision – Map Out Your Future

Vision – How to Find Your North Star

Vision – Creating a Vision Board

Vision – Why is Vision Important

MISSION: DEFINE YOUR VALUES & PRINCIPLES

Mission – Be Guided by Your Values

Mission – Proven Principles

Mission – Why Are You Here?

Mission – Starting from the Bottom

Mission – Circumstance and Situations

PURPOSE: UNDERSTAND HOW PURPOSE DRIVES YOUR LIFE

Purpose – Inspire the Journey

Purpose – The Future is Now

Purpose – Why Does Purpose Matter?

Purpose – Evolving Your Purpose

Purpose – Derailed from Purpose

IMPACT YOUR COMMUNITY: BUILD & LEAD WITH STRENGTH

Impact Your Community – Love It, Learn It, Live It & Lead It

Impact Your Community – Prepare Yourself to Lead

Impact Your Community – The Importance of Community

Impact Your Community – Practice What You’ve Learned

Impact Your Community – Getting Involved

**UNIT 2 – PERSONAL EXPERIENCE**

ADVENTURE: CHALLENGE YOURSELF TO LIVE EXTRA-ORDINARY

Adventure – Take Up the Challenge

Adventure – See the World

Adventure – Do Something Out of the Ordinary

Adventure – Uncharted Territories

Adventure – Be Spontaneous

MEMORIES: CREATE MEANING IN EACH MOMENT

Memories – Moments = Memories = Meaning

Memories – The Power of Reflection

Memories – Family, Friends & Loved Ones

Memories – Be Present

Memories – Overcoming Bad Memories

YOUR STORY: USE YOUR STORY TO RELATE TO OTHERS

Your Story – Look into the Past & Write Your Future

Your Story – Experiences & Stories Enable You to Connect with Others

Your Story – The Importance of Authenticity

Your Story – Overcoming Peer Pressure

Your Story – Teen Pregnancy

HAVE A LITTLE FUN: HAVE FUN IN EACH STAGE OF LIFE

Have a Little Fun – Don’t Take Everything So Seriously

Have a Little Fun – Choose to Be Different

Have a Little Fun – Hobbies & Dreams

Have a Little Fun – It Doesn't Cost to Have Fun

Have a Little Fun – Learn to Date Yourself

**UNIT 3 - IDENTITY**

DISCOVER YOUR IDENTITY: LEARN HOW TO FIND YOURSELF

Discover Your Identity – The Assignment

Discover Your Identity – Uncover Who You Are

Discover Your Identity – Recover What You Used to Have

Discover Your Identity – Discover New Things About Yourself

Discover Your Identity – Identity Leads to Purpose

EMOTIONAL AUDIT: REPROGRAM HOW YOU THINK & FEEL

Emotional Audit – An Emotional Audit

Emotional Audit – The Mind Map

Emotional Audit – The Three Levels of the Mind

Emotional Audit – Emotional Differences

Emotional Audit – Mastering Your Emotions

INNER ENGINEER – PART 1 CHANGE THE BELIEF SYSTEMS THAT HOLD YOU BACK

Inner Engineer – Competing Commitments

Inner Engineer – Get Specific & Break it Down

Inner Engineer – Activities, Time Commitments & Fearing Success

Inner Engineer – The Pain of Rejection

Inner Engineer – Relationships, Memories & Experiences

OVERCOME IDENTITY ISSUES: OVERCOME LIMITS & SETBACKS

Overcome Identity Issues – Defining Identity

Overcome Identity Issues – Different Identity Issues

Overcome Identity Issues – Redefine Your Identity Foundation

Overcome Identity Issues – You Are Not What You Do

Overcome Identity Issues – Acknowledge and Embrace All of You

**UNIT 4 – TRANSFORMATION**

MYSTERY: EMBRACE LIFE AS A MYSTERY

Mystery – From Dreams to Destiny

Mystery – Becoming the Seeker

Mystery – Time is Not an Enemy

Mystery – Process Your Future

Mystery – Writing Your Obituary

COMPASSION & STILLNESS: DON’T BE AFRAID TO LET YOUR HEART WIN

Compassion & Stillness – The Secret of Purpose

Compassion & Stillness – People Matter

Compassion & Stillness – Find Peace Through Stillness

Compassion & Stillness – Finding Solutions in Stillness

Compassion & Stillness – Why Compassion Matters

A REINVENTED LEADER: WHAT IS TRUE LEADERSHIP?

A Reinvented Leader – True Leadership

A Reinvented Leader – Embrace the Paradox

A Reinvented Leader – Logical vs. Emotional Thinking

A Reinvented Leader – Maximize Your Strengths

A Reinvented Leader – It's Not Black and White

START AGAIN: HOW TO END STRONG & START AGAIN

Start Again – Completion is the Difference

Start Again – Make the Decision

Start Again – Until Next Time

Start Again – Turning Your Life Around

Start Again – Start Today

1. **UNLOCK YOUR PURPOSE**

**UNIT 1 – HAPPINESS vs. SUCCESS**

MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER

Map Your Future – Living Out Your Destiny

Map Your Future – Creating Healthy Success

Map Your Future – What We Truly Desire

Map Your Future – It’s Not About the Money

Map Your Future – Take the First Step

PEOPLE & PROBLEMS: LEARNING ABOUT THE TYPES OF PEOPLE & PROBLEMS

People & Problems – Types of People

People & Problems – You Choose

People & Problems – Types of Problems

People & Problems – Your Purpose Dictates Everything

People & Problems – Decide Who You Want to Be

FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS

Focus & Success – Four Pillars of Focus

Focus & Success – Four Pillars of Success

Focus & Success – Defining Success

Focus & Success – Setting Goals: First Step to Success

Focus & Success – The Importance of Planning

FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING

From Learning to Earning – Learn How to Learn

From Learning to Earning – Learn How to Earn

From Learning to Earning – Meaning > Money

From Learning to Earning – From Purpose to Profession

From Learning to Earning – Changing Your Mindset About Money

**UNIT 2 – MAKING A DIFFERENCE**

GIVING IS GETTING: UNLOCK THE POWER OF GIVING

Giving is Getting – An Uncharted Principle

Giving is Getting – Giving Back or Just Giving?

Giving is Getting – The Giving Experience

Giving is Getting – Is There a Higher Purpose?

Giving is Getting – Why Farmers Win?

REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS

Reasonable Response – Wealth & Power

Reasonable Response – The Dead Sea or Niagara Falls

Reasonable Response – Gratitude

Reasonable Response – Hope in Hopelessness

Reasonable Response – Helping Those in Need

MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE

Make a Difference – What Does it Take to Make a Difference?

Make a Difference – Being a Positive Influence on Others

Make a Difference – The Simple Gift of Life

Make a Difference – Investing into Your Community

Make a Difference – Embrace a Different Lifestyle

BE THE CHANGE: CREATE A LEGACY

Be the Change – Is There More to Life?

Be the Change – Is Doing Good Better Than Being Great?

Be the Change –A Life Plan Can Help Build a Legacy

Be the Change – Giving Beyond

Be the Change – Thriving or Surviving

**UNIT 3 – THOUGHTS, WORDS & SILENCE**

FRAME YOUR WORLD: LEARN THE POWER OF WORDS

Frame Your World – Words Shape Thought

Frame Your World – Thoughts Shape Beliefs

Frame Your World – Belief Shape Actions

Frame Your World – Visualize Your World

Frame Your World – Choosing Between Two Realities

POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY

Positive & Negative – The Effects of Negativity

Positive & Negative – Turn Negativity into Positivity

Positive & Negative – Positivity Exercise

Positive & Negative – Reshape Our Worlds

Positive & Negative – The Importance of Rest

SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS

Silence & Questions – The Importance of Silence

Silence & Questions – Questions First Please

Silence & Questions – Curiosity

Silence & Questions – Filling the Void

Silence & Questions – Ask More Questions

WARPING REALITY: UNLOCK YOUR POTENTIAL

Warping Reality – Limitless Design

Warping Reality – The Words Exercise

Warping Reality – Daily Affirmation Statement

Warping Reality – How Energy Affects Humans

Warping Reality – Breaking Through Our Hardships

**UNIT 4 - RELATIONSHIPS**

RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS

Relationships – Our Most Essential Need

Relationships – Opening Doors of Opportunity

Relationships – The Power of Connection

Relationships – Setting Realistic Boundaries

Relationships – Developing, Managing and Sustaining Your Relationships

BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?

Belonging – Get the Support You Need

Belonging – Find Your Tribe

Belonging – Acceptance = Freedom

Belonging – The Power of Love

Belonging – Find Where You Belong

VULNERABILITY: SHOULD VULNERABILITY BE SCARY?

Vulnerability – Overcoming Confrontation

Vulnerability – Loyalty & Trust Lead to Vulnerability

Vulnerability – The Five-Minute Connect

Vulnerability – Excruciating Vulnerability

Vulnerability – How to Handle Shame

SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS

Safety – Finding Safety

Safety – A Safety Net for Others

Safety – Positive Speaking & Reflective Writing

Safety – Are Your Relationships Safe?

Safety – Finding Safe Leaders

1. **SOCIAL & EMOTIONAL SUCCESS**

**UNIT 1 – IMPORTANT LIFE SKILLS**

CHOOSING PURPOSE:

Choosing Purpose – Make Powerful Decisions

Choosing Purpose – Manage Stress

Choosing Purpose – Living Self-Disciplined & Self-Motivated

Choosing Purpose – Life-Changing Goals

Choosing Purpose – Organizational Skills

SOCIAL SKILLS:

Social Skills– Social Awareness

Social Skills – Perspective is Everything

Social Skills – Dynamic Empathy

Social Skills – Diversity Expansion

Social Skills – Respect Creates Connection

HEALTHY RELATIONSHIPS:

Healthy Relationships – Relationship Skills

Healthy Relationships– Communication Matters

Healthy Relationships– Embracing Society

Healthy Relationships – Meaningful Relationships

Healthy Relationships – The Dream Team

SUCCESSFUL DECISION MAKING:

Successful Decision-Making – Identifying Problems

Successful Decision-Making – Critical Thinking

Successful Decision-Making – Problem-Solving

Successful Decision-Making – Evaluating & Reflecting

Successful Decision-Making – Choosing Humanity

**UNIT 2 – MINDFULNESS**

ENGINEERING CONSCIOUSNESS:

Engineering Consciousness – Philosophy in Life

Engineering Consciousness – The Idea of Self

Engineering Consciousness – Becoming Aware

Engineering Consciousness – Mindfulness

Engineering Consciousness – Processing Adversity

MINDFULNESS PRACTICES & PRINCIPLES

Mindfulness Practices & Principles – Meditation

Mindfulness Practices & Principles – Mantra and Verbal Reinforcements

Mindfulness Practices & Principles – Science & Neuroscience

Mindfulness Practices & Principles – Inclusion

Mindfulness Practices & Principles – Music & Mood

LEARNING THE BASICS

Healthy Communication – Listening

Healthy Communication – Thinking & Speaking

Healthy Communication – Seeking to Understand

Healthy Communication – Body Language and Voice Tone

Healthy Communication – Facial Expressions

KNOWING YOURSELF

Knowing Yourself – Face Your Emotions

Knowing Yourself – See Yourself

Knowing Yourself – Identify Your Strengths

Knowing Yourself – Build Self-Confidence

Knowing Yourself – Believe in Yourself

**UNIT 3 – BARRIERS TO SUCCESS**

MAKING POWERFUL DECISIONS

Making Powerful Decisions – Death of a Loved One

Making Powerful Decisions – Pornography and Guilt

Making Powerful Decisions – Successfully Returning to School

Making Powerful Decisions – Digital Citizenship and Safety

Making Powerful Decisions – Overcoming Traumatic Memories

CRISIS MANAGEMENT

Crisis Management – Gangs, Guns and Fighting

Crisis Management – Suicide Prevention and Education

Crisis Management – Adrenaline and Aggression

Crisis Management – Learned Helplessness

Crisis Management – Mood and Behavior Management

REDIRECTING MY LIFE: PAIN TO PURPOSE

Pain to Purpose – Dealing with Divorce and Separation

Pain to Purpose – Confusion, Pain & Identity

Pain to Purpose – Self-Harm and Staying Safe

Pain to Purpose – The Consequences of Drugs

Pain to Purpose – Diversity and Inclusion

DEALING WITH TRAUMA

Dealing with Trauma – Identifying Trauma

Dealing with Trauma – Trauma with Sexual Abuse and Molestation

Dealing with Trauma – Family Challenges Around Trauma

Dealing with Trauma – Emotional or Physical Trauma

Dealing with Trauma – Sexual Pressure

**UNIT 4 – REDIRECTING MY LIFE**

INTRODUCTION TO SUBSTANCE ABUSE

Introduction to Substance Abuse – Drugs and the Body and Mind

Introduction to Substance Abuse – Marijuana, Nicotine, Tobacco and Cigarettes

Introduction to Substance Abuse – Stimulants and Depressants

Introduction to Substance Abuse – Vaping and JUULing

Introduction to Substance Abuse – The Impact of Drugs on Your Relationships

INTERVENTION CAN HELP YOU

Intervention Can Help You – Living Drug Free and Overcoming Drugs

Intervention Can Help You – Coping with Grief, Loss and Shame

Intervention Can Help You – Truancy: Absenteeism and Missing School

Intervention Can Help You – Swearing and Degrading Words

Intervention Can Help You – Suspension and Expulsion

SOCIAL AND SELF-AWARENESS SKILLS

Social and Self-Awareness Skills – Cultural Implications within Family and Learned Behavior

Social and Self-Awareness Skills – Primary and Secondary Impacts of Behavior

Social and Self-Awareness Skills – Restoring Yourself and Others

Social and Self-Awareness Skills – Sex Safety, Education and Boundaries

Social and Self-Awareness Skills – Sexual Abuse

COPING STRATEGIES

Coping Strategies – Suicide Prevention

Coping Strategies – Avoiding Exploitation (Human Trafficking)

Coping Strategies – Negative Thinking Patterns

Coping Strategies – Coping with Loss and Separation

Coping Strategies – Trauma and Behavior

1. **MENTAL HEALTH & WELLNESS**

**UNIT 1 – UPGRADE YOURSELF**

ANGER MANAGEMENT:

Anger Management – Defining Anger Management

Anger Management – Angry Outcomes

Anger Management – Types of Anger

Anger Management – Handling Anger

Anger Management – Overcoming Anger

COMMUNICATION SKILLS:

Communication Skills – Connecting with Your Parents

Communication Skills – Communicating with Your Teachers

Communication Skills – Relating with Other Adults

Communication Skills – Communicating with Your Friends

Communication Skills – Your Internal Dialogue

THE POWER OF THOUGHTS:

Thoughts & Acceptance – Changing Our Thought Patterns

Thoughts & Acceptance – Overcoming Sad Feelings

Thoughts & Acceptance – Motivated by Positive Feelings

Thoughts & Acceptance – The Feeling of Hopelessness

Thoughts & Acceptance – How Choices Affect Our Thinking

KNOW YOURSELF, LOVE YOURSELF:

Know Yourself, Love Yourself – Self-Worth

Know Yourself, Love Yourself – Self-Esteem in Tough Situations

Know Yourself, Love Yourself – Limits and Abilities

Know Yourself, Love Yourself–Loved, Valued, and Accepted

Know Yourself, Love Yourself – Positive Reinforcement

**UNIT 2 – TRANSFORM BULLYING**

UNDERSTANDING BULLYING

Understanding Bullying – Hurt People…Hurt People

Understanding Bullying –Trauma and Insecurity

Understanding Bullying – Being Different

Understanding Bullying –Tragedy on Both Sides

Understanding Bullying – Solutions to Bullying

EFFECTS OF BULLYING

Effects of Bullying – Dehumanizing the Victim

Effects of Bullying – Effects on the Bullied

Effects of Bullying – Effects on the Bully

Effects of Bullying – Effects on the Bystanders

Effects of Bullying – Effects on Culture

BEING A CHAMPION

Being a Champion – Diffuse the Situation

Being a Champion – Knowing Your Worth and Everyone Else's

Being a Champion – What's at Stake

Being a Champion – Being Observant

Being a Champion – Creating Real Change

OVERCOMING BULLYING: REAL STORIES

Overcoming Bullying: Real Stories – Tricks & Tips to Overcome

Overcoming Bullying: Real Stories – Standing Up the Right Way

Overcoming Bullying: Real Stories – Forgiveness

Overcoming Bullying: Real Stories – Techniques to Overcome Bullying

Overcoming Bullying: Real Stories – Finding Your Tribe

**UNIT 3 – SOCIAL IMPACT**

CITIZENSHIP

Citizenship – Defining Citizenship

Citizenship – The Power of Your Vote

Citizenship – Your Country

Citizenship – Reasons for the Law

Citizenship – Being a Part of Your Community

DIVERSITY

Diversity – Defining Diversity

Diversity – Why We Need Diversity

Diversity – Embracing Diversity

Diversity – Broadening Our Perspective

Diversity – Diversity and My Life

PEACE OFFICERS

Peace Officers – Who Are Peace Officers?

Peace Officers – Staying Safe in an Interaction

Peace Officers – Peace Officer Interactions

Peace Officers – Best Practices When Questioned

Peace Officers – Protecting All Rights

FIGHTING FOR JUSTICE

Fighting for Justice – Defining Social Justice

Fighting for Justice – Your Rights as a Minor

Fighting for Justice – Discrimination

Fighting for Justice – Racism

Fighting for Justice – Environmental Justice

**UNIT 4 – OVERCOMING ADVERSITY**

IT’S NOT YOUR FAULT

It's Not Your Fault – Divorce & Separation

It's Not Your Fault – Physical Abuse

It's Not Your Fault – Emotional Abuse

It's Not Your Fault – Physical and Emotional Neglect

It's Not Your Fault – Sexual Abuse

FAMILY CHALLENGES

Family Challenges – Death of a Loved One

Family Challenges – Incarceration

Family Challenges – Suicide

Family Challenges – Depression & Anxiety

Family Challenges – Substance Abuse

RESILLIENCY

Resiliency – Defining Resiliency

Resiliency – Elasticity

Resiliency – The End Isn't the End

Resiliency – Coping Skills

Resiliency – Creating Your Team

MENTAL WELLNESS

Mental Wellness – Anxiety

Mental Wellness – Depression

Mental Wellness – Mindfulness

Mental Wellness – Learning How to Say "No"

Mental Wellness – Being Present

1. **COLLEGE & CAREER READINESS**

**UNIT 1 – LIFE AFTER HIGH SCHOOL**

JOIN THE WORKFORCE

Join the Workforce – The Value of The Workforce

Join the Workforce – Job-Searching Skills

Join the Workforce – Which Careers Will Have the Highest Demand in The Next Decade?

Join the Workforce – Identify Your Character Traits & Find Related Career Interests

Join the Workforce – Develop a College & Career Vision Statement

WHICH SCHOOL IS RIGHT FOR YOU?

Which School Is Right for You – Types of Colleges

Which School Is Right for You – Community/Junior College

Which School Is Right for You – Trade, Vocational & Technical College

Which School Is Right for You – Testing Programs (ACT & SAT)

Which School Is Right for You – Timeline for Applying to College

ENTREPENEURSHIP

Entrepreneurship – The Importance of a Team

Entrepreneurship – Cultivating an Idea / Recognizing Opportunities

Entrepreneurship – Securing Funding

Entrepreneurship – The Startup Lifestyle

Entrepreneurship – Everything is Sales

EXPLORE OTHER OPPORTUNITIES

Explore Other Opportunities – Internships

Explore Other Opportunities – Entrepreneurship

Explore Other Opportunities – Volunteering

Explore Other Opportunities – Pursue Your Passions

Explore Other Opportunities – Overseas Travel Opportunities

**UNIT 2 – COLLEGE & CAREER PREPARATION**

FINDING SUCCESS AT WORK:

Finding Success at Work – Why Problem-Solving is Important at Work

Finding Success at Work – Changing the Way We Think About Productivity

Finding Success at Work – Proper Grooming & Dress

Finding Success at Work – Accomplishing Big & Small Tasks at Work

Finding Success at Work – How to Be Enthusiastic About Our Life

FINANCIAL AID:

Financial Aid – Scholarships

Financial Aid – Student Loans

Financial Aid – Grants

Financial Aid –Work-Study Funds

Financial Aid – FAFSA / Application Deadlines

JOB PREPARATION:

Job Preparation – Resumes & Online Profiles

Job Preparation – Interviewing Skills

Job Preparation – Follow-Up Letters, Portfolio Creation & Reference Lists

Job Preparation – Networking

Job Preparation – What Makes a Good Interview

PREPARE FOR COLLEGE & CAREER:

Prepare for College & Career – Time Management and Priorities

Prepare for College & Career – How to Discover What You Want to Do

Prepare for College & Career – Social Distractions

Prepare for College & Career – What Are Your Gifts?

Prepare for College & Career – Don’t Know Where to Get Help?

**Unit 3 – STARTING SCHOOL & GETTING THE JOB**

TRAITS OF A SUCCESSFUL STUDENT & EMPLOYEE:

Traits of a Successful Student & Employee – Professionalism

Traits of a Successful Student & Employee – Work Ethic

Traits of a Successful Student & Employee – Problem-Solving & Decision-Making

Traits of a Successful Student & Employee – Driven & Dependable

Traits of a Successful Student & Employee – Lifelong Learner

LIFE SKILLS:

Life Skills – Household Basics

Life Skills – The Art of Negotiation

Life Skills – Staying Safe & Healthy

Life Skills – Moving Out

Life Skills – The Art of Conversation

MAKE YOURSELF MARKETABLE NOW:

Make Yourself Marketable Now – Making the Choice & Accepting Responsibility

Make Yourself Marketable Now – Extracurricular Activities and Clubs

Make Yourself Marketable Now – How to Stay Curious and Motivated

Make Yourself Marketable Now – Creating a Vision for Your Life

Make Yourself Marketable Now – Life Experiences

RESOURCES:

Resources – Teachers

Resources – Parents/Guardian

Resources – School Groups

Resources – Quality Peers

Resources – Mentors

**UNIT 4 – TOOLS FOR SUCCESS**

PERSONAL FINANCE:

Personal Finance – Budgeting, Saving & Investing

Personal Finance – Setting Up & Managing a Bank Account

Personal Finance – Smart Shopping

Personal Finance – Credit Cards

Personal Finance – What Does a Budget Look Like?

SKILLS YOU NEED:

Skills You Need – Written Communication

Skills You Need – Nonverbal & Verbal Communication

Skills You Need – Activities That Energize You

Skills You Need – The Power of Focus

Skills You Need – Organizing Your Life

BEHAVIORS & TRAITS THAT LEAD TO SUCCESS:

Behaviors & Traits That Lead to Success – Be Proactive

Behaviors & Traits That Lead to Success – Have Integrity

Behaviors & Traits That Lead to Success – Develop a Passion

Behaviors & Traits That Lead to Success – Be Optimistic

Behaviors & Traits That Lead to Success – Have Persistence & Dedication

DISCIPLINES THAT LEAD TO SUCCESS:

Disciplines That Lead to Success – Learn How to Study

Disciplines That Lead to Success – Dress for Success

Disciplines That Lead to Success – Develop Business Vocabulary and Terminology

Disciplines That Lead to Success – Cultural Sensitivity

Disciplines That Lead to Success – Self-Assessment & Awareness

1. **CLIMATE & CULTURE TRANSFORMATION**

**UNIT 1 – HEALTH & SAFETY**

PEER CONFLICT:

Peer Conflict – How to Be Assertive

Peer Conflict – Communicating Effectively

Peer Conflict – Addressing Unfriendly Classmates or Friendships

Peer Conflict – Don’t Fight Fire with Fire

Peer Conflict – Assault and Battery

SOCIAL MEDIA SAFETY:

Social Media Safety – Staying Safe

Social Media Safety – Protecting Your Reputation

Social Media Safety – Sending Inappropriate Pictures

Social Media Safety – Warning Signs

Social Media Safety – Protecting Your Identity

DATING AND RELATIONSHIPS:

Dating and Relationships – The “Talking” Stage

Dating and Relationships – Self-Respect

Dating and Relationships – Love is an Action

Dating and Relationships – Recognizing Unhealthy Behaviors

Dating and Relationships – Communication & Compatibility

STRESSFUL LIFE EVENTS

Stressful Life Events – School, Homework & Test Stress

Stressful Life Events – Breakups

Stressful Life Events – Talking to Parents

Stressful Life Events – Overcommitment

Stressful Life Events – Being Unprepared

**UNIT 2 – RELATIONSHIP SUPPORT**

TALKING TO OUR PARENTS:

Talking to Our Parents – It’s Never Too Late to Start

Talking to Our Parents – Parents Are Here to Help

Talking to Our Parents – Raising Difficult Topics

Talking to Our Parents – How to Talk So Parents Will Listen

Talking to Our Parents – When Talking to Your Parents Doesn’t Work

TALKING TO ADULTS:

Talking to Adults – Dealing with Intimidation

Talking to Adults – Overcoming the Age Gap

Talking to Adults – The Power of Thoughtful Questions

Talking to Adults – Wisdom

Talking to Adults – R-E-S-P-E-C-T

COMPASSION & EMPATHY:

Compassion & Empathy – Living with Compassion

Compassion & Empathy – Empathy

Compassion & Empathy – Giving the Benefit of the Doubt

Compassion & Empathy – Love Always Wins

Compassion & Empathy – Random Acts of Kindness

FINDING A MENTOR:

Finding a Mentor – Finding Those That Inspire

Finding a Mentor – Studying Those We Admire

Finding a Mentor – Learning Life as We Go

Finding a Mentor – You Don’t Need to Figure Everything Out Alone

Finding a Mentor – Expand Your Life Vision

**UNIT 3 – SOCIAL AWARENESS**

UNDERSTANDING SOCIAL DIFFERENCES:

Understanding Social Differences – Ethics and Values

Understanding Social Differences – Personality Types

Understanding Social Differences – Emotional Intelligence

Understanding Social Differences – Social & Cultural Intelligence

Understanding Social Differences – Perspective-Taking

REFUSAL SKILLS & STRATEGIES:

Refusal Skills & Strategies – Being Willing to Be Awkward

Refusal Skills & Strategies – Different is Valuable

Refusal Skills & Strategies – Trust Your Discernment

Refusal Skills & Strategies – Perseverance & Hope

Refusal Skills & Strategies – The Decisions Made: Goal Settings

GIVING SIMPLE RESPECTS:

Giving Simple Respects – Saying Please & Thank You

Giving Simple Respects – Giving Gratitude Towards Life

Giving Simple Respects – Respect for Elders, Leaders, and Peers

Giving Simple Respects – Eye Contact & Nonverbal Responses

Giving Simple Respects – A Strong Handshake or Warm Hug

PURPOSEFUL COMMUNICATION TECHNIQUES:

Purposeful Communication Techniques – Conflict Resolution

Purposeful Communication Techniques – Negotiation

Purposeful Communication Techniques – Collaboration

Purposeful Communication Techniques – Letting Go of Your Ego

Purposeful Communication Techniques – Asking for Help or Support

**UNIT 4 – EQUITY, ANTI-RACISM & DIVERSITY**

LGBTQ:

LGBTQ – Students Coming Out

LGBTQ – LGBTQ Bias-Based Bullying

LGBTQ – History of the LGBTQ Community in Society

LGBTQ – The Value You Bring

LGBTQ – Being Comfortable in Your Own Skin

EQUITY:

Equity – Social Equity

Equity – Racial Equity

Equity – Stereotyping and Prejudice

Equity – Advocating for Others

Equity – Becoming Considerate

ANTI-RACISM:

Anti-Racism – Understanding Systemic Racism

Anti-Racism – Being Anti-Racist

Anti-Racism – What Does It Mean to Be an Ally?

Anti-Racism – Examining My Own Racism

Anti-Racism – Becoming a Better Ally

DIVERSITY:

Diversity – Bringing It All Together

Diversity – Celebrating Differences

Diversity – Igniting a Spark of Safety

Diversity – Ethics and My Life

Diversity – Cultural Norms

1. **RESTORATIVE PRACTICES & PRINCIPLES**

**UNIT 1 – RESTORATION BASICS**

RESTORATIVE JUSTICE:

Restorative Justice – Restorative Practice

Restorative Justice – The Labeling Theory

Restorative Justice – Learned Definitions & Context

Restorative Justice – Being Patient with the Process

Restorative Justice – Absence of a Parent

SELF-PUNISHMENT:

Self-Punishment – Why We Punish Ourselves & Others

Self-Punishment – Regret

Self-Punishment – Anxiety & Guilt

Self-Punishment – Accepting Your Flaws

Self-Punishment – Breaking the Cycle

MINDFULNESS AND ACCOUNTABILITY:

Mindfulness and Accountability – What Happened from My Perspective?

Mindfulness and Accountability – What Was I Feeling?

Mindfulness and Accountability – Perspective-Taking

Mindfulness and Accountability – Respecting the Rights and Interests of Others

Mindfulness and Accountability – Repairing the Harm

RESTORATIVE CIRCLES:

Restorative Circles – Affective Statements

Restorative Circles – Reflecting on Your Feelings with Others

Restorative Circles – Asking the Right Questions

Restorative Circles – Establishing Trust

Restorative Circles – Saying Sorry

**UNIT 2 – RESTORATIVE PREVENTION**

MY ENVIRONMENT:

My Environment – A Product of Your Environment or Your Mindset

My Environment – Managing Codependency

My Environment – Life Stress

My Environment – Creating Boundaries

My Environment – Put Yourself First

MENTAL AND EMOTIONAL REGULATION:

Mental and Emotional Regulation – Who I Am and What I Value

Mental and Emotional Regulation – Feel What You Need to Feel, Then Move Forward

Mental and Emotional Regulation – Breaking Free from Inherited Family Expectations

Mental and Emotional Regulation – Don’t Be So Hard on Yourself

Mental and Emotional Regulation – Be Vocal About Your Hardships

WHO I AM AND WHAT I’VE DONE:

Who I Am and What I’ve Done – Tracing My History

Who I Am and What I’ve Done – Gaining Control Over the Present

Who I Am and What I’ve Done – Dictating My Future

Who I Am and What I’ve Done – Each Day is a New Opportunity

Who I Am and What I’ve Done – Be Teachable

FOSTER CARE AND HOME LIFE:

Foster Care and Home Life – Handing the Rejection from Family

Foster Care and Home Life – Regret and Resentment

Foster Care and Home Life – Incarcerated Family or Friends

Foster Care and Home Life – Personal Empathy

Foster Care and Home Life – Adapting to New Homes & Schools

**UNIT 3 – RESTORATIVE INTERVENTION**

VIOLENCE:

Violence – School Violence

Violence – Learned & Unlearned Violence

Violence – Verbal Assault and Emotional Abuse

Violence – Physical Assault

Violence – Domestic Violence

TRUANCY:

Truancy – Truancy and Absenteeism

Truancy – Skipping Class and School

Truancy – Frustrations with Studies

Truancy – Meaningful Attachments

Truancy – Assigning Purpose to Learning

HATE SPEECH & GRAFFITI:

Hate Speech & Graffiti – The Impact of Negative and Hateful Words

Hate Speech & Graffiti – Vandalism and Graffiti

Hate Speech & Graffiti – Creating a Safe Environment

Hate Speech & Graffiti – Be What You Want to Receive

Hate Speech & Graffiti – Reflect on Your Perspective

DRUG ABUSE & REHABILITATION:

Drug Abuse & Rehabilitation – What is Drug Abuse & Rehabilitation?

Drug Abuse & Rehabilitation – Substance Addiction

Drug Abuse & Rehabilitation – My Family or Friends Use

Drug Abuse & Rehabilitation – The Process of Rehabilitation

Drug Abuse & Rehabilitation – What Can Go Right & Wrong

**UNIT 4 – THE PROCESS OF RESTORATION**

OVERCOMING THE PAST:

Overcoming the Past – Choosing Change

Overcoming the Past – Accepting Our Mistakes

Overcoming the Past – Learning from Our Mistakes

Overcoming the Past – Finding a New Crowd

Overcoming the Past – Avoiding Recidivism

UNDERSTANDING CULTURES & DIVERSITY:

Understanding Cultures & Diversity – The Value in Diversity

Understanding Cultures & Diversity – Encouraging and Respecting Diversity

Understanding Cultures & Diversity – Learning about Other Cultures

Understanding Cultures & Diversity – What Is Cultural Appropriation?

Understanding Cultures & Diversity – Acknowledging Cultures and Diversity

HEALTHY LIFESTYLES:

Healthy Lifestyles – The Weakness in Being “Tough”

Healthy Lifestyles – Don’t Limit Your Dreams

Healthy Lifestyles – Be a Self-Starter

Healthy Lifestyles – Learn from Others

Healthy Lifestyles – Critical Thinking

MOVING FORWARD:

Moving Forward – Competency

Moving Forward – Establishing Trust

Moving Forward – Be Clear on What You Want and What You Don’t

Moving Forward – Where Focus Goes, Energy Flows

Moving Forward – Establishing a Strong Foundation

1. **TRAUMA-INFORMED LIVING**

**UNIT 1 – PERSONAL WELLNESS**

PERSONAL SAFETY:

Personal Safety – Bodily Safety

Personal Safety – Emotional Safety

Personal Safety – Relational Safety

Personal Safety – Parental or Caregiver Safety

Personal Safety – Sexual Safety

RECOGNIZING POTENTIAL BARRIERS:

Recognizing Potential Barriers – ADHD

Recognizing Potential Barriers – Panic Attacks

Recognizing Potential Barriers – Obsessive-Compulsive Disorder (OCD)

Recognizing Potential Barriers – Sleep Problems & Insomnia

Recognizing Potential Barriers – Internet Addiction

SELF-ESTEEM:

Self-Esteem – Body Image & Eating Disorders

Self-Esteem – It’s All About Perspective

Self-Esteem – Emotional Eating

Self-Esteem – Ethical Issues

Self-Esteem – How to Be Self-Confident

HELPLESSNESS TO HOPEFULNESS:

Helplessness to Hopefulness – Reaching Out to Others

Helplessness to Hopefulness – Being Honest with Reality

Helplessness to Hopefulness – Rejection to Restoration

Helplessness to Hopefulness – Finding the Source of Helplessness

Helplessness to Hopefulness – Changing Our Negative Thinking

**UNIT 2 – LIVING WITH TRAUMA**

SOCIAL-EMOTIONAL TRAUMA:

Social-Emotional Trauma – Trauma and PTSD

Social-Emotional Trauma – Breaking Through Social Stereotypes

Social-Emotional Trauma – Trauma and Success

Social-Emotional Trauma – ACEs Scores & Graduation

Social-Emotional Trauma – Experiencing Loss

REAL-LIFE CHILDHOOD TRAUMA:

Real-Life Childhood Trauma – Protecting Our Family

Real-Life Childhood Trauma – Unjust Criminal Charges

Real-Life Childhood Trauma – Trauma That Leads to Pain & Suicidal Thoughts

Real-Life Childhood Trauma – Neglect and Abandonment

Real-Life Childhood Trauma – Natural or Uncontrollable Disasters

DEALING WITH DEPRESSION:

Dealing with Depression – What is Depression?

Dealing with Depression – How Common is Depression?

Dealing with Depression – Depressed Friends

Dealing with Depression – How to Recognize Depression

Dealing with Depression – Causes of Depression

OVERCOMING ANXIETY:

Overcoming Anxiety – How to Deal with and Overcome Anxiety

Overcoming Anxiety – How to Feel Better

Overcoming Anxiety – Who Should I Tell and Not Tell?

Overcoming Anxiety – How to Get Help

Overcoming Anxiety – Prevention

**UNIT 3 – MENTAL HEALTH AWARENESS AND ASSISTANCE**

PREVENTION OF MENTAL HEALTH DISORDERS:

Prevention of Mental Health Disorders – Maintaining a Routine Schedule

Prevention of Mental Health Disorders – Paying Attention to Warning Signs

Prevention of Mental Health Disorders – Relationship Boundaries

Prevention of Mental Health Disorders – Resisting Isolation

Prevention of Mental Health Disorders – Communicating Stress in the Moment

REDUCING THE STIGMA OF MENTAL HEALTH:

Reducing the Stigma of Mental Health – Feeling Sad About What We Feel

Reducing the Stigma of Mental Health – Feeling Ashamed for Being Depressed

Reducing the Stigma of Mental Health – It’s Ok to Talk About It

Reducing the Stigma of Mental Health – Protecting Those with Mental Health Illnesses

Reducing the Stigma of Mental Health – Minimizing the Importance or Issue

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS:

Signs and Symptoms of Mental Health Disorders – Long-Lasting Sadness

Signs and Symptoms of Mental Health Disorders – Being Irritable or Easily Frustrated

Signs and Symptoms of Mental Health Disorders – Social Withdrawal

Signs and Symptoms of Mental Health Disorders – Excessive Fear, Worry or Anxiety

Signs and Symptoms of Mental Health Disorders – Dramatic Changes in Eating or Sleeping Habits

WARNING SIGNS:

Warning Signs – Depression Warning Signs

Warning Signs – Anxiety Warning Signs

Warning Signs – Manipulation & Abuse Warning Signs

Warning Signs – Hopelessness Warning Signs

Warning Signs – Suicide Warning Signs

**UNIT 4 – SUICIDE PREVENTION**

SUICIDE PREVENTION:

Suicide Prevention – Talking about Suicide

Suicide Prevention – What to Do If Your Friend Is Talking about Suicide

Suicide Prevention – Building Community and Support to Reduce Risk

Suicide Prevention – Finding Help Online & In Your Community

Suicide Prevention – Reducing Stigma and Shame of Suicide

IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS:

Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse

Identifying Suicide Risks and Protective Factors – Evaluate Your Circle

Identifying Suicide Risks and Protective Factors – Thinking Objectively About Our Feelings

Identifying Suicide Risks and Protective Factors – “Just Take it Easy, Man”

Identifying Suicide Risks and Protective Factors – Self-Care is Not Selfish

THERE’S NO SHAME IN ASKING FOR HELP:

There’s No Shame in Asking for Help – Embracing Vulnerability

There’s No Shame in Asking for Help – Leaning on Others

There’s No Shame in Asking for Help – Letting Others Lean on You

There’s No Shame in Asking for Help – Communication Techniques

There’s No Shame in Asking for Help – Change the Conversation

FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES:

Finding Available Community Suicide Prevention Resources – Local Crisis Centers

Finding Available Community Suicide Prevention Resources – Hotlines

Finding Available Community Suicide Prevention Resources – Friends and Family

Finding Available Community Suicide Prevention Resources – School Resources

Finding Available Community Suicide Prevention Resources – Seeking Therapy