



HELPING YOUNG MALES AND FEMALES BECOME
PRODUCTIVE ADULTS IN TODAY'S SOCIETY

Personal Growth and Development Workshops

Defining and Establishing Positive Relationships

This workshop stresses the importance and significance of friends and the value of relationships. It is important for youth to receive guidance so they can determine what makes a good or bad friendship. This allows them to see the strides they can make in life when they choose positive friendships. The group will investigate how they choose their friends and then rate their own performance as a friend. Each youth will learn to respect the opinion of the others in the group and receive honest feedback and constructive criticism. Depending on the age, maturity, and sexual orientation of the group, we may also discuss positive male/female relationships.

Managing Group Conflict

Mentees working together in a group setting need to know how to respect each other in a group, even though they may disagree or dislike one another. They are able to gain this understanding through various conflict resolution and team building exercises. The mentees learn several coping methods for working well together in a group that can help them in both social and academic settings.

Measuring, Motivating and Maintaining Self – Esteem

This workshop examines how the group participants feel about themselves. What validates their image of themselves? Who are their role models? What scale(s) do they use to measure themselves physically, mentally, emotionally? All of these things contribute to building a healthy self-esteem. We will work to examine the family structure and whether or not each participant has an outlet when experiencing problems. We will show the participants the link between poor self – esteem and many self-destructive behaviors such as substance use and abuse, mental health problems, promiscuity, and delinquency.

Anger Management and Conflict Resolution

This workshop looks at conflict, how it begins, and alternatives to resolution. There is no one, right way to resolve a conflict. Participants will explore and create satisfactory, deflammatory solutions to various situations presented in



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several exercises. Strong emphasis is placed on developing coping skills and strengths to assist youth to mediate crisis situations. Participants are forced to consider their role in conflict, how they act, and in turn, how they would like to be treated in a similar situation. The participants will learn several major steps to resolving conflict, and participate in exercises using these tools.

Assessing Learning Deficiencies

YMAP works with participants to identify areas in school that they like and feel they have strong skills. The group leader will explore these areas and encourage the participants to explore ways to broaden their skill set so they become stronger over time in more subject areas. The participants will learn the correlation between poor school performance and truancy, and subjects where they may have a learning deficiency.

Job Readiness, Job Searching, and Sealing the Deal

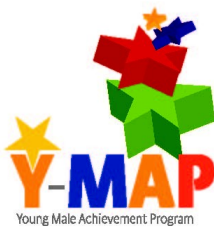
It is increasingly important for youth to learn the equipment they will need to become self-sufficient and successful at an early age. This equipment is not education alone, but communication and active listening skills, a positive demeanor, and a professional look. The group will be challenged to dress for success and make a speech on their career goals or "Plan for Survival". The group will evaluate each participant's plan and offer suggestions for improvement. Participants hold a mock business fashion show to demonstrate the how their own employees would be required to dress if they were the boss.

Goal Setting

This workshop instills the importance of goal setting. It enlivens each student's ability to think and plan to achieve their future by carefully planning for it today. Students construct a five - week, five -month, and a five - year plan of action to achieve their goals. Students also receive tips for achieving their goals. Students finally learn how to use the power of their will to win at life.

Decision-making 101

Decision-making 101 puts decisions in perspective as they relate to consequences. Participants consider things to think about when making decisions. This samples real life as experienced by the participants to



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examine different types of critical and non-critical decisions that young people have to consider on a daily basis. This workshop talks about the implications of conforming and making decisions as a follower versus as a leader. The workshop is implemented in three sections:

1. Identifying and analyzing problems
2. Weighing your options
3. Implementation and Consequence

Health and Health Issues

YMAP knows the importance of the human body and sexuality among today's youth. Children are inundated with images of the "perfect" body and many struggle to achieve that often unrealistic look. Some youth go to great lengths to slim and sculpt their bodies to meet someone else's requirements of beauty.

No Body Is Perfect

Designed to promote self-esteem and positive body image in youth. Build skills in countering unhealthy media images. Participants will learn about size acceptance and how to love the body they have. We will explore health and nutrition, exercise, and healthy dieting or simply "cutting back". Participants will examine what they will miss out on if they fail to love their bodies and treat them well now and what it has cost them so far?

Your Mind, Your Body

A certified trainer or exercise instructor from YMAP educates participants on the great benefits of maintaining their physical health by abstaining from drugs and alcohol and eating right. The group will refresh their knowledge of the five senses of the body along with a summary of the various body parts and their respective functions. The nine systems of the human body is discussed and how they work together. The facilitator will discuss the harmful affects of mistreating your own body. A small written drug test is administered during this module (at the discretion of the caregiver).

Sex, Sexuality, and Sexually Transmitted Diseases

Participants will learn about sexuality and how to make mature decisions when it comes to sexual activity. They will learn the critical, potentially life-altering decisions that must be made before having sexual intercourse. They



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will learn from a professional sex educator about STDs and that abstinence is the only way to be safe and sure. Participants will also learn how to protect themselves in case they make the choice to have sex (at the discretion of the caregiver). This workshop will be integrated with the session discussing healthy relationships.

Stress Management

In this workshop, participants will learn how stress impacts life, not just emotionally, but physically and mentally. We will examine potential root causes of stress and the physical manifestations. Participants will complete an assessment indicating physical stress indicators they may have displayed at one time or another. The group leader will facilitate a discussion on ways to “de-stress” in common everyday situations. They will learn the signs of stress, stages of stress management, and how procrastination plays a major role. They will have experiences such as:

Positive Thinking Skills - Identifying negative patterns and practicing positive self-talk.

Communication Skills - Using assertiveness and relationship building

Mind & Body Relaxation - Practicing deep breathing, muscle relaxation, and meditation

Time Management - Prioritizing, organizing, and developing self-care strategies

Drug Awareness

This workshop focuses strongly on the dangers of using controlled substances of any type. Prescription drugs are being abused as much as illegal drugs. Participants will understand the difference between the proper dosage of medication they may need, and the illegal abuse of prescriptions and other illegal drugs. Three key elements learned in this workshop are as follows:

1. There is no such thing as a "soft" or “hard” drug.
2. There is no such thing as "responsible" or casual use of an illegal drug. You may see materials that recommend the policy of "use not abuse." Any use of an illegal drug is abuse and alcohol is a drug.
3. It's your life...choose to live it clean and sober!



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Curriculum Development and Training

Workshops and training will be developed based on the age, ability, and learning style of the group participants.

At the conclusion of each workshop, the participants will be able to:

- State the objectives and lessons learned from the day's activities
- Identify critical elements to demonstrate mastery of that topic area
- Discuss lessons learned with other group members
- Openly communicate likes/dislikes to the group leader
- Make suggestions for improvement without reproussion
- Understand how to use the tools and resources provided in their daily lives