**Intervention on Purpose Content Suite**

**Middle & High School**

**139x Intervention on Purpose – 6-12th Grade – Intervention, ISS/OSS or Alt. Ed.**

**INTERVENTION ON PURPOSE**

Purpose Prep’s Intervention on Purpose curriculum is designed to target specific areas where students may need greater assistance. These mini-topical courses are intended to empower students to become their best selves, despite mistakes they may have made or hardships they may be experiencing. These courses are great for ISS, Alternative Education, or to simply provide students with extra resources to deal with a specific problem-area.

Each of these modules contains five related and relevant instructional videos, crafted together to effectively teach students how to conquer the barrier and grow stronger. Below the bulleted outline is a specific breakdown of each one.

**Coping with Trauma and Hardship**

1. Coping with Abuse and Neglect
2. Coping with Foster Care & Home Life
3. Coping with Grief, Loss and Shame
4. Coping with the Effects of Trauma
5. Coping with the Incarceration of a Loved One
6. Dealing with Divorce & Separation
7. Dealing with Sexual Abuse and Sexual Pressure
8. Finding Hope with Teen Pregnancy
9. Learning Resiliency, Elasticity & Coping Strategies
10. Overcoming Gangs, Guns and Fighting
11. Overcoming the Use of Swearing and Degrading Words
12. Protecting Myself Against Exploitation and Human Trafficking
13. Rising Above Fighting & Violence
14. Surviving the Death of a Loved One
15. Understanding Trauma

**Emotion Regulation and Self-Management**

1. Auditing My Emotions
2. Controlling Your Thoughts and Sad Feelings
3. Dealing with Rejection
4. Developing Positive, Prosocial Behavior
5. Living with and Overcoming Anxiety
6. Managing Adrenaline and Aggression
7. Handling Life Stress and Difficulties
8. Managing My Mood and Behavior
9. Managing Stress
10. Recognizing Potential Mental Barriers
11. Regulating Anger and Temper
12. Turning Your Life Around & Start Again
13. Understanding Anxiety
14. Understanding Depression
15. Unlearning Learned Helplessness
16. Walking Through Forgiveness

**Substance Abuse Education**

1. An Introduction to Substance Abuse
2. Considering the Impact of Drugs on My Relationships
3. Exposing the Consequences of Drugs on My Body and Mind
4. Introducing the Process of Substance Abuse Rehabilitation
5. Living Above Vaping & JUULing
6. Living Drug Free and Overcoming Drugs
7. Tackling the Use of Stimulants and Depressants

**Bullying Prevention and Intervention**

1. Exploring the Impacts of Bullying
2. Overcoming Bullying the Right Way
3. Standing Up and Addressing Unfairness
4. Thinking about Bullying from All Perspectives

**Suicide Prevention, Education, and Awareness**

1. Finding Available Mental Health Resources & Supports
2. Preventing Mental Health Disorders
3. Preventing Suicide and Depression
4. Recognizing Mental Health Warning Signs
5. Recognizing Signs & Symptoms of Mental Health Disorders
6. Recovering from Self-Harm and Painful Thinking
7. Reducing the Stigma of Mental Health Disorders
8. Understanding Suicide Risk and Protective Factors

**Academic Development and Fulfillment**

1. Accepting and Taking Responsibility
2. Accepting Personal Accountability
3. Applying Learning to Earning
4. Being Prepared
5. Building a Love for Learning
6. Building Organizational Skills
7. Challenging Myself to Break My Limits
8. Creating Ambition, Curiosity, and Self-Motivation
9. Dressing and Grooming for Success
10. Fighting Truancy
11. Going Above and Beyond
12. Mastering My Focus and Concentration Skills
13. Moving Forward from Suspension and Expulsion
14. Returning to School Successfully
15. Taking Pride in My Work
16. Using My Time Wisely
17. Utilizing Social Resources for Success

**Restorative Practices**

1. Accepting My Past & Creating My Future
2. Breaking the Cycle of Self-Punishment
3. Restorative Practices: Making it Right with Restorative Circles
4. Restorative Practices: Restoration over Punishment
5. Restorative Practices: Taking Accountability for My Circumstances

**Personal Development**

1. Accepting Personal Leadership
2. Becoming a Dynamic Leader
3. Becoming an Optimistic Thinker
4. Being Yourself with Pride and Confidence
5. Crafting My Personal Vision
6. Discovering My Identity
7. Enjoying Life at Each Moment
8. Finding Inner Perseverance & Resilience
9. Finding Your Purpose
10. Getting in Touch with Myself
11. Identifying My Needs & Limits
12. Jumpstarting My Personal Growth
13. Keeping Calm and Living with Mindfulness
14. Learning How to Dream Beyond Limits
15. Learning to Date Yourself
16. Living an Adventurous and Mysterious Life
17. Living by Character, Values, and Purpose
18. Maintaining Physical Health & Wellness
19. Making a Difference
20. Striving for Authenticity
21. Unlocking the Power of Self-Reliance

**Refining Decision-Making Skills**

1. Adopting Goal-Directed Behavior
2. Evaluating the Quality of My Judgements
3. Looking Positively Toward the Future
4. Making Positive Choices
5. Mastering Personal Finance
6. Securing Financial Aid
7. Taking Control of Impulsive Decision-Making Habits
8. Writing Life-Changing Goals for My Future

**Personal Safety**

1. Interacting with Law Enforcement Safely
2. Prioritizing Personal Safety and Wellness
3. Staying Safe Online
4. Using Social Media the Right Way

**Social Awareness**

1. Building LGBTQ Awareness and Alliance
2. Capitalizing on Collaboration
3. Defining Diversity
4. Embracing Diversity
5. Embracing My Citizenship
6. Expanding My Social and Cultural Intelligence
7. Fighting for Justice
8. Helping Others
9. Impacting & Contributing to My Community
10. Seeing the World Through Compassion & Empathy
11. Transforming Inclusion
12. Understanding & Advocating for Social Equity
13. Valuing Culture & Diversity
14. Winning through Cooperation

**Communication Skills**

1. Advancing Everyday Communication Skills
2. Asking for Help for Myself or Others
3. Building Communication Skills with Adults
4. Building Communication Skills with Parents and Caregivers
5. Learning Refusal Skills & How to Say “NO”
6. Mastering the Art of Negotiation
7. Providing Insightful Comments
8. Resisting & Refusing Peer Pressure
9. Unlocking the Power of Silence and Questions
10. Using Active Listening & Engagement
11. Using My Voice and Driving My Future

**Relationship Skills**

1. Building Healthy Relationships
2. Caring for & Appreciating Others
3. Dating Wisely
4. Embracing Vulnerability
5. Finding a Mentor
6. Giving Simple Respects
7. Recognizing the Potential of Mentorship
8. Showing Kindness to Others
9. Using Compassion in Real Life

**INTERVENTION ON PURPOSE**

**MODULE BREAKDOWN**

1. **Coping with Abuse and Neglect**

It's Not Your Fault – Physical Abuse

It's Not Your Fault – Emotional Abuse

It's Not Your Fault – Physical and Emotional Neglect

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

Pain to Purpose – Confusion, Pain & Identity

1. **Coping with Foster Care & Home Life**

Foster Care and Home Life – Regret and Resentment

Foster Care and Home Life – Personal Empathy

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

Real-Life Childhood Trauma – Protecting Our Family

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

1. **Coping with Grief, Loss and Shame**

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

Vulnerability – How to Handle Shame

Memories – Overcoming Bad Memories

Social-Emotional Trauma – Trauma and PTSD

Social-Emotional Trauma – Breaking Through Social Stereotypes

1. **Coping with the Effects of Trauma**

Social-Emotional Trauma – Trauma and Success

Social-Emotional Trauma – ACEs Scores & Graduation

Coping Strategies – Negative Thinking Patterns

Coping Strategies – Trauma and Behavior

Making Powerful Decisions – Overcoming Traumatic Memories

1. **Coping with the Incarceration of a Loved One**

Family Challenges – Incarceration

Mental Health – The Freedom in Forgiveness

Social/Emotional Health – Accepting Your Circumstance

Foster Care and Home Life – Incarcerated Family or Friends

Real-Life Childhood Trauma – Unjust Criminal Charges

1. **Dealing with Divorce & Separation**

It's Not Your Fault – Divorce & Separation

Pain to Purpose – Dealing with Divorce and Separation

Coping Strategies – Coping with Loss and Separation

Social/Emotional Health – Emotional Pain, Loss & Stress

Real-Life Childhood Trauma – Neglect and Abandonment

1. **Dealing with Sexual Abuse and Sexual Pressure**

It's Not Your Fault – Sexual Abuse

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

Social and Self-Awareness Skills – Sexual Abuse

Social Media Safety – Sending Inappropriate Pictures

Personal Safety – Sexual Safety

1. **Finding Hope with Teen Pregnancy**

Your Story – Teen Pregnancy

Compassion & Stillness – Find Peace through Stillness

Start again – Turning Your Life Around

Personal Safety – Bodily Safety

Helplessness to Hopefulness – Finding the Source of Helplessness

1. **Learning Resiliency, Elasticity & Coping Strategies**

Resiliency – Coping Skills

Resiliency – Creating Your Team

Helplessness to Hopefulness – Reaching Out to Others

Helplessness to Hopefulness – Being Honest with Reality

Helplessness to Hopefulness – Changing Our Negative Thinking

1. **Overcoming Gangs, Guns and Fighting**

Violence – Learned & Unlearned Violence

Violence – Verbal Assault

Violence – Physical Assault

Violence – Domestic Violence

Crisis Management – Gangs, Guns and Fighting

1. **Overcoming the Use of Swearing and Degrading Words**

Intervention Can Help You – Swearing and Degrading Words

Peer Conflict – Don’t Fight Fire with Fire

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

Hate Speech & Graffiti – Be What You Want to Receive

Hate Speech & Graffiti – Reflect on Your Perspective

1. **Protecting Myself Against Exploitation and Human Trafficking**

Coping Strategies – Avoiding Exploitation (Human Trafficking)

Safety – Finding Safety

Safety – Are Your Relationships Safe?

Social Media Safety – Warning Signs

Social Media Safety – Protecting Your Identity

1. **Rising Above Fighting & Violence**

Hate Speech & Graffiti – Vandalism and Graffiti

Hate Speech & Graffiti – Creating a Safe Environment

Violence – School Violence

Peer Conflict – Assault and Battery

Mission – Starting from The Bottom

1. **Surviving the Death of a Loved One**

Family Challenges – Death of a Loved One

Resiliency – Defining Resiliency

Social-Emotional Trauma – Experiencing Loss

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

Are You Unique – How to Get Unstuck

1. **Understanding 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

1. **Auditing My Emotions**

Emotional Audit – An Emotional Audit

Emotional Audit – The Mind Map

Emotional Audit – The Three Levels of the Mind

Emotional Audit – Emotional Differences

Mental Health – Tips to Mental Health

1. **Controlling Your Thoughts and Sad Feelings**

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 Effect Our Thinking

1. **Dealing with Rejection**

Emotional Audit – Mastering Your Emotions

Inner Engineer Part 1 – The Pain of Rejection

Resiliency – Elasticity

Foster Care and Home Life – Handing the Rejection from Family

Helplessness to Hopefulness – Rejection to Restoration

1. **Developing Positive, Prosocial Behavior**

Know Yourself, Love Yourself – Self-Worth

Social Media Safety – Protecting Your Reputation

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

Refusal Skills & Strategies – The Decisions Made: Goal Settings

Anti-Racism – Becoming a Better Ally

1. **Living with and 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

1. **Managing Adrenaline and Aggression**

Who’s in Control – Command Your Temper

Positive & Negative – The Effects of Negativity

Positive & Negative – Turn Negativity into Positivity

Crisis Management – Adrenaline and Aggression

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

1. **Handling Life Stress and Difficulties**

Stressful Life Events – School, Homework & Test Stress

Stressful Life Events – Breakups

Real-Life Childhood Trauma – Natural or Uncontrollable Disasters

Engineering Consciousness – Processing Adversity

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

1. **Managing My Mood and Behavior**

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

1. **Managing Stress**

Choosing Purpose – Manage Stress

Stressful Life Events – Overcommitment

Stressful Life Events – Being Unplanned

My Environment – Life Stress

My Environment – Creating Boundaries

1. **Recognizing Potential Mental 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

1. **Regulating Anger and Temper**

Anger Management – Defining Anger Management

Anger Management – Angry Outcomes

Anger Management – Types of Anger

Anger Management – Handling Anger

Anger Management – Overcoming Anger

1. **Turning Your Life Around & Start Again**

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. **Understanding Anxiety**

Family Challenges - Depression & Anxiety

Mental Wellness – Anxiety

Behaviors &Traits that lead to Success – Be Optimistic

Mental Health – Tips to Mental Health

Warning Signs – Anxiety Warning Signs

1. **Understanding Depression**

Mental Wellness – Depression

Dealing with Depression – What is Depression?

Dealing with Depression – How Common is Depression?

Dealing with Depression – Causes of Depression

Warning Signs – Depression Warning Signs

1. **Unlearning Learned Helplessness**

Know Yourself, Love Yourself – Limits and Abilities

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

Needs & Limits – Living in Denial

Crisis Management – Learned Helplessness

Moving Forward – Where Focus Goes, Energy Flows

1. **Walking Through Forgiveness**

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

Overcoming Bullying: Real Stories – Forgiveness

Purposeful Communication Techniques – Conflict Resolution

Purposeful Communication Techniques – Letting Go of Your Ego

Purposeful Communication Techniques – Collaboration

1. **An Introduction to Substance Abuse**

Introduction to Substance Abuse – Drugs and the Body and Mind

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

Choosing Purpose – Make Powerful Decisions

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

Your Story – Look into the Past & Write Your Future

1. **Considering the Impact of Drugs on My Relationships**

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

Memories – Family, Friends & Loved Ones

Memories – Be Present

Value – See the Value in Yourself

My Environment – Managing Codependency

1. **Exposing the Consequences of Drugs on My Body and Mind**

Know Yourself, Love Yourself – Positive Reinforcement

Family Challenges – Substance Abuse

Mental Wellness – Learning How to Say "No"

Pain to Purpose – The Consequences of Drugs

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

1. **Introducing the Process of Substance 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

1. **Living Above Vaping & JUULing**

Introduction to Substance Abuse – Vaping and JUULing

Vision – The Guiding Image

Vision – Map Out Your Future

Start Again – Start Today

Mental Wellness – Mindfulness

1. **Living Drug Free and Overcoming Drugs**

Intervention Can Help You – Living Drug Free and Overcoming Drugs

Overcoming the Past – Accepting Our Mistakes

Moving Forward – Establishing Trust

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

Moving Forward – Establishing a Strong Foundation

1. **Tackling the Use of Stimulants and Depressants**

Introduction to Substance Abuse – Stimulants and Depressants

Start Again – Make the Decision

Crisis Management – Mood and Behavior Management

My Environment – A Product of Your Environment or Your Mindset

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

1. **Exploring the Impacts of 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

1. **Overcoming Bullying the Right Way**

Overcoming Bullying: Real Stories – Tricks & Tips to Overcome

Overcoming Bullying: Real Stories – Standing Up the Right Way

Overcoming Bullying: Real Stories – Techniques to Overcome Bullying

Overcoming Bullying: Real Stories – Finding Your Tribe

Social/Emotional Health – Explore a New Environment

1. **Standing Up and Addressing Unfairness**

Being a Champion – Diffuse the Situation

Being a Champion – What's at Stake

Being a Champion – Being Observant

Being a Champion – Creating Real Change

Compassion & Stillness – Finding Solutions in Stillness

1. **Thinking about Bullying from All Perspectives**

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

1. **Finding Available Mental Health Resources & Supports**

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

Purposeful Communication Techniques – Asking for Help or Support

1. **Preventing 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

1. **Preventing Suicide and Depression**

Suicide Prevention – Building Community and Support to Reduce Risk

Suicide Prevention – Finding Help Online & In Your Community

Suicide Prevention – Reduce the Stigma of Suicide

Warning Signs – Suicide Warning Signs

Dealing with Depression – How to Recognize Depression

1. **Recognizing Mental Health Warning Signs**

Warning Signs – Depression Warning Signs

Warning Signs – Anxiety Warning Signs

Warning Signs – Hopelessness Warning Signs

Mental Health – Break it Down

Growth Mindset – Emotional Intelligence

1. **Recognizing Signs & 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

1. **Recovering from Self-Harm and Painful Thinking**

Mental Health – Healing Your Mind

Pain to Purpose – Self-Harm and Staying Safe

Self-Esteem – Body Image & Eating Disorders

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

Finding Available Community Suicide Prevention Resources – Seeking Therapy

1. **Reducing the Stigma of Mental Health Disorders**

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

1. **Understanding Suicide Risk and Protective Factors**

Suicide Prevention – Talking about Suicide

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

1. **Accepting and Taking Responsibility**

Make Yourself Marketable Now – Making the Choice & Accepting 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 – Personal Accountability

Mission – Circumstance and Situations

1. **Accepting Personal Accountability**

Traits of a Successful Student & Employee – Traits of a Successful Student & Employee

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

1. **Applying Learning to 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

1. **Being Prepared**

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

Join the Workforce – Develop a College & Career Vision Statement

Explore Other Opportunities – Pursue Your Passions

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

Opportunity – Preparation Meets Opportunity

1. **Building a Love for Learning**

Skills You Need – Activities That Energize You

Disciplines That Lead to Success – Learn How to Study

Join the Workforce – The Value of the Workforce

A Satisfied Life – Achieving a Fulfilling Career

Where Are You Headed – What Makes You Tick?

1. **Building Organizational Skills**

Choosing Purpose – Organizational Skills

Skills You Need – Organizing Your Life

Inner Engineer Part 1 – Competing Commitments

Inner Engineer Part 1 – Get Specific & Break it Down

Inner Engineer Part 1 – Activities, Time Commitments & Fearing Success

1. **Challenging Myself to Break My Limits**

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

Be the Change – Is There More to Life?

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

Be the Change – Giving Beyond

Be the Change – Thriving or Surviving

1. **Creating Ambition, Curiosity, and Self-Motivation**

Choosing Purpose – Living Self-Disciplined & Self-Motivated

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

1. **Dressing and Grooming for Success**

Finding Success at Work – Proper Grooming & Dress

Disciplines That Lead to Success – Dress for Success

Growth Mindset – Daily Disciplines

Warping Reality – Daily Affirmation Statement

Self-Esteem – How to Be Self-Confident

1. **Fighting Truancy**

Intervention Can Help You – Truancy: Absenteeism and Missing School

Mystery – Process Your Future

Mystery – Writing Your Obituary

Truancy – Truancy and Absenteeism

Truancy – Skipping Class and School

1. **Going Above and Beyond**

Make Yourself Marketable Now – Extracurricular Activities and Clubs

Make Yourself Marketable Now – Life Experiences

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

1. **Mastering My Focus and Concentration Skills**

Skills You Need – The Power of Focus

Where Are You Headed – Embracing Your Design

Focus & Success – Four Pillars of Focus

Focus & Success – Four Pillars of Success

Focus & Success – Defining Success

1. **Moving Forward from Suspension and Expulsion**

Truancy – Frustrations with Studies

Truancy – Meaningful Attachments

Truancy – Assigning Purpose to Learning

Overcoming the Past – Choosing Change

Intervention Can Help You – Suspension and Expulsion

1. **Returning to School Successfully**

Making Powerful Decisions – Successfully Returning to School

Focus & Success – The Importance of Planning

Overcoming the Past – Learning from Our Mistakes

Overcoming the Past – Finding a New Crowd

Overcoming the Past – Avoiding Recidivism

1. **Taking Pride in My Work**

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 – Have Persistence & Dedication

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

1. **Using My Time Wisely**

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

Prepare for College & Career – Social Distractions

Focus & Success – The Importance of Planning

Who’s in Control – Time is Ticking

Purpose – The Future is Now

1. **Utilizing Social Resources for Success**

Resources – Teachers

Resources – School Groups

Resources – Quality Peers

Resources – Mentors

Relationships – Opening Doors of Opportunity

1. **Accepting My Past & Creating My Future**

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 – Each Day is a New Opportunity

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

My Environment – Put Yourself First

1. **Breaking the Cycle of 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

1. **Restorative Practices: Making it Right with 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

1. **Restorative Practices: Restoration over Punishment**

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

1. **Restorative Practices: Taking Accountability for My Circumstances**

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

1. **Accepting Personal Leadership**

Safety – Finding Safe Leaders

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

1. **Becoming a Dynamic Leader**

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

1. **Becoming an Optimistic Thinker**

Safety – Positive Speaking & Reflective Writing

Frame Your World – Words Shape Thought

Frame Your World – Thoughts Shape Beliefs

Frame Your World – Belief Shape Actions

Frame Your World – Choosing Between Two Realities

1. **Being Yourself with Pride and Confidence**

Be Yourself – Be Honest with Yourself

Be Yourself – Inner-Peace / Outer-Peace

Being Yourself & Letting Others Be Themselves

Knowing Yourself – Identify Your Strengths

Overcome Identity Issues – Acknowledge and Embrace All of You

1. **Crafting My Personal Vision**

Growth Mindset – Breaking Free of Limitations

People & Problems – Decide Who You Want to Be

Frame Your World – Visualize Your World

Make Yourself Marketable Now – Creating A Vision for Your Life

Physical Health – Personal Hygiene

1. **Discovering My Identity**

Discover Your Identity – The Assignment

Discover Your Identity – Recover What You Used to Have

Discover Your Identity – Identity Leads to Purpose

Overcome Identity Issues – Redefine Your Identity Foundation

Overcome Identity Issues – You Are Not What You Do

1. **Enjoying Life at Each Moment**

Have a Little Fun – Hobbies & Dreams

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

Adventure – Take Up the Challenge

Adventure – Do Something Out of the Ordinary

Adventure – Be Spontaneous

1. **Finding Inner Perseverance & Resilience**

Warping Reality – Limitless Design

Warping Reality – The Words Exercise

Warping Reality – Breaking Through Our Hardships

Don’t Stay Silent – Breaking Free from My Secrets

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

1. **Finding Your Purpose**

Purpose – Why Does Purpose Matter?

Compassion & Stillness – The Secret of Purpose

People & Problems – Your Purpose Dictates Everything

Reasonable Response – Gratitude

Engineering Consciousness – Philosophy in Life

1. **Getting in Touch with Myself**

Discover Your Identity – Uncover Who You Are

Discover Your Identity – Discover New Things About Yourself

Overcome Identity Issues – Defining Identity

Overcome Identity Issues – Different Identity Issues

Are You Unique – Build Around Your Uniqueness

1. **Identifying My Needs & Limits**

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

Needs & Limits – Living in Denial

Belonging – Get the Support You Need

Belonging – Find Your Tribe

Belonging – Find Where You Belong

1. **Jumpstarting My Personal Growth**

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

Make Yourself Marketable Now – How to Stay Curious and Motivated

1. **Keeping Calm and Living with Mindfulness**

Engineering Consciousness – Becoming Aware

Engineering Consciousness – Mindfulness

Mindfulness Practices & Principles – Meditation

Mindfulness Practices & Principles – Mantra and Verbal Reinforcements

Mindfulness Practices & Principles – Music & Mood

1. **Learning How to Dream Beyond Limits**

Dreaming – Learning How to Dream

Dreaming – Creation

Dreaming – Reinventing the Dream

Dreaming – Persistence

Dreaming – Don't Stop Dreaming

1. **Learning to Date Yourself**

Have a Little Fun – Learn to Date Yourself

Needs & Limits – What About Me

Needs & Limits – Identifying My Needs

Knowing Yourself – Build Self-Confidence

Knowing Yourself – Believe in Yourself

1. **Living an Adventurous and Mysterious Life**

Adventure – See the World

Adventure – Uncharted Territories

Mission – Starting from The Bottom

Mystery – Becoming the Seeker

Mystery – Time is Not an Enemy

1. **Living by Character, Values, and Purpose**

Mission – Be Guided by Your Values

Mission – Proven Principles

Purpose – Inspire the Journey

Purpose – Evolving Your Purpose

Purpose – Derailed from Purpose

1. **Maintaining Physical Health & Wellness**

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

Positive & Negative – The Importance of Rest

1. **Making a Difference**

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

1. **Striving for Authenticity**

Have a Little Fun – Choose to Be Different

Your Story – The Importance of Authenticity

Are You Unique – Does it Pay to Be Different?

Are You Unique – Stay True, Be You

Are You Unique – Build Around Your Uniqueness

1. **Unlocking the Power of Self-Reliance**

Life Skills – Household Basics

Life Skills – Moving Out

Disciplines That Lead to Success – Self-Assessment & Awareness

Knowing Yourself – Face Your Emotions

Knowing Yourself – See Yourself

1. **Adopting Goal-Directed Behavior**

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

Map Your Future – Living Out Your Destiny

Vision – How to Find Your North Star

Vision – Creating a Vision Board

Purpose – Inspire the Journey

1. **Evaluating the Quality of My Judgements**

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

Growth Mindset – The Decision-Making Chart

Growth Mindset – Assess Your Budget

Value – Healthy Self-Esteem

Value – Practical Examples of Self-Esteem

1. **Looking Positively Toward the Future**

Positive & Negative – Positivity Exercise

Positive & Negative – Reshape Our Worlds

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

Prepare for College & Career – What Are Your Gifts?

Be Yourself – The Journey is the Reward

1. **Making Positive Choices**

Start Again – Completion is the Difference

Map Your Future – Creating Healthy Success

Opportunity – Move by Vision, Not by Need

Opportunity – Challenge + Change = Opportunity

Mental Health – Shifting Your Perspective

1. **Mastering 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?

1. **Securing Financial Aid**

Financial Aid – Scholarships

Financial Aid – Student Loans

Financial Aid – Grants

Financial Aid –Work-Study Funds

Financial Aid – FAFSA / Application Deadlines

1. **Taking Control of Impulsive Decision-Making Habits**

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

1. **Writing Life-Changing Goals for My Future**

Choosing Purpose – Life-Changing Goals

Focus & Success – Setting Goals: First Step to Success

Where Are You Headed – Focus

Vision – Why is Vision Important

Resiliency – The End Isn't the End

1. **Interacting with Law Enforcement Safely**

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

1. **Prioritizing Personal Safety and Wellness**

Personal Safety – Relational Safety

Personal Safety – Parental or Caregiver Safety

Self-Esteem – It’s All About Perspective

Self-Esteem – Emotional Eating

Self-Esteem – Ethical Issues

1. **Staying Safe Online**

Making Powerful Decisions – Digital Citizenship and Safety

Life Skills – Staying Safe & Healthy

Social Media Safety – Staying Safe

Personal Safety – Emotional Safety

Warning Signs – Manipulation & Abuse Warning Signs

1. **Using Social Media the Right Way**

Social Media – How to Leverage Social Media in Your Life

Social Media – How to Protect Yourself on Social Media

Social Media – Cyberbullying

Social Media – Connecting with Others with Similar Interests

Social Media – How Not to Become Anti-Social with Social Media

1. **Building LGBTQ Awareness and Alliance**

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

1. **Capitalizing on Collaboration**

Social Skills– Social Awareness

Social Skills – Diversity Expansion

Social Skills – Respect Creates Connection

Healthy Relationships– Embracing Society

Healthy Relationships – The Dream Team

1. **Defining Diversity**

Diversity – Defining Diversity

Diversity – Why We Need Diversity

Diversity – Embracing Diversity

Diversity – Broadening Our Perspective

Diversity – Diversity and My Life

1. **Embracing Diversity**

Diversity – Bringing It All Together

Diversity – Celebrating Differences

Diversity – Igniting a Spark of Safety

Diversity – Ethics and My Life

Pain to Purpose – Diversity and Inclusion

1. **Embracing My 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

1. **Expanding My Social and Cultural Intelligence**

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

Understanding Social Differences – Social & Cultural Intelligence

Diversity – Cultural Norms

1. **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

1. **Helping Others**

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?

Reasonable Response – Helping Those in Need

1. **Impacting & Contributing to My Community**

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

1. **Seeing the World Through Compassion & Empathy**

Mission – Why Are You Here?

Compassion & Stillness – People Matter

Compassion & Stillness – Why Compassion Matters

Social Skills – Perspective Is Everything

Social Skills – Dynamic Empath

1. **Transforming Inclusion**

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

Mindfulness Practices & Principles – Inclusion

1. **Understanding & Advocating for Social Equity**

Equity – Social Equity

Equity – Racial Equity

Equity – Stereotyping and Prejudice

Equity – Advocating for Others

Equity – Becoming Considerate

1. **Valuing Culture & 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

1. **Winning Through Cooperation**

Relationships – Our Most Essential Need

People & Problems – Types of People

People & Problems – Types of Problems

Disciplines That Lead to Success – Cultural Sensitivity

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

1. **Advancing Everyday Communication Skills**

Communication Skills – Communicating with Your Teachers

Communication Skills – Relating with Other Adults

Communication Skills – Communicating with Your Friends

Communication Skills – Your Internal Dialogue

Needs & Limits – We All Have Needs

1. **Asking for Help for Myself or Others**

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

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

Dealing with Depression – Depressed Friends

1. **Building Communication Skills with 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

1. **Building Communication Skills with Parents and Caregivers**

Communication Skills – Connecting with Your Parents

Stressful Life Events – Talking to 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 – How to Talk So Parents Will Listen

1. **Learning Refusal Skills & How to Say “NO”**

Peer Conflict – How to Be Assertive

Peer Conflict – Communicating Effectively

Refusal Skills & Strategies – Being Willing to Be Awkward

Refusal Skills & Strategies – Different is Valuable

Refusal Skills & Strategies – Perseverance & Hope

1. **Mastering the Art of Negotiation**

Purposeful Communication Techniques – Negotiation

Understanding Social Differences – Personality Types

Understanding Social Differences – Emotional Intelligence

Understanding Social Differences – Perspective Taking

Life Skills – The Art of Negotiation

1. **Providing Insightful Comments**

Memories – Moments = Memories = Meaning

Memories – The Power of Reflection

Mental Wellness – Being Present

Understanding Social Differences – Ethics and Values

Engineering Consciousness – The Idea of Self

1. **Resisting & Refusing Peer Pressure**

Your Story – Overcoming Peer Pressure

Don’t Stay Silent – Surround Yourself with Giants

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

Healthy Lifestyles – Critical Thinking

Refusal Skills & Strategies – Trust Your Discernment

1. **Unlocking the Power of Silence and 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

1. **Using Active Listening & Engagement**

Healthy Communication – Listening

Healthy Communication – Thinking & Speaking

Healthy Communication – Seeking to Understand

Healthy Communication – Body Language and Voice Tone

Healthy Communication – Facial Expressions

1. **Using My Voice and Driving My Future**

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

1. **Building Healthy Relationships**

Healthy Relationships – Relationship Skills

Healthy Relationships – Meaningful Relationships

Relationships – The Power of Connection

Relationships – Setting Realistic Boundaries

Relationships – Developing, Managing and Sustaining Your Relationships

1. **Caring for & Appreciating Others**

Value – Appreciate the Value in Others

Value – Stop Expecting, Start Appreciating

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

Belonging – The Power of Love

Safety – A Safety Net for Others

1. **Dating Wisely**

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

1. **Embracing Vulnerability**

Vulnerability – Overcoming Confrontation

Vulnerability – Loyalty & Trust Lead to Vulnerability

Vulnerability – The Five-Minute Connect

Vulnerability – Excruciating Vulnerability

Belonging – Acceptance = Freedom

1. **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

1. **Giving Simple Respects**

Giving Simple Respects – Saying Please & Thank You

Giving Simple Respects – Giving Gratitude Towards Life

Giving Simple Respects – Eye Contact & Nonverbal Responses

Giving Simple Respects – A Strong Handshake or Warm Hug

People & Problems – You Choose

1. **Recognizing the Potential 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

1. **Showing Kindness to Others**

Social/Emotional Health – Human Boundaries

Be Yourself – Joy & Happiness

Inner Engineer – Relationships, Memories & Experiences

Reasonable Response – Hope in Hopelessness

Giving is Getting – Why Farmers Win?

1. **Using Compassion in Real Life**

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