

S4S Workshop Order Form

Course 1 New Beginnings - A series of (4) workshops designed to define and develop the participants' characters in order to build self-esteem.

We will discuss the participant's personality attributes (hidden and known) and how to capitalize on them. There will be open dialogue, readings, and presentations.

- a. Self Esteem I (Identity Crisis)
- b. Self Esteem II (Interpersonal Development)
- c. Self Development (Morals and Ethics)
- d. Keeping in Touch

Course 2: Are You Ready to Die? - A series of (4) workshops examining how to bury negative behaviors, attitudes, and activities, and become a whole new person.

Staff and participants will identify the contributing factors that lead to inappropriate behaviors. There will be an open dialogue and role-plays.

- a. The Drug Culture (2 day workshops 90minutes)
- b. Gang Culture 101 (2 day workshops 90minutes)
- c. Dangers of Joyriding

Course 3: Conflict Resolution - A series of (2) workshops discussing the cause and effect of conflicts and how to handle them appropriately. It will focus on maladaptive behaviors and identifying the causes and solutions.

- a. Anger Management (2 day workshops 90minutes)
- b. S.Y.S.T.A.S. Technique (2 day workshops 90minutes)

Course 4: Maintaining the Body - Two (2) workshops examining the appropriate ways to maintain the human body.

- a. Nutrition and Dieting
- b. Physical Maintenance
- c. Effects of Tobacco

Course 5: Stop the Violence - A series of three (3) workshops will review all aspects of negative aggressions including violence in the media, entertainment, and educational institutions.

- a. Female Imagery in the Media
- b. Violence in Sports
- c. Violence in School

Course 6: Let's Talk About Sex - Four (4) workshops examining the pros and cons of teen sex.

- a. 10 Ways to Say No to Sex
- b. Abstinence the Best Policy
- c. Safe Sex
- d. AIDS Awareness & STD's

Course 7: School Days – Two (2) workshops the encourage participants to explore the possibility of getting a higher education.

- a. Higher Education
- b. Scholarship and Grant Research Tips

Course 8: Career and Economic Development - A series of (4) workshops designed to impart techniques and skills that will prepare the students for the demands of employment and/or starting a business. Workshops focus on building employability and entrepreneurial skills.

- a. Resume Building
- b. Job Seeking & Interviewing Skills
- c. Introduction to Entrepreneurship
- d. Business Sense

Course 9: Living on Your Own...Can You Handle It? - A series of (4) workshops designed to develop independent living skills. Survival Course staff will discuss the importance of money-management, obtaining an apartment and balancing daily expenses.

- a. Introduction to Budgeting
- b. Establish and Maintaining Credit
- c. Finding Your 1st Apartment
- d. Interior Decorating on a Budget

Course 10: Strategies for Success...Where Do We Go from Here? - A series of (2) workshops designed to allow the participants to develop long and short term goals that will lead to a successful and productive life.

- a. Strategies for Success
- b. Goal Setting



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Course#	Type	Select	Workshop Title	Goals	Objectives	Outcomes
1a	Wkshp	<input type="checkbox"/>	Self Esteem I (Identity Crisis)	To get participants to define who they are and the person they are striving to become.	<ol style="list-style-type: none"> Participants will identify their likes and dislikes, as well as what they value most in life. Each participant will examine the motivations (negative and positive) behind their actions towards others and themselves. 	Participants will be able to identify what makes them unique individuals and be able to state why it is important to know who they are.
1b	Wkshp	<input type="checkbox"/>	Self Esteem II (Interpersonal Development)	To encourage participants to recognize and accept their unique physical characteristics.	Participants will discuss vanity, stereotypes and images portrayed in the media.	Participants will have an improved sense of body image.
1c	Wkshp	<input type="checkbox"/>	Self Development (Morals and Ethics)	To identify and address negative issues in the participant's life that may stunt their emotional progress and growth.	Participants will identify past experiences and express its impact on their relationships with their schoolmates, co-workers and/or parent/guardians.	Participants will be able to identify <u>at least</u> two ways to positively and effectively channel negative emotions.
1d	Wkshp	<input type="checkbox"/>	Keeping in Touch	To convey the importance of having a strong relationship with a Higher Power.	Participants will discuss their spiritual beliefs and practices.	Participants will explain why their beliefs are important and how it affects their day-to-day lives.
2a	Wkshp	<input type="checkbox"/>	The Drug Culture (2 day workshops 90minutes)	To create an aversion to drug trafficking of any kind.	<ol style="list-style-type: none"> Participants will examine the detrimental outcomes and consequences of drug selling and abuse. Participants will explore situations that cause individuals to abuse and sell drugs. 	Participants will know the legal ramifications of drug trafficking.
2b	Wkshp	<input type="checkbox"/>	Gang Culture 101 (2 day workshops 90minutes)	To convince the participants to avoid gang relations.	<ol style="list-style-type: none"> Participants will identify individuals that are most susceptible to gang recruitment. Participants and Staff will discuss the positive origins of gangs versus the negative aspects of the current gang lifestyle. 	Through a confidential survey (confidentiality), Survival Courses staff will be able to show that at least 1/3 (or 3 out of 10) of the participants turn away from the gang lifestyle.
2c	Wkshp	<input type="checkbox"/>	Dangers of Joyriding	To convey the dangers and consequences of joyriding.	Participants will review a criminal case of a juvenile defendant convicted of auto theft.	Participants will understand the legal ramifications of auto theft.
3a	Wkshp	<input type="checkbox"/>	Anger Management (2 day workshops 90minutes)	To teach anger management.	<ol style="list-style-type: none"> Participants will identify the triggers that cause them to become angry. Participants will explore the consequences that follow when they act out of anger and how to avoid them. 	Participants will be able to avoid situations that may cause them to become from angry and explosive.



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3b	Wkshp	<input type="checkbox"/>	S.Y.S.T.A.S. Technique (2 day workshops 90minutes)	To teach participants how to appropriately resolve problems and/or conflicts.	<ol style="list-style-type: none"> Participants will learn the S.Y.S.T.A.S. (Solving Your Situation Through Appropriate Solutions) problem solving formula and explore the consequences that follow when they act out of anger. Staff will show participants how to apply the S.O.D.A.S formula to their daily decisions through role-play and real life situations. 	Participants will know how to analyze a situation and make the best decision.
4a	Wkshp	<input type="checkbox"/>	Nutrition and Dieting	To develop an appreciation for healthy eating and the importance of a balanced diet.	<ol style="list-style-type: none"> Staff will show participants how to maintain their health by carefully selecting their intake of foods and beverages. Staff will talk about how diet affects the body. 	Participants will know exactly what is considered as a healthy diet.
4b	Wkshp	<input type="checkbox"/>	Physical Maintenance	To promote healthy physical maintenance and hygiene.	<ol style="list-style-type: none"> Staff will share beauty, fitness and hygiene tips every young female should know upon entering into womanhood. 	Participants will know how to maintain their bodies on a daily basis.
4c	Wkshp	<input type="checkbox"/>	Effects of Tobacco	To show the harmful effects of tobacco intake on the body and provide strategies to kick the habit.	<ol style="list-style-type: none"> Participants will view a video presented by a guest speaker from the American Cancer Society, which shows the harmful ingredients in tobacco. The guest speaker from the American Cancer Society will discuss ways to kick the tobacco habit. 	Participants will understand the dangers of tobacco and why it is important to refrain from smoking.
5a	Wkshp	<input type="checkbox"/>	Female Imagery in the Media	To encourage participants to recognize and accept their unique physical characteristics	The participants will analyze the lyrics of rap and R&B music then discuss how they play a role in behaviors and interactions within the family, school, and community.	Participants will understand the impact of music lyrics and how it affects their behaviors and interactions with others.
5b	Wkshp	<input type="checkbox"/>	Violence in Sports	To identify the impact violent sports have made in today's society.	<ol style="list-style-type: none"> Participants will examine and discuss the acceptable and non-acceptable violent behaviors displayed by professional athletes and its impact on society. Participants will compare how the criminal justice system treats violent behavior from professional athletes versus the average citizen. 	Participants will be able to understand legal ramifications of violent acts and how athletes are given preferential treatment.
5c	Wkshp	<input type="checkbox"/>	Violence in School	To explore the causes and effect peer pressure and bullying has on students' social and academic lives.	<ol style="list-style-type: none"> Staff will explore the causes and effect of violence in the community as it relates to violence in schools. Participants will identify the triggers that can lead to violence in the classroom and how to diffuse those situations. 	Participants will be able to avoid violence acts within the school and community.



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6a	Wkshp	<input type="checkbox"/>	10 Ways to Say No to Sex	To strongly promote the benefits of and reinforce the importance of abstinence.	<ol style="list-style-type: none"> 1. Staff will openly discuss the pick up lines used to persuade them to engage in sexual activity. 2. Participants will identify the cunning pick up lines that convinced them to engage in sexual activity. 3. A guest speaker will demonstrate how guys lie for sex. 	Participants will be able to avoid engaging in sexual activity due to lies and trickery from men.
6b	Wkshp	<input type="checkbox"/>	Abstinence the Best Policy	To strongly promote the benefits of and reinforce the importance of abstinence.	<ol style="list-style-type: none"> 1. Staff will discuss abstinence as a way of honoring the body as a temple and keeping it pure. 2. The participants will be given examples on how to maintain a "sex-free" relationship and explore the benefits thereof. 	Participants will understand the importance of being abstinence and able to make a conscious decision to become sex-free.
6c	Wkshp	<input type="checkbox"/>	Safe Sex	To deter the participants' engagement in unprotected sexual intercourse.	<ol style="list-style-type: none"> 1. The participants and Staff will debate the pros and cons of safe sex. 2. Staff will discuss various birth control methods that may be employed to avoid unwanted pregnancies. 	Participants will refrain from engaging in unprotected sex.
6d	Wkshp	<input type="checkbox"/>	AIDS Awareness & STD's	To educate and promote awareness about prevention methods for sexually transmitted diseases.	<ol style="list-style-type: none"> 1. Staff will discuss the various types of STDs and their symptoms, and the harmful/deadly effects. 	Participants will be aware of the various STDs and how to protect themselves.
7a	Wkshp	<input type="checkbox"/>	Higher Education	To establish the connection between higher education and the achievement of career goals.	<ol style="list-style-type: none"> 1. Staff will work with the participants to identify their career goals and devise a plan of action towards achieving same said goals. 2. Staff will advise participants about the steps needed to pursue higher education and/or their career goals. 	Participants will be able to create a plan of action to achieve reflecting their future education/career goals.
7b	Wkshp	<input type="checkbox"/>	Scholarship and Grant Research Tips	To make students aware of the numerous scholarships, grants and funding available for higher learning.	Staff will teach participants how to utilize the Internet, libraries, and school personnel to research, obtain and complete applications for scholarships.	Participants will maintain the skills to research, and obtain and complete applications.
8a	Wkshp	<input type="checkbox"/>	Resume Building	To equip students with suitable tools for employment.	<ol style="list-style-type: none"> 1. Staff will teach participants the components involved in creating a cover letter and a resume. 2. Participants will be required to create a cover letter and resume. 	Participants will know how to create a cover letter and effective resume.



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8b	Wkshp	<input type="checkbox"/>	Job Seeking & Interviewing Skills	To impart the qualities needed to obtain and retain a job.	<ol style="list-style-type: none"> 1. Staff will discuss proper etiquette for job interviews, as well as on-the-job behavior. 2. Staff will show participants how to search for a job on the Internet, in newspapers and how to complete job applications. 3. Participants will be required to seek employment. 	Participants will be equipped with the appropriate skills to obtain and retain employment.
8c	Wkshp	<input type="checkbox"/>	Introduction to Entrepreneurship	To encourage participants to start their own businesses and how to go about it.	<ol style="list-style-type: none"> 1. Staff will explore and advise participants as to how they might turn hobbies and interests into profitable businesses. 2. Guest speakers will be used to show participants how to pitch ideas to financiers. 3. Staff will go over process for starting a corporation. 	Participants will understand the benefits of being an entrepreneur and will know how to go about starting their own business.
8d	Wkshp	<input type="checkbox"/>	Business Sense	To explore standards of behavior and etiquette in the workplace in order to develop best practices.	<ol style="list-style-type: none"> 1. Staff will discuss/demonstrate appropriate business attire. 2. To impart important time management techniques 3. Staff will discuss proper use of the chain of command, especially as it regards resolving workplace conflicts. 	Participants will have a clear understanding of workplace etiquette and the chain of command.
9a	Wkshp	<input type="checkbox"/>	Introduction to Budgeting	To teach participants how to create and administer a household budget.	<ol style="list-style-type: none"> 1. Staff will assign each participant a "Household Account". 2. Participants will develop budgets to maintain their "Household Accounts". 3. Staff will encourage the participants to open a savings account as extra credit. 	Participants will be able to maintain a realistic budget and savings account.
9b	Wkshp	<input type="checkbox"/>	Establishing and Maintaining Credit	To increase the students' economic viability.	<ol style="list-style-type: none"> 1. Staff and participants will openly discuss the value of good credit. 2. Staff will tell participants how to establish and maintain good credit, including how to review credit reports. 3. Staff will identify various forms of credit, and the participants will complete at least one of the identified credit applications. 	Participants will have established and maintain a good credit rating.



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9c	Wkshp	<input type="checkbox"/>	Finding Your 1st Apartment	To teach participants apartments hunting techniques.	<ol style="list-style-type: none"> 1. Staff will identify and participants will familiarize themselves with the resources used to locate apartments. 2. Staff will explain the appropriate steps needed to obtain an apartment. 	Participants will be able to use available resources to locate apartments within their budgets and know how to appropriate an apartment.
9d	Wkshp	<input type="checkbox"/>	Interior Decorating on a Budget	To demonstrate ways of decorating an apartment with a little money.	<ol style="list-style-type: none"> 1. Participants will locate bargain stores, thrift shops, flea markets, and garage sales. 2. Participants will then comparison shop for the best furniture bargains. 	Participants will be able to utilize local bargain stores, thrift shops, flea markets, and garage sales to furnish their apartments.
10a	Wkshp	<input type="checkbox"/>	Strategies for Success	To relate the goal setting techniques learned throughout the Survival Course to the participants' individual lives.	<ol style="list-style-type: none"> 1. Participants will identify their individual characteristics, talents and accomplishments in order to create personal lifestyle plans. 2. Participants will identify negative triggers that could act as hindrances to their lifestyle plans and develop ways to work around them. 	Participants will be able to make the connection between knowing themselves and living a unique and fulfilling lifestyle.
10b	Wkshp	<input type="checkbox"/>	Goal Setting	To apply goal-setting techniques to the participants' individual lifestyle plans.	<ol style="list-style-type: none"> 1. Participants will evaluate their accomplishments To instill the importance of setting long term and short term goals and objectives. 2. Participants will breakdown their personal plan into realistic long term and short term goals. 	Participants will be able to set realistic goals that they would like to accomplish and have a plan to achieve those goals.
M1a	Bundle	<input type="checkbox"/>	Self Awareness	Workshops with special focus on self-development and building confidence.	Self-Love: Understanding and Identifying YOU! Self Development: Morals and Ethics Self- Esteem 101: Identity Crisis Self-Esteem 102: Interpersonal Development Situations & Solutions (S.Y.S.T.A.S. Techniques) Personal Hygiene Appropriate Dress: School, Recreation Body Images and the Media	Package contains elements & materials similar to that used in courses: 1a-1d, 3b, 4b, & 5a
M1b	Bundle	<input type="checkbox"/>	Healthy Living	Workshops with special focus on physical and mental health maintenance; prevention and interventions.	Human Anatomy- Female/Male Your Digestive, Reproductive and Central Nerve System Effects of Tobacco AIDS Awareness & Prevention (S.Y.S.T.A.S. Techniques) Breast Cancer* Obesity and Diabetes Sexually Transmitted Disease	Package contains elements & materials similar to that used in courses: 4a-4c & 6c-6d



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M1c	Bundle	<input type="checkbox"/>	Street Culture	Workshops with a special on focus on awareness, understanding and tolerance of subcultures within Urban America.	Gang Culture & Violence (S.Y.S.T.A.S. Techniques) Drug Culture 101: Awareness, Addiction & Prevention Drug Culture 102: Distribution & Prison Culture Hip Hop Music 101: year 1970-Present Hip Hop Music 102: Women, Politics & Societal Influences Dangers Behind the Wheel- Joyrides & Stolen cars Learn about victims? rights	Package contains elements & materials similar to that used in courses: 2a-2c & 5a
TSC1	Bundle	<input type="checkbox"/>	Business Sense	Workshops focusing on building employability and entrepreneurial skills.	Resume Building/Job Search Appropriate Attire for Business Job Application/ Interview Skills Behavior & Etiquette in the Workplace Time Management Understanding Your Paycheck Intro to Entrepreneurship	
TSC2	Bundle	<input type="checkbox"/>	Higher Learning/ Independent Living	Workshops focusing on the educational development and college preparation for juniors and seniors in high school.	Higher Learning/Collegiate Study Skills Scholarship and Grant Research Tips Finding Your 1 st Apartment/ Living on Campus Intro to Budgeting Establishing and Maintaining Credit SAT Preparation Internship Placement	
TSC3	Bundle	<input type="checkbox"/>	Healthy Living	The Birds & The Bees- Workshops brings special focus to the rewards and consequences of intimate relationships between females and males.	Healthy Sexuality/Safe Sex Abstinence and 10 Ways to Say No to Sex Teen Dating/ Dating Violence (S.Y.S.T.A.S. Techniques) Sexual Harassment Dating in Jail/Prison Rape & Molestation Teen Pregnancy	