



MENTORING PROGRAM LIFE GROUP

What are the goals?

- Teaches students to establish healthy boundaries and leadership skills
- The impact of self-esteem on current and future goals
- How to combat the social media culture of today
- Covers the most important physical boundary for teens: abstinence
- Accurate understanding of the negative impact of teen pregnancy
- Talking about the options regarding an unplanned pregnancy

What does it teach?

The Mentoring Program covers all the following topics as well as the DCO presentation in a meditated manner:

- Leadership skills
- Communication skills
- Character development
- Decision making
- Conflict resolution
- Learning about yourself and others
- Conflict resolution and problem solving
- Being media savvy regarding Facebook, Instagram, Twitter, and Snapchat
- Value of commitment and marriage
- Prevention of pregnancy and sexually transmitted disease
- Positive youth development and assets
- Boundary setting
- Teen brain development
- Managing peer pressure
- Life mapping and future orientation

How does it teach?

- Brainstorming
- PowerPoint lecture
- Interactive videos
- Group discussion
- Hands on activities

Who is the target audience?

- Suitable for use in public and private schools with students as well as alternative school programs.
- Suitable for use in community-based organizations that provide services to middle school and high school students.
- After school care, summer programs and other intervention services that work with middle and high school students.
- Suitable for use in faith-based communities reaching pre-teen and teenagers.
- Can be done with a gender specific or coed audience.

What is the structure?

The mentoring program can be constructed to fit a requested time frame or classroom schedule. The program is designed for weekly, biweekly, or monthly meetings for a minimum of 8 weeks with each mentoring session lasting 60 minutes.

To find out more about this program or schedule a meeting, please contact Joi Wasill (joi@dcoinc.org) or Katie Collier (katie@dcoinc.org)