



THRIVE Mentoring Fact Sheet

THRIVE is a nine week, one-hour session per week, mentoring program for small groups in after school, community group or home settings. It cultivates healthy decision making, self-efficacy, positive relational skills and orientation toward the success sequence of behaviors and life outcomes. Focus on the positive developmental assets for youth that prepare them for optimal physical, emotional and economic health.

What does it teach?

- Sexual risk avoidance- Abstinence as the only 100% effective choice to avoid unplanned pregnancy, STD/STI's and emotional/financial consequences
- How to establish healthy boundaries.
- The impact of having positive self-worth.
- How to recognize love language in yourself and others.
- Refusal Skills
- Positive impact of adults in a student's life.
- Positive communication skills
- Healthy vs Unhealthy friendships
- Long-term goal setting
- Empathy for others
- How to implement social media boundaries.
- Cause/Effect and choices/consequences.
- Internet Safety
- Personal Hygiene
- Risks associated with drugs and alcohol

Who is the target audience?

- Suitable for use in alternative school programs, after school programs, Boys and Girls clubs, YMCA, etc. Any organization that serves middle school and high school students who are "at risk" for engaging in risk taking behaviors: alcohol and drug use, early onset of sexual activity, gang and violent behavior.

For more information or to schedule a speaking engagement, please contact Beth Cox,
beth@dcoinc.org. Or visit our website at www.dcoinc.org

- Suitable for use in community-based organizations, after school care, summer programs and other intervention services that work with middle school and high school students.
- Suitable for use in faith-based communities reaching teens.

Program Outline

Week 1: Ground Rules/Learning About Yourself and Other

- Getting Acquainted Bingo
- Ground Rules
- Basic Needs of the Heart
- How Do I Feel Loved? (Love Languages)

Week 2: Learning About Yourself and Others (cont..)

- What is SO Special about Me?
- Whole Person Health
- Grooming and Hygiene
- Make a Toiletry Kit

Week 3: Healthy Friendships

- True Friendship
- Toxic Friendship
- Friendship and Boundary Setting
- Healthy Relationships
- Obstacles to Success: Fact or Fiction? (Lesson on drugs and alcohol)

Week 4: Media and Cultural Influence

- What things do you post online?
- Is it easier to talk to someone via text than in person? Why is in person better?
- Sexual Predators
- Cyberbullying
- Internet is NOT reality
- Internet Safety

Week 5: Media and Cultural Influences/ Intro to Communication

- Internet and Texting
- Sexting
- Pornography
- Communicating Feelings activity

Week 6: Communication and Decision Making

- Importance of making Decisions using your BRAIN, not based on feelings
- Communicating Effectively
- Making Healthy Decisions
- Peer Pressure
- Setting Boundaries Early

Week 7: DCO Material

- Abstinence
- STDs
- Menstrual cycle/fertility
- Teen Parenting
- Adoption

Week 8: Planning for the Future

- Success Sequence
- Future Dreams and Goals
- Preparing for Life-long Relationships
- Decision Making and Goal Setting

Week 9: Review and Service Learning Project

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