

<u>Youth Self Esteem and Empowerment Group</u>	
<i>Group Type: Psychoeducation, Intervention, & Prevention</i>	
Section Title/Topic	Section Goals & Objectives
Intro and Boundaries	Build group cohesion and get to know each other. Explain the general purpose of the group and the kinds of activities that the participants will be asked to do. Introduce the concepts of recognizing our own and other people's boundaries, comfort zones, and individual differences in a fun, interactive way.
Self Esteem and Confidence	To help youth identify positive strengths and traits within themselves and each other that they admire, appreciate and relate to. Build an appreciation and understanding of positive self-esteem.
Emotions and Coping Skills	Identify uncomfortable/distressing emotions and build coping skills to regulate or tolerate emotions that are causing distress. Build an atmosphere that group is a safe place for youth to reveal difficult emotions.
Conflict Resolution and Communication	Develop communication skills that will help their interpersonal and social skills mature. Explore alternative ways to resolve conflict other than resorting to violence.
Healthy Relationships	Identify behavior as well as actions that make up healthy vs. unhealthy relationships. Learn about maintaining healthy boundaries and understanding the dynamics of Consent and Respect in relationships.
Intuition and Safety	Students will recognize their own individual patterns in response to danger and practice identifying risky behaviors.
Social Roles	Understand/explore concepts and ideas related to gender norms/social roles/social norms, with a focus on safety and personal effectiveness, and empowerment to honor one's own identity.
Violence as a social norm	Understand the scope and definitions of gender-based violence and the role of structural functionalism in role development.
Safe and Unsafe Behaviors	Recognize characteristics of safe and unsafe behaviors, and learn to conduct oneself with more assertiveness and confidence.
Prevention and Risk Reduction	Become more capable of maintaining personal safety through identifying/assessing personal risk, practicing risk reduction, setting clear boundaries, and identifying barriers to personal empowerment.
Drugs and alcohol	Examine the role of alcohol and drugs in unhealthy relationships, violence and abuse. Accept responsibility for personal actions and safety. Use decision-making and assertiveness in drug use situations.
Review and Group Transition	Review/summarize material and experience from the past year. Talk with the group about saying good-bye and ending the Group.

This is a group that is based on psychoeducation, intervention, and prevention. Participants will practice social safety skills to prevent violence, strengthen boundaries, increase healthy communication, manage conflict, de-escalate confrontation, and avoid or leave potentially dangerous situations.

The group is intended for ages 11-17; however, it is preferable to have age groups in smaller cohorts (i.e. 11-14, 15-17). The groups can be co-ed or single gender. The material can be adjusted as needed.

This curriculum was modified and adapted (for Youth populations) from *Self-Protection - A Comprehensive Personal Safety Program*, by Tim Eicher. Activity suggestions have been pulled from various evidence based activities published by multiple sources.