



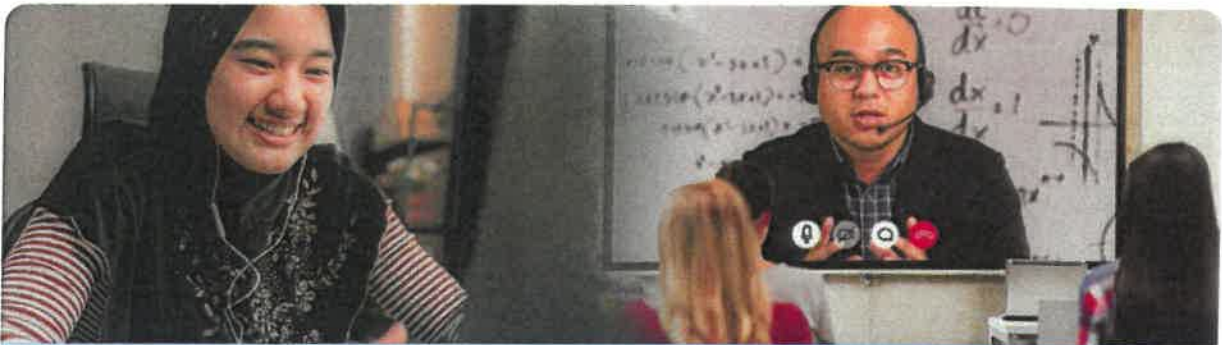
GRADES 7-12

# Intelli-Sync

## Fill teacher vacancies for middle and high school core courses with an online educator dedicated to your school

Give students the best of both worlds: live instruction with a full-time, state-certified teacher focused exclusively on your students and ample time to complete coursework at their own pace. With Intelli-Sync, learners can build the positive working relationships with teachers they need to succeed — even amid staffing shortages.

### The Intelli-Sync Implementation Model



#### Focused Coursework

Student sets the pace and initiates communication with teacher

- Completes coursework at their own pace
- Communicates with their teacher through texts, email, in-platform messages, etc.
- Requests quick sessions with on-demand tutors
- Works from home, library, or on campus with a site supervisor

#### Classroom Instruction

Teacher initiates lessons and sessions with students

- Conducts engaging 50-minute live whole-class lessons once a week
- Uses student performance data to deliver live small-group and 1:1 support sessions
- Provides ongoing targeted feedback to students
- Works with our Exceptional Education Coordinators to meet IEP accommodations



Ideal for hybrid implementation models with 1:1 devices

# Intelli-Sync by the Numbers

Intelli-Sync provides 50 minutes of live teacher-led instruction once a week, as well as synchronous small-group and one-on-one sessions.

# 150

Maximum number of students in each course

# 18-36

Number of weeks our courses can run

# 1

Instructor whose full-time job is teaching the course

Fill critical gaps in core subjects\* for middle and high school students:



## MATHEMATICS

- Math 7
- Math 8
- Algebra I
- Algebra II
- Geometry
- Integrated Math I



## ENGLISH LANGUAGE ARTS

- ELA 7
- ELA 8
- ELA 9
- ELA 10
- ELA 11
- ELA 12



## SCIENCE

- Chemistry
- Earth Science
- Biology
- Physical Science



## SOCIAL STUDIES

- Human Geography
- World History
- U.S. History
- U.S. Government

Connect with us to learn more

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\*based on availability

# Instructional Services

## Flexible virtual instruction options for back to school

Incorporating virtual instruction into your school or district empowers you to serve more students, while also solving many common problems. By partnering with Instructional Services to design a personalized, no-risk virtual instruction program you can:

- Address temporary and long-term teacher shortage
- Offer comprehensive test preparation
- Maintain enrollments with flexible, no-risk options
- Give student athletes an NCAA-approved college-preparatory learning experience
- Expand course offerings

## Multiple Layers of Support for Effective Online Learning

With Instructional Services, students can take courses from school or home, or as part of a full-time virtual program. No matter how they're learning, students have access to a support system that guides, motivates, and communicates with them.



### Special Education Coordinator

If needed, a special education coordinator provided by Edgenuity can collaborate with district staff to support the needs of special populations within the PVLE model, including students with an IEP or 504 plan.



### Virtual Teacher

Monitors student progress, grades assignments, holds virtual office hours, schedules individual virtual meetings as needed. Uses data to inform frequent communication with students, parents, and the on-site proctor.



### Curriculum

Rigorous, standards-aligned, customizable curriculum to meet the unique needs of students. Teacher-led videos, interactive media, and text provide a varied approach that addresses multiple learning modalities.



### Success Coach

Edgenuity success coaches collaborate with on-site proctors, virtual teachers, and district staff to devise engagement plans for struggling students and offer other support and strategies for student success.



### Concept Coach (On Demand Tutoring)

Delivers real-time, on demand, one-on-one tutoring in secondary core courses. Available six days a week, anytime students need help, students can contact the concept coach when they need assistance with course content.



### On-Site Mentor (provided by district)

A teacher or adult mentor provided by the district to implement student engagement strategies and review student performance reports to determine program fit and problem areas.



### Physical Learning Space (provided by district)

Learning in a dedicated space—a classroom, learning lab, internet café, or media center—can increase focus and decrease distractions. Can occur during assigned periods, study hall, before or after school program, or another time\*.

\* students can work from home on a variety of digital devices

# Supports Schools and Districts

## Real-time Data

Real-time data gives educators, proctors, and administrators the data they need to ensure students aren't only mastering content, but also logging in regularly and staying actively engaged.

## Insight & Accountability

Imagine Learning's learning management system provides real-time insight into student achievement, progress, and engagement. The virtual teacher, success coach, and special education coordinator will regularly review data to inform reteaching, enrichment, and other supports. Administrators, mentors, and proctors can access and review data at any time.

## Data-Driven Intervention

Data is shared to facilitate a team approach to intervention, so students get the face-to-face or virtual support they need, when they need it.

## Stakeholder Engagement

Easy to use dashboards and reports make it easy to track program goals. Automatic emails keep other stakeholders updated regularly with key student reports.

## Customized to Your Needs

Course content and delivery options can easily be customized to match your program goals, or adjusted for small groups or individuals with specific needs. Our virtual teachers collaborate with you to teach to your requirements.

## Maximize Resources

Students in the same room can be recovering credits, completing accelerated courses, or taking courses you couldn't otherwise offer—all at the same time, utilizing resources more efficiently to meet student needs.



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Back to School 2024

# what's new

for Imagine School Services

This year, Imagine School Services is expanding services and enhancing experiences to give students the high-quality instruction they need.



## Intelli-Sync Expands to Middle School Available Now

Intelli-Sync can now support districts in addressing teacher vacancies in high school core subjects and grades 7–8 math and ELA.



## Small Group Targeted Instruction

- **Expands to K–12, test prep, and English language development** Available Now
  - Support all students from the youngest elementary students to high school seniors with small group intervention. Help prepare high school students for state and national exams and give English learners enhanced support for English language development (ELD).
- **Improved student experience** Coming Aug 2024
  - We are adding new learning and communication tools to help support students' interactions with their intervention specialists and peers.

## On-Demand Tutoring

- **Available as a standalone service** Coming Aug 2024
  - In addition to its current place within Imagine Learning courses, we're making On-Demand Tutoring available outside Imagine Learning products.
- **New hours of operation** Coming Aug 2024
  - We're streamlining our hours of operations to allow tutoring access at more consistent and convenient times.
  - **Fall hours:**
    - Monday–Friday: 8am–10pm
    - Saturday: 9am–4pm
    - Sunday: 6pm–10pm

*\*All times local*



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See everything Imagine School Services has to offer at [imaginelearning.com/services/](https://imaginelearning.com/services/)

# RAND is seeking high schools to try a new Imagine Purpose course called Transform Me



Researchers at **RAND**, a non-profit research organization, are conducting a study about **Transform Me**, a course offered through **Imagine Purpose** by Imagine Learning. **Transform Me** is designed to help 9<sup>th</sup> and 10<sup>th</sup> grade students and educators increase self-confidence, build and maintain healthy relationships, increase academic excellence, improve behavior, and find success both in and out of school.

The study is designed to gather feedback from teachers and students using the course to improve the course's design, optimize implementation, and help to ensure success for teachers and students. The research is funded by a grant from the Institute of Education Sciences.

## What is the Transform Me Course?

**Transform Me** is designed to support all 9<sup>th</sup> and 10<sup>th</sup> grade students as they navigate challenges, define their purpose, and set goals for success. Lessons include a variety of engaging multi-media materials and can be implemented in a variety of ways (asynchronous, synchronous, hybrid). Furthermore, all lessons are aligned to Multi-Tiered System of Supports and best practices of positive behavior interventions and supports.

## Who is eligible to participate?

Any school that serves 9<sup>th</sup> or 10<sup>th</sup> grade students can participate. Participating schools must not be current users of **Transform Me** and willing to randomize their classrooms to use or not use the program.

## What will schools be asked to do?

Teachers in participating schools will be randomly assigned to teach the **Transform Me** course in the 2024–2025 school year or to teach as they normally would. After that, all interested schools will have the option to use **Transform Me** in the 2025–2026 and 2026–2027 school years. We would also like some background information on your students and, if possible, assessment data. Major study activities are described in the table below.

Study activity	Study participants
Use Transform Me course	Some teachers*
Teacher surveys (10 minutes)	Some teachers
Professional development for teachers (Zoom)	Some teachers
Student survey (15 minutes)	All students
Implementation support	As needed

\*Half of the study teachers, selected at random, will wait until 2025–2026 to use Transform Me

## What are the benefits if my school is chosen to participate?



### For teachers

- \$200 e-gift card for each teacher participating in data collection and program implementation
- Regular, in-depth implementation coaching and professional development supporting the **Transform Me** course



### For schools

- \$500 donation to each participating school for coordinating with the RAND Research team
- Free access to **Transform Me** for all students in classrooms randomly assigned to use it
- Free professional development for teachers—*an approximate value of \$30,000 in curriculum and implementation support over the 3 years of the study*

## What should I do next?

- 1 Talk with your leadership team to see if this is right for your school
- 2 Visit our project website for more information, and to sign up to schedule a Zoom call at [www.rand.org/transform-me](http://www.rand.org/transform-me). We will provide more information about the study, answer your questions, and ensure that the study is a good fit for your schools.
- 3 **Questions?** Contact the project leader, Jonathan Schweig, via email at [jschweig@rand.org](mailto:jschweig@rand.org)

Thank you for your time and consideration!



Transform Me		Scope and Sequence
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Unit	Lesson	Objectives
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**Self-Awareness**

- Emotional Audit
- Identity Formation
- Forming My Future
- Wrap-up: Identity

**Self-Management**

- Frame Your World
- Choosing Purpose
- Thoughts and Acceptance
- Wrap-Up: Thoughts, Words & Silence

**Social Awareness**

- Compassion and Empathy
- Making a Difference
- Social Skills
- Wrap-Up: Social Awareness

**Relationship Skills**

- Communicating Effectively
- Safety and Relationships
- Relationship Management
- Being a Champion
- Wrap-Up: Relationships

**Responsible Decision-Making**

**Unit**

**Lesson**

**Objectives**

Critical Thinking

Making Positive Choices

Curiosity and Experiences

Wrap-up: Strategic Planning



**Unit****Lesson****Objectives****Self-Awareness**

Emotional Audit

Identity Formation

Forming My Future

Wrap-up: Identity

**Self-Management**

Frame Your World

Choosing Purpose

Thoughts and Acceptance

Wrap-Up: Thoughts, Words &amp; Silence

**Social Awareness**

Compassion and Empathy

Making a Difference

Social Skills

Wrap-Up: Social Awareness

**Relationship Skills**

Communicating Effectively

Safety and Relationships

Relationship Management

Being a Champion

Wrap-Up: Relationships

**Responsible Decision-Making**

**Unit**

**Lesson**

**Objectives**

Critical Thinking

Making Positive Choices

Curiosity and Experiences

Wrap-up: Strategic Planning



## IP - Intervention on Purpose Content Suite

### Middle & High School

131x IP Intervention on Purpose – 6-12<sup>th</sup> Grade – Intervention, ISS/OSS or Alt. Ed.

## IP - 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.

### IP Coping with Trauma and Hardship

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

### IP Emotion Regulation and Self-Management

15. IP Auditing My Emotions

16. IP Controlling Your Thoughts and Sad Feelings
17. IP Dealing with Rejection
18. IP Developing Positive, Prosocial Behavior
19. IP Living with and Overcoming Anxiety
20. IP Managing Adrenaline and Aggression
21. IP Handling Life Stress and Difficulties
22. IP Managing My Mood and Behavior
23. IP Managing Stress
24. IP Recognizing Potential Mental Barriers
25. IP Regulating Anger and Temper
26. IP Turning Your Life Around & Start Again
27. IP Understanding Anxiety
28. IP Understanding Depression
29. IP Unlearning Learned Helplessness
30. IP Walking Through Forgiveness

### IP Substance Abuse Education

31. IP An Introduction to Substance Abuse
32. IP Considering the Impact of Drugs on My Relationships

33. IP Exposing the Consequences of Drugs on My Body and Mind
34. IP Introducing the Process of Substance Abuse Rehabilitation
35. IP Living Above Vaping & JUULing
36. IP Living Drug Free and Overcoming Drugs
37. IP Tackling the Use of Stimulants and Depressants

### IP Bullying Prevention and Intervention

38. IP Exploring the Impacts of Bullying
39. IP Standing Up and Addressing Unfairness
40. IP Thinking about Bullying from All Perspectives

### IP Suicide Prevention, Education, and Awareness

41. IP Finding Available Mental Health Resources & Supports
42. IP Preventing Mental Health Disorders
43. IP Preventing Suicide and Depression
44. IP Recognizing Mental Health Warning Signs
45. IP Recognizing Signs & Symptoms of Mental Health Disorders



- 46. IP Recovering from Self-Harm and Painful Thinking
- 47. IP Reducing the Stigma of Mental Health Disorders
- 48. Understanding Suicide Risk and Protective Factors

**IP Academic Development and Fulfillment**

- 49. IP Accepting and Taking Responsibility
- 50. IP Accepting Personal Accountability
- 51. IP Applying Learning to Earning
- 52. IP Being Prepared
- 53. IP Building a Love for Learning
- 54. IP Building Organizational Skills
- 55. IP Challenging Myself to Break My Limits
- 56. IP Creating Ambition, Curiosity, and Self-Motivation
- 57. IP Dressing and Grooming for Success
- 58. IP Fighting Truancy
- 59. IP Going Above and Beyond
- 60. IP Mastering My Focus and Concentration Skills
- 61. IP Moving Forward from Suspension and Expulsion
- 62. IP Returning to School Successfully
- 63. IP Taking Pride in My Work
- 64. IP Using My Time Wisely
- 65. IP Utilizing Social Resources for Success

**IP Restorative Practices**

- 66. IP Accepting My Past & Creating My Future
- 67. IP Breaking the Cycle of Self-Punishment
- 68. IP Restorative Practices: Making it Right with Restorative Circles
- 69. IP Restorative Practices: Restoration over Punishment
- 70. IP Restorative Practices: Taking Accountability for My Circumstances

**IP Personal Development**

- 71. IP Accepting Personal Leadership
- 72. IP Becoming a Dynamic Leader
- 73. IP Becoming an Optimistic Thinker
- 74. IP Being Yourself with Pride and Confidence
- 75. IP Crafting My Personal Vision
- 76. IP Discovering My Identity
- 77. IP Enjoying Life at Each Moment
- 78. IP Finding Inner Perseverance & Resilience
- 79. IP Finding Your Purpose
- 80. IP Getting in Touch with Myself
- 81. IP Identifying My Needs & Limits
- 82. IP Jumpstarting My Personal Growth
- 83. IP Keeping Calm and Living with Mindfulness
- 84. IP Learning How to Dream Beyond Limits
- 85. IP Learning to Date Yourself
- 86. IP Living an Adventurous and Mysterious Life
- 87. IP Living by Character, Values, and Purpose
- 88. IP Maintaining Physical Health & Wellness
- 89. IP Making a Difference
- 90. IP Striving for Authenticity
- 91. IP Unlocking the Power of Self-Reliance

**IP Refining Decision-Making Skills**

- 92. IP Adopting Goal-Directed Behavior
- 93. IP Evaluating the Quality of My Judgements
- 94. IP Looking Positively Toward the Future
- 95. IP Making Positive Choices
- 96. IP Mastering Personal Finance
- 97. IP Securing Financial Aid
- 98. IP Taking Control of Impulsive Decision-Making Habits
- 99. IP Writing Life-Changing Goals for My Future

**IP Staying Safe**

- 100. IP Interacting with Law Enforcement Safely

- 101. IP Prioritizing Personal Safety and Wellness
- 102. IP Staying Safe Online
- 103. IP Using Social Media the Right Way

**IP Social Awareness**

- 104. IP Capitalizing on Collaboration
- 105. IP Embracing My Citizenship
- 106. IP Expanding My Social and Cultural Intelligence
- 107. IP Fight for Justice
- 108. IP Helping Others
- 109. IP Impacting & Contributing to My Community
- 110. IP Seeing the World Through Compassion & Empathy
- 111. IP Winning through Cooperation

**IP Communication Skills**

- 112. IP Advancing Everyday Communication Skills
- 113. IP Asking for Help for Myself or Others
- 114. IP Building Communication Skills with Adults
- 115. IP Building Communication Skills with Parents and Caregivers
- 116. IP Learning Refusal Skills & How to Say "NO"
- 117. IP Mastering the Art of Negotiation
- 118. IP Providing Insightful Comments
- 119. IP Resisting & Refusing Peer Pressure
- 120. IP Unlocking the Power of Silence and Questions
- 121. IP Using Active Listening & Engagement
- 122. IP Using My Voice and Driving My Future

**IP Relationship Skills**

- 123. IP Building Healthy Relationships
- 124. IP Caring for & Appreciating Others
- 125. IP Dating Wisely
- 126. IP Embracing Vulnerability
- 127. IP Finding a Mentor
- 128. IP Giving Simple Respects





- 129. IP Recognizing the Potential of Mentorship
- 130. IP Showing Kindness to Others
- 131. IP Using Compassion in Real Life



## IP INTERVENTION ON PURPOSE MODULE BREAKDOWN

1. **IP 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
2. **IP 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  
Suicide Prevention – What to Do If Your Friend Is Talking about Suicide
3. **IP 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 – Breaking Through Social Stereotypes
4. **IP Coping with the Effects of Trauma**  
Social-Emotional Trauma – Trauma and Success  
Coping Strategies – Negative Thinking Patterns  
Coping Strategies – Trauma and Behavior
5. **IP 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
6. **IP 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  
Real-Life Childhood Trauma – Neglect and Abandonment
7. **IP Dealing with Sexual Abuse and Sexual Pressure**  
Social and Self-Awareness Skills – Sex Safety, Education and Boundaries  
Social and Self-Awareness Skills – Sexual Abuse  
Social Media Safety – Sending Inappropriate Pictures
8. **IP 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
9. **IP Overcoming Gangs, Guns and Fighting**  
Violence – Learned & Unlearned Violence  
Violence – Verbal Assault  
Violence – Physical Assault  
Violence – Domestic Violence  
Crisis Management – Gangs, Guns and Fighting
10. **IP 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 – Reflect on Your Perspective
11. **IP Protecting Myself Against Exploitation and Human Trafficking**  
Safety – Finding Safety  
Safety – Are Your Relationships Safe?  
Social Media Safety – Warning Signs  
Social Media Safety – Protecting Your Identity
12. **IP Rising Above Fighting & Violence**  
Hate Speech & Graffiti – Vandalism and Graffiti  
Hate Speech & Graffiti – Creating a Safe Environment  
Peer Conflict – Assault and Battery  
Mission – Starting from The Bottom
13. **IP Surviving the 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
14. **IP Understanding Trauma**  
Dealing with Trauma – Identifying Trauma  
Dealing with Trauma – Trauma with Sexual Abuse and Molestation
15. **IP 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
16. **IP 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
17. **IP 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
18. **IP 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
19. **IP 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
20. **IP 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



**21. IP 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

**22. IP 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

**23. IP Managing Stress**

Choosing Purpose – Manage Stress  
Stressful Life Events – Overcommitment  
Stressful Life Events – Being Unprepared  
My Environment – Creating Boundaries

**24. IP Recognizing Potential Mental Barriers**

Recognizing Potential Barriers – Panic Attacks  
Recognizing Potential Barriers – Sleep Problems & Insomnia  
Recognizing Potential Barriers – Internet Addiction

**25. IP Regulating Anger and Temper**

Anger Management – Defining Anger Management  
Anger Management – Types of Anger  
Anger Management – Handling Anger  
Anger Management – Overcoming Anger

**26. IP 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

**27. IP 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

**28. IP 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

**29. IP Unlearning Learned Helplessness**

Past & Future – Personal Reflection + Future Projection = Personal Development  
Needs & Limits – Living in Denial  
Crisis Management – Learned Helplessness  
Moving Forward – Where Focus Goes, Energy Flows

**30. IP Walking Through Forgiveness**

Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise  
Purposeful Communication Techniques – Conflict Resolution

Purposeful Communication Techniques – Letting Go of Your Ego  
Purposeful Communication Techniques – Collaboration

**31. IP 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

**32. IP 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

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

Know Yourself, Love Yourself – Positive Reinforcement  
Mental Wellness – Learn How to Say "No"  
Pain to Purpose – The Consequences of Drugs  
Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse

**34. IP 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

**35. IP 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

**36. IP 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

**37. IP 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  
Who I Am and What I've Done – Dictating My Future

**38. IP Exploring the Impacts of Bullying**

Understanding Bullying – Hurt People... Hurt People  
Understanding Bullying – Tragedy on Both Sides  
Understanding Bullying – Solutions to Bullying

**39. IP 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

**40. IP 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 Culture

**41. IP 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

**42. IP 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

**43. IP Preventing Suicide and Depression**

Suicide Prevention – Finding Help Online & In Your Community

Suicide Prevention – Reduce the Stigma of Suicide

Dealing with Depression – How to Recognize Depression

**44. IP 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

**45. IP 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

**46. IP Recovering from Self-Harm and Painful Thinking**

Mental Health – Healing Your Mind

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

**47. IP 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

**48. IP 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

**49. IP 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

**50. IP 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

**51. IP Applying Learning to Earning**

From Learning to Earning – Learn How to Learn

From Learning to Earning – Meaning > Money

From Learning to Earning – From Purpose to Profession

From Learning to Earning – Changing Your Mindset About Money

**52. IP 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

**53. IP 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?

**54. IP Building Organizational Skills**

Choosing Purpose – Organizational Skills

Skills You Need – Organizing Your Life

Inner Engineer Part 1 – Competing Commitments

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

**55. IP 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

**56. IP 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

**57. IP Dressing and Grooming for Success**

Finding Success at Work – Proper Grooming & Dress

Disciplines That Lead to Success – Dress for Success





- Warping Reality – Daily Affirmation Statement  
Self-Esteem – How to Be Self-Confident
58. **IP Fighting Truancy**  
Intervention Can Help You – Truancy: Absenteeism and Missing School  
Mystery – Process Your Future
59. **IP Going Above and Beyond**  
Make Yourself Marketable Now – Life Experiences  
Don't Stay Silent – Be Vocal About Your Direction
60. **IP 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
61. **IP 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
62. **IP Returning to School Successfully**  
Focus & Success – The Importance of Planning  
Overcoming the Past – Learning from Our Mistakes  
Overcoming the Past – Finding a New Crowd
63. **IP 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
64. **IP 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
65. **IP Utilizing Social Resources for Success**  
Resources – Teachers  
Resources – School Groups  
Resources – Quality Peers  
Resources – Mentors  
Relationships – Opening Doors of Opportunity
66. **IP 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
67. **IP 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
68. **IP Restorative Practices: Making it Right with Restorative Circles**  
Restorative Circles – Reflecting on Your Feelings with Others  
Restorative Circles – Establishing Trust  
Restorative Circles – Saying Sorry
69. **IP 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
70. **IP 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 – Respecting the Rights and Interests of Others  
Mindfulness and Accountability – Repairing the Harm
71. **IP 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
72. **IP 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 – It's Not Black and White
73. **IP 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
74. **IP Being Yourself with Pride and Confidence**  
Be Yourself – Be Honest with Yourself  
Being Yourself & Letting Others Be Themselves  
Knowing Yourself – Identify Your Strengths  
Overcome Identity Issues – Acknowledge and Embrace All of You
75. **IP Crafting My Personal Vision**  
Growth Mindset – Breaking Free of Limitations  
People & Problems – Decide Who You Want to Be  
Frame Your World – Visualize Your World  
Physical Health – Personal Hygiene
76. **IP 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
77. **IP 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
78. **IP Finding Inner Perseverance & Resilience**



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?

**79. IP Finding Your Purpose**

Purpose – Why Does Purpose Matter?  
 Compassion & Stillness – The Secret of Purpose  
 People & Problems – Your Purpose Dictates Everything  
 Engineering Consciousness – Philosophy in Life

**80. IP 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

**81. IP Identifying My Needs & Limits**

Needs & Limits – Don't Fault People's Limitations  
 Needs & Limits – Living in Denial  
 Belonging – Find Where You Belong

**82. IP 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

**83. IP Keeping Calm and Living with Mindfulness**

Engineering Consciousness – Becoming Aware  
 Engineering Consciousness – Mindfulness  
 Mindfulness Practices & Principles – Meditation

**84. IP Learning How to Dream Beyond Limits**

Dreaming – Learning How to Dream  
 Dreaming – Creation  
 Dreaming – Reinventing the Dream  
 Dreaming – Persistence  
 Dreaming – Don't Stop Dreaming

**85. IP 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

**86. IP Living an Adventurous and Mysterious Life**

Adventure – Uncharted Territories  
 Mission – Starting from The Bottom  
 Mystery – Becoming the Seeker  
 Mystery – Time is Not an Enemy

**87. IP 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

**88. IP Maintaining Physical Health & Wellness**

Physical Health – Challenge Yourself  
 Physical Health – A Change in Pace Leads to a Change in Production  
 Physical Health – Mindfulness

Positive & Negative – The Importance of Rest

**89. IP 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

**90. IP 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

**91. IP 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

**92. IP 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

**93. IP Evaluating the Quality of My Judgements**

Finding Success at Work – Why Problem-Solving is Important at Work  
 Growth Mindset – The Decision-Making Chart  
 Value – Healthy Self-Esteem  
 Value – Practical Examples of Self-Esteem

**94. IP Looking Positively Toward the Future**

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

**95. IP 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

**96. IP 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?

**97. IP Securing Financial Aid**

Financial Aid – Scholarships  
 Financial Aid – Grants  
 Financial Aid – Work-Study Funds  
 Financial Aid – FAFSA / Application Deadlines

**98. IP Taking Control of Impulsive Decision-Making Habits**

Successful Decision-Making – Critical Thinking  
 Successful Decision-Making – Problem Solving



- Successful Decision-Making – Evaluating & Reflecting  
Successful Decision-Making – Choosing Humanity
99. **IP 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
100. **IP Interacting with Law Enforcement Safely**  
Dealing with Peace Officers – Who Are Peace Officers?  
Dealing with Peace Officers – Staying Safe in an Interaction  
Dealing with Peace Officers – Best Practices When Questioned  
Dealing with Peace Officers – Protecting All Rights
101. **IP Prioritizing Personal Safety and Wellness**  
Staying Safe – Relational Safety  
Staying Safe – Parental or Caregiver Safety  
Self-Esteem – It's All About Perspective  
Self-Esteem – Emotional Eating  
Self-Esteem – Ethical Issues
102. **IP Staying Safe Online**  
Making Powerful Decisions – Digital Citizenship and Safety  
Life Skills – Staying Safe & Healthy  
Social Media Safety – Staying Safe  
Staying Safe – Emotional Safety
103. **IP 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
104. **IP 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
105. **IP Embracing My Citizenship**  
Citizenship – Defining Citizenship  
Citizenship – The Power of Your Vote  
Citizenship – Your Country  
Citizenship – Being a Part of Your Community
106. **IP 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
107. **IP Fight for Justice**  
Fight for Justice – Defining Social Justice  
Fight for Justice – Environmental Justice
108. **IP 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
109. **IP 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 – Practice What You've Learned  
Impact Your Community – Getting Involved
110. **IP Seeing the World Through Compassion & Empathy**  
Mission – Why Are You Here?  
Compassion & Stillness – Why Compassion Matters  
Social Skills – Perspective Is Everything  
Social Skills – Dynamic Empath
111. **IP 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
112. **IP 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
113. **IP 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
114. **IP Building Communication Skills with Adults**  
Talking to Adults – Dealing with Intimidation  
Talking to Adults – Overcoming the Age Gap  
Talking to Adults – Wisdom  
Talking to Adults – R-E-S-P-E-C-T
115. **IP Building Communication Skills with Parents and Caregivers**  
Communication Skills – Connecting with Your 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
116. **IP 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
117. **IP Mastering the Art of Negotiation**  
Purposeful Communication Techniques – Negotiation  
Understanding Differences – Personality Types  
Understanding Differences – Emotional Intelligence  
Understanding Differences – Perspective Taking  
Life Skills – The Art of Negotiation
118. **IP Providing Insightful Comments**  
Memories – The Power of Reflection  
Mental Wellness – Being Present  
Understanding Differences – Ethics and Values  
Engineering Consciousness – The Idea of Self



- 119. IP Resisting & Refusing Peer Pressure**  
Don't Stay Silent – Surround Yourself with Giants  
Healthy Lifestyles – Critical Thinking  
Refusal Skills & Strategies – Trust Your Discernment
- 120. IP 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
- 121. IP Using Active Listening & Engagement**  
Healthy Communication – Listening  
Healthy Communication – Thinking & Speaking  
Healthy Communication – Seeking to Understand
- 122. IP Using My Voice and Driving My Future**  
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
- 123. IP 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
- 124. IP 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
- 125. IP Dating Wisely**  
Dating and Relationships – The “Talking” Stage  
Dating and Relationships – Self-Respect  
Dating and Relationships – Love is an Action  
Dating and Relationships – Communication & Compatibility
- 126. IP Embracing Vulnerability**  
Vulnerability – Overcoming Confrontation  
Vulnerability – Loyalty & Trust Lead to Vulnerability  
Vulnerability – The Five-Minute Connect  
Vulnerability – Excruciating Vulnerability  
Belonging – Acceptance = Freedom
- 127. IP 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
- 128. IP Giving Simple Respects**  
Giving Simple Respects – Saying Please & Thank You  
Giving Simple Respects – Giving Gratitude Towards Life  
Giving Simple Respects – A Strong Handshake or Warm Hug  
People & Problems – You Choose
- 129. IP 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
- 130. IP Showing Kindness to Others**  
Social/Emotional Health – Human Boundaries  
Inner Engineer – Attitude, Schedules, & Behaviors  
Reasonable Response – Hope in Hopelessness  
Giving is Getting – Why Farmers Win
- 131. IP Using Compassion in Real Life**  
Compassion – Living with Compassion  
Compassion – Giving the Benefit of the Doubt  
Compassion – Love Always Wins





## IP Prevention On Purpose Content Suite

Below are Purpose Prep’s current course offerings, along with a suggested grade-range for each course to be offered. The training videos, discussion questions and content have been effectively delivered to and received by students. Purpose Prep still provides a general recommended framework for schools to implement these offerings across 6-12<sup>th</sup> grade. This is based on the development of the offerings, age-appropriate content, and to provide the scaffolding and support to create the greatest impact in schools and students’ lives. This structure may be altered based on school knowledge, experiences, and the emotional, social and academic capacity of student populations at the school’s discretion.

### Middle & High School

1. IP Personal Development – 6-8<sup>th</sup> Grade
2. IP Character & Leadership Development – 6-8<sup>th</sup> Grade.
3. IP Unlock Your Purpose – 6-8<sup>th</sup> Grade.
4. IP Social & Emotional Success – 6-12<sup>th</sup> Grade.
5. IP Mental Health & Wellness – 9-12<sup>th</sup> Grade.
6. IP College & Career Readiness – 9-12<sup>th</sup> Grade.
7. IP Climate & Culture Transformation – 6-12<sup>th</sup> Grade.
8. IP Restorative Practices & Principles – 6-12<sup>th</sup> Grade.
9. IP Trauma-Informed Living – 9-12<sup>th</sup> Grade.

## 1. IP PERSONAL DEVELOPMENT

### UNIT 1 – IP DEVELOP YOURSELF

#### MENTORSHIP: THE POWER OF MENTORSHIP

- What is Traditional Mentoring?
- The Man on Stage vs. Man in the Mirror
- Transactional vs. Transformational Mentorship
- Inspiration from a Mentor
- The Importance of Mentorship

#### PAST & FUTURE: HOW TO REFLECT ON YOUR PAST & PREPARE FOR YOUR FUTURE

- Personal Reflection + Future Projection = Personal Development
- To Create or Be Created
- Born to Be Different
- Personal Leadership
- Don't Let the Same Team Beat You Twice

#### A SATISFIED LIFE: FIND SATISFACTION IN EACH STAGE IN LIFE

- Getting Out of Your Comfort Zone
- Harness Your Ability to Learn, Read & Obtain Knowledge
- The Perpetual Learner
- The Questioner
- Achieving a Fulfilling Career

#### BE YOURSELF: GIVE YOURSELF PERMISSION TO BE YOU

- Be Honest with Yourself
- Joy & Happiness
- Inner-Peace / Outer-Peace





Edgenuity® + P PURPOSEPREP

The Journey is the Reward  
Being Yourself & Letting Others Be Themselves

## UNIT 2 – IP STRATEGIC PLANNING

### WHERE ARE YOU HEADED: BUILDING A ROADMAP

- Embracing Your Design
- Define Your Identity
- What Makes You Tick?
- What is Your Passion & Design?
- Focus

### ARE YOU UNIQUE: A STRATEGY FOR LIFE

- Does it Pay to Be Different?
- When Good Isn't Enough
- Stay True, Be You
- Build Around Your Uniqueness
- How to Get Unstuck

### OPPORTUNITY: ATTRACTING THE RIGHT OPPORTUNITIES

- Move by Vision, Not by Need
- Challenge + Change = Opportunity
- Don't Force it, the Opportunities Will Come
- Preparation Meets Opportunity
- Listening to the Universe

### DREAMING: DREAMS WORTH PURSUING – THE CYCLE

- Learning How to Dream
- Creation
- Reinventing the Dream
- Persistence
- Don't Stop Dreaming

## UNIT 3 – IP SELF-ESTEEM

### VALUE: THERE'S GOOD IN EVERYONE

- See the Value in Yourself
- Appreciate the Value in Others
- Stop Expecting, Start Appreciating
- Healthy Self-Esteem
- Practical Examples of Self-Esteem

### WHO'S IN CONTROL: TAKING RESPONSIBILITY

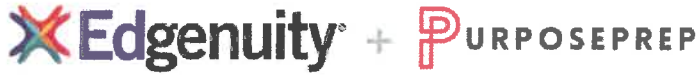
- What's in Your Hands?
- Who You Are & Who You're Not
- Time is Ticking
- Personal Accountability
- Command Your Temper

### NEEDS & LIMITS: COMMUNICATING NEEDS & OVERCOMING LIMITATIONS

- We All Have Needs
- Don't Fault People's Limitations
- Living in Denial
- What About Me
- Identifying My Needs

### DON'T STAY SILENT: SPEAK OUT!

- Against the Grain
- Limits Are Meant to Be Broken
- Be Vocal About Your Direction
- Breaking Free from My Secrets



Surround Yourself with Giants

## UNIT 4 – IP COMPLETE HEALTH

### MENTAL HEALTH: WHAT IS MENTAL HEALTH?

- Break it Down
- Shifting Your Perspective
- Healing Your Mind
- The Freedom in Forgiveness
- Tips to Mental Health

### PHYSICAL HEALTH: HARNESSING YOUR PHYSICAL ENERGY

- Challenge Yourself
- A Change in Pace Leads to a Change in Production
- We Are What We Consume
- Mindfulness
- Personal Hygiene

### SOCIAL/EMOTIONAL HEALTH: FINDING THE BALANCE WITHIN

- Human Boundaries
- Emotional Pain, Loss & Stress
- The Daily Forgiveness, Thankfulness & Confidence Exercise
- Accepting Your Circumstances
- Explore a New Environment

### GROWTH MINDSET: HEALTHY DISCIPLINES SHOULD LEAD TO GROWTH

- Assess Your Budget
- The Decision-Making Chart
- Daily Disciplines
- Emotional Intelligence
- Breaking Free of Limitations

## 2. IP CHARACTER AND LEADERSHIP DEVELOPMENT

## UNIT 1 – IP MISSION, VISION, PURPOSE

### VISION

- The Guiding Image
- Map Out Your Future
- How to Find Your North Star
- Creating a Vision Board
- Why is Vision Important

### MISSION

- Be Guided by Your Values
- Proven Principles
- Why Are You Here?
- Starting from the Bottom

### PURPOSE

- Inspire the Journey
- The Future is Now
- Why Does Purpose Matter?
- Evolving Your Purpose
- Derailed from Purpose

### IMPACT YOUR COMMUNITY





Love It, Learn It, Live It & Lead It  
Prepare Yourself to Lead  
Practice What You've Learned  
Getting Involved

## UNIT 2 – IP PERSONAL EXPERIENCE

### ADVENTURE

- Take Up the Challenge
- Do Something Out of the Ordinary
- Uncharted Territories
- Be Spontaneous

### MEMORIES

- The Power of Reflection
- Family, Friends & Loved Ones
- Be Present
- Overcoming Bad Memories

### YOUR STORY

- Experiences & Stories Enable You to Connect with Others
- The Importance of Authenticity

### HAVE A LITTLE FUN

- Don't Take Everything So Seriously
- Choose to Be Different
- Hobbies & Dreams
- It Doesn't Cost to Have Fun
- Learn to Date Yourself

## UNIT 3 – IP IDENTITY

### DISCOVER YOUR IDENTITY

- The Assignment
- Uncover Who You Are
- Recover What You Used to Have
- Discover New Things About Yourself
- Identity Leads to Purpose

### EMOTIONAL AUDIT

- An Emotional Audit
- The Mind Map
- The Three Levels of the Mind
- Emotional Differences
- Mastering Your Emotions

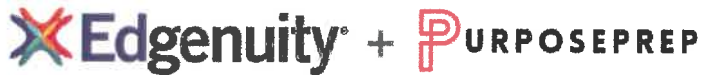
### INNER ENGINEER

- Competing Commitments
- Activities, Time Commitments & Fearing Success
- The Pain of Rejection
- Attitude, Schedules, & Behaviors

### OVERCOME IDENTITY ISSUES

- Defining Identity
- Different Identity Issues
- Evaluate Your Identity Foundation
- You Are Not What You Do
- Acknowledge and Embrace All of You





## UNIT 4 – IP TRANSFORMATION

### MYSTERY

- Becoming the Seeker
- Time is Not an Enemy
- Process Your Future

### COMPASSION AND STILLNESS

- The Secret of Purpose
- Find Peace Through Stillness
- Finding Solutions in Stillness
- Why Compassion Matters

### A REINVENTED LEADER

- True Leadership
- Embrace the Paradox
- Logical vs. Emotional Thinking
- It's Not Black and White

### START AGAIN

- Completion is the Difference
- Make the Decision
- Until Next Time
- Turning Your Life Around
- Start Today

## 2. IP UNLOCK YOUR PURPOSE

### UNIT 1 – IP HAPPINESS vs. SUCCESS

#### MAP YOUR FUTURE: HEALTHY SUCCESS & A FULFILLING CAREER

- Living Out Your Destiny
- Creating Healthy Success
- What We Truly Desire
- It's Not About the Money
- Take the First Step

#### PEOPLE & PROBLEMS: LEARNING ABOUT THE TYPES OF PEOPLE & PROBLEMS

- Types of People
- You Choose
- Types of Problems
- Your Purpose Dictates Everything
- Decide Who You Want to Be

#### FOCUS & SUCCESS: THE FOUR PILLARS OF FOCUS & SUCCESS

- Four Pillars of Focus
- Four Pillars of Success
- Defining Success
- Setting Goals: First Step to Success
- The Importance of Planning

#### FROM LEARNING TO EARNING: HOW LEARNING AFFECTS OUR EARNING

- Learn How to Learn
- Learn How to Earn
- Meaning > Money
- From Purpose to Profession
- Changing Your Mindset About Money





## UNIT 2 – IP MAKING A DIFFERENCE

### GIVING IS GETTING: UNLOCK THE POWER OF GIVING

- An Uncharted Principle
- Giving Back or Just Giving?
- The Giving Experience
- Is There a Higher Purpose?
- Why Farmers Win?

### REASONABLE RESPONSE: HOW A WEALTH MINDSET WORKS

- Wealth & Power
- The Dead Sea or Niagara Falls
- Gratitude
- Hope in Hopelessness
- Helping Those in Need

### MAKE A DIFFERENCE: HOW TO MAKE A DIFFERENCE WHERE YOU ARE

- What Does it Take to Make a Difference?
- Being a Positive Influence on Others
- The Simple Gift of Life
- Investing into Your Community
- Embrace a Different Lifestyle

### BE THE CHANGE: CREATE A LEGACY

- Is There More to Life?
- Is Doing Good Better Than Being Great?
- A Life Plan Can Help Build a Legacy
- Giving Beyond
- Thriving or Surviving

## UNIT 3 – IP THOUGHTS, WORDS & SILENCE

### FRAME YOUR WORLD: LEARN THE POWER OF WORDS

- Words Shape Thought
- Thoughts Shape Beliefs
- Belief Shape Actions
- Visualize Your World
- Choosing Between Two Realities

### POSITIVE & NEGATIVE: THE EFFECTS OF POSITIVITY & NEGATIVITY

- The Effects of Negativity
- Turn Negativity into Positivity
- Positivity Exercise
- Reshape Our Worlds
- The Importance of Rest

### SILENCE & QUESTIONS: THE IMPORTANCE OF SILENCE & ASKING QUESTIONS

- The Importance of Silence
- Questions First Please
- Curiosity
- Filling the Void
- Ask More Questions

### WARPING REALITY: UNLOCK YOUR POTENTIAL

- Limitless Design
- The Words Exercise
- Daily Affirmation Statement
- How Energy Affects Humans
- Breaking Through Our Hardships



## UNIT 4 – IP RELATIONSHIPS

### RELATIONSHIPS: CAPITALIZE ON YOUR RELATIONSHIPS

- Our Most Essential Need
- Opening Doors of Opportunity
- The Power of Connection
- Setting Realistic Boundaries
- Developing, Managing and Sustaining Your Relationships

### BELONGING: HOW DO YOUR SOCIAL GROUPS AFFECT YOU?

- Get the Support You Need
- Find Your Tribe
- Acceptance = Freedom
- The Power of Love
- Find Where You Belong

### VULNERABILITY: SHOULD VULNERABILITY BE SCARY?

- Overcoming Confrontation
- Loyalty & Trust Lead to Vulnerability
- The Five-Minute Connect
- Excruciating Vulnerability
- How to Handle Shame

### SAFETY: FIND & CREATE SAFETY IN YOUR RELATIONSHIPS

- Finding Safety
- A Safety Net for Others
- Positive Speaking & Reflective Writing
- Are Your Relationships Safe?
- Finding Safe Leaders

## 4. IP SOCIAL AND EMOTIONAL SUCCESS

### UNIT 1 – IP IMPORTANT LIFE SKILLS

#### CHOOSING PURPOSE

- Make Powerful Decisions
- Manage Stress
- Living Self-Disciplined & Self-Motivated
- Life-Changing Goals
- Organizational Skills

#### SOCIAL SKILLS

- Social Awareness
- Perspective is Everything
- Dynamic Empathy
- Diversity Expansion
- Respect Creates Connection

#### HEALTHY RELATIONSHIPS

- Relationship Skills
- Communication Matters
- Embracing Society
- Meaningful Relationships
- The Dream Team

#### SUCCESSFUL DECISION-MAKING

- Critical Thinking
- Problem-Solving





Evaluating & Reflecting  
Choosing Humanity

## UNIT 2 – IP MINDFULNESS

### ENGINEERING CONSCIOUSNESS

- Philosophy in Life
- The Idea of Self
- Becoming Aware
- Mindfulness
- Processing Adversity

### MINDFULNESS PRACTICES AND PRINCIPLES

- Meditation
- Science & Neuroscience

### HEALTHY COMMUNICATION

- Listening
- Thinking & Speaking
- Seeking to Understand

### KNOWING YOURSELF

- Face Your Emotions
- See Yourself
- Identify Your Strengths
- Build Self-Confidence
- Believe in Yourself

## UNIT 3 – IP BARRIERS TO SUCCESS

### MAKING POWERFUL DECISIONS

- Death of a Loved One
- Digital Citizenship and Safety

### CRISIS MANAGEMENT

- Gangs, Guns and Fighting
- Suicide Prevention and Education
- Adrenaline and Aggression
- Learned Helplessness
- Mood and Behavior Management

### PAIN TO PURPOSE

- Dealing with Divorce and Separation
- The Consequences of Drugs
- Diversity and Inclusion

### DEALING WITH TRAUMA

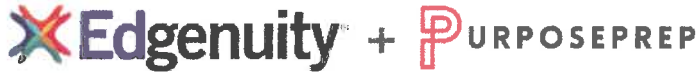
- Trauma with Sexual Abuse and Molestation

## UNIT 4 – IP REDIRECTING MY LIFE

### INTRODUCTION TO SUBSTANCE ABUSE

- Drugs and the Body and Mind
- Marijuana, Nicotine, Tobacco and Cigarettes
- Stimulants and Depressants
- Vaping and JUULing
- The Impact of Drugs on Your Relationships

### INTERVENTION CAN HELP YOU



Living Drug Free and Overcoming Drugs  
 Coping with Grief, Loss and Shame  
 Truancy: Absenteeism and Missing School  
 Swearing and Degrading Words  
 Suspension and Expulsion

**SOCIAL AND SELF-AWARENESS SKILLS**

Cultural Implications within Family and Learned Behavior  
 Primary and Secondary Impacts of Behavior  
 Restoring Yourself and Others

**COPING STRATEGIES**

Suicide Prevention  
 Negative Thinking Patterns  
 Coping with Loss and Separation  
 Trauma and Behavior

**5. IP MENTAL HEALTH AND WELLNESS**

**UNIT 1 – IP UPGRADE YOURSELF**

**ANGER MANAGEMENT**

Defining Anger Management  
 Types of Anger  
 Handling Anger  
 Overcoming Anger

**COMMUNICATION SKILLS**

Connecting with Your Parents  
 Communicating with Your Teachers  
 Relating with Other Adults  
 Communication with Your Friends  
 Your Internal Dialogue

**THOUGHTS AND ACCEPTANCE**

Changing Our Thought Patterns  
 Overcoming Sad Feelings  
 Motivated by Positive Feelings  
 The Feeling of Hopelessness  
 How Choices Affect Our Thinking

**KNOW YOURSELF, LOVE YOURSELF**

Self-Worth  
 Loved, Valued, and Accepted  
 Positive Reinforcement

**UNIT 2 – IP TRANSFORMING BULLYING**

**UNDERSTANDING BULLYING**

Bullying: Hurt People...Hurt People  
 Bullying: A Tragedy on Both Sides  
 Solutions to Bullying







## EFFECTS OF BULLYING

- Bullying: Dehumanizing the Victim
- Bullying: Effects on the Bullied
- Bullying: Effects on the Bully
- Bullying: Effect on Culture

## BEING A CHAMPION

- Diffuse the Situation
- Knowing Your Worth and Everyone Else's
- What's at Stake
- Being Observant
- Creating Real Change

# UNIT 3 – IP SOCIAL IMPACT

## CITIZENSHIP

- Defining Citizenship
- The Power of Your Vote
- Your Country
- Being A Part of Your Community

## DIVERSITY

- Defining Diversity
- Embracing Diversity
- Diversity: Broadening Our Perspective

## DEALING WITH PEACE OFFICERS

- Who Are Peace Officers?
- Staying Safe in an Interaction
- Best Practices When Questioned
- Protecting All Rights

## FIGHT FOR JUSTICE

- Defining Social Justice
- Environmental Justice

# UNIT 4 – IP OVERCOMING ADVERSITY

## IT'S NOT YOUR FAULT

- Divorce & Separation
- Physical Abuse
- Emotional Abuse
- Physical and Emotional Neglect

## FAMILY CHALLENGES

- Incarceration
- Suicide
- Depression & Anxiety

## RESILIENCY

- Defining Resiliency
- Elasticity
- The End Isn't the End
- Coping Skills
- Creating Your Team

## MENTAL WELLNESS

- Anxiety
- Depression
- Mindfulness





Learn How to Say "No"  
Being Present

## 6. IP COLLEGE AND CAREER READINESS

### UNIT 1 – IP LIFE AFTER HIGH SCHOOL

#### JOIN THE WORKFORCE

- The Value of the Workforce
- Job-Searching Skills
- Which Careers Will Have the Highest Demand in the Next Decade?
- Identify Your Character Traits & Find Related Career Interests
- Develop a College & Career Vision Statement

#### WHICH SCHOOL IS RIGHT FOR YOU?

- Types of Colleges
- Community/Junior College
- Trade, Vocational & Technical College
- Testing Programs (ACT & SAT)
- Timeline for Applying to College

#### ENTREPRENEURSHIP

- The Importance of a Team
- Cultivating an Idea / Recognizing Opportunities
- Securing Funding
- The Startup Lifestyle
- Everything is Sales

#### EXPLORE OTHER OPPORTUNITIES

- Internships
- Entrepreneurship
- Volunteering
- Pursue Your Passions
- Overseas Travel Opportunities

### UNIT 2 – IP COLLEGE AND CAREER PREPARATION

#### FINDING SUCCESS AT WORK

- Why Problem-Solving is Important at Work
- Changing the Way We Think About Productivity
- Proper Grooming & Dress
- Accomplishing Big & Small Tasks at Work
- How to Be Enthusiastic About Our Life

#### FINANCIAL AID

- Scholarships
- Student Loans
- Grants
- Work-Study Funds
- FAFSA / Application Deadlines

#### JOB PREPARATION

- Resumes & Online Profiles
- Interviewing Skills
- Follow-Up Letters, Portfolio Creation & Reference Lists
- Networking
- What Makes a Good Interview

#### PREPARE FOR COLLEGE AND CAREER



Time Management and Priorities  
How to Discover What You Want to Do  
Social Distractions  
What Are Your Gifts?  
Don't Know Where to Get Help?

## Unit 3 – IP STARTING SCHOOL AND GETTING THE JOB

### TRAITS OF A SUCCESSFUL STUDENT AND EMPLOYEE

Professionalism  
Work Ethic  
Problem-Solving & Decision-Making  
Driven & Dependable  
Lifelong Learner

### LIFE SKILLS

Household Basics  
The Art of Negotiation  
Staying Safe & Healthy  
Moving Out  
The Art of Conversation

### MAKE YOURSELF MARKETABLE NOW

Making the Choice & Accepting Responsibility  
Extracurricular Activities and Clubs  
How to Stay Curious and Motivated  
Creating a Vision for Your Life  
Life Experiences

### RESOURCES

Teachers  
Parents/Guardian  
School Groups  
Quality Peers  
Mentors

## UNIT 4 – IP TOOLS FOR SUCCESS

### PERSONAL FINANCE

Budgeting, Saving & Investing  
Setting Up & Managing a Bank Account  
Smart Shopping  
Credit Cards  
What Does a Budget Look Like?

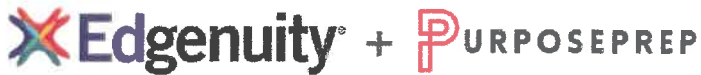
### SKILLS YOU NEED

Written Communication  
Nonverbal & Verbal Communication  
Activities That Energize You  
The Power of Focus  
Organizing Your Life

### BEHAVIORS AND TRAITS THAT LEAD TO SUCCESS

Be Proactive  
Have Integrity  
Develop a Passion  
Be Optimistic  
Have Persistence & Dedication

### DISCIPLINES THAT LEAD TO SUCCESS



Learn How to Study  
Dress for Success  
Develop Business Vocabulary and Terminology  
Cultural Sensitivity  
Self-Assessment & Awareness

## 7. IP CLIMATE & CULTURE TRANSFORMATION

### UNIT 1 – IP HEALTH AND SAFETY

#### PEER CONFLICT

- How to Be Assertive
- Communicating Effectively
- Addressing Unfriendly Classmates or Friendships
- Don't Fight Fire with Fire
- Assault and Battery

#### SOCIAL MEDIA SAFETY

- Staying Safe
- Protecting Your Reputation
- Sending Inappropriate Pictures
- Warning Signs
- Protecting Your Identity

#### DATING AND RELATIONSHIPS

- The "Talking" Stage
- Self-Respect
- Love Is an Action
- Communication & Compatibility

#### STRESSFUL LIFE EVENTS

- School, Homework, & Test Stress
- Breakups
- Overcommitment
- Being Unprepared

### UNIT 2 – IP RELATIONSHIP SUPPORT

#### TALKING TO OUR PARENTS

- It's Never Too Late to Start
- Parents Are Here to Help
- Raising Difficult Topics
- How to Talk So Parents Will Listen
- When Talking to Your Parents Doesn't Work

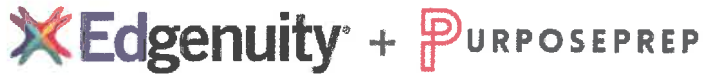
#### TALKING TO ADULTS

- Dealing with Intimidation
- Overcoming the Age Gap
- Wisdom
- R-E-S-P-E-C-T

#### COMPASSION & EMPATHY

- Living with Compassion
- Giving the Benefit of the Doubt





Love Always Wins

### FINDING A MENTOR

- Finding Those Who Inspire
- Studying Those We Admire
- Learning Life as We Go
- You Don't Need to Figure Everything Out Alone
- Expand Your Life Vision

## UNIT 3 – IP SOCIAL AWARENESS

### UNDERSTANDING SOCIAL DIFFERENCES

- Ethics and Values
- Personality Types
- Emotional Intelligence
- Perspective Taking

### REFUSAL SKILLS & STRATEGIES

- Being Willing to be Awkward
- Different Is Valuable
- Trust Your Discernment
- Perseverance & Hope
- The Decisions Made: Goal Setting

### GIVING SIMPLE RESPECTS

- Saying Please & Thank You
- Giving Gratitude toward Life
- Respect for Elders, Leaders, and Peers
- A Strong Handshake or Warm Hug

### PURPOSEFUL COMMUNICATION TECHNIQUES

- Conflict Resolution
- Negotiation
- Collaboration
- Letting Go of Your Ego
- Asking for Help or Support

## 8. IP RESTORATIVE PRACTICES & PRINCIPLES

## UNIT 1 – IP RESTORATION BASICS

### RESTORATIVE JUSTICE

- Restorative Practice
- The Labeling Theory
- Learned Definitions & Context
- Being Patient with the Process
- Absence of a Parent

### SELF-PUNISHMENT

- Why We Punish Ourselves & Others
- Regret
- Anxiety & Guilt
- Accepting Your Flaws
- Breaking the Cycle

### MINDFULNESS AND ACCOUNTABILITY

- What Happened from My Perspective?





What Was I Feeling?  
 Respecting the Rights and Interests of Others  
 Repairing the Harm

### RESTORATIVE CIRCLES

Reflecting on Your Feelings with Others  
 Establishing Trust  
 Saying Sorry

## UNIT 2 – IP RESTORATIVE PREVENTION

### MY ENVIRONMENT

Managing Codependency  
 Creating Boundaries  
 Put Yourself First

### MENTAL AND EMOTIONAL REGULATION

Who I Am and What I Value  
 Feel What You Need to Feel, Then Move Forward  
 Breaking Free from Inherited Family Expectations  
 Don't Be So Hard on Yourself  
 Be Vocal About Your Hardships

### WHO I AM AND WHAT I'VE DONE

Tracing My History  
 Gaining Control Over the Present  
 Dictating My Future  
 Each Day is a New Opportunity  
 Be Teachable

### FOSTER CARE AND HOME LIFE

Handing the Rejection from Family  
 Regret and Resentment  
 Incarcerated Family or Friends  
 Personal Empathy  
 Adapting to New Homes & Schools

## UNIT 3 – IP RESTORATIVE INTERVENTION

### VIOLENCE

Learned & Unlearned Violence  
 Verbal Assault and Emotional Abuse  
 Physical Assault  
 Domestic Violence

### TRUANCY

Frustrations with Studies  
 Meaningful Attachments  
 Assigning Purpose to Learning

### HATE SPEECH & GRAFFITI

Vandalism and Graffiti  
 Creating a Safe Environment  
 Reflect on Your Perspective

### DRUG ABUSE & REHABILITATION

What is Drug Abuse & Rehabilitation?  
 Substance Addiction  
 My Family or Friends Use  
 The Process of Rehabilitation  
 What Can Go Right & Wrong







## UNIT 4 – IP THE PROCESS OF RESTORATION

### OVERCOMING THE PAST

- Choosing Change
- Accepting Our Mistakes
- Learning from Our Mistakes
- Finding a New Crowd

### HEALTHY LIFESTYLES

- Don't Limit Your Dreams
- Be a Self-Starter
- Learn from Others
- Critical Thinking

### MOVING FORWARD

- Competency
- Establishing Trust
- Be Clear on What You Want and What You Don't
- Where Focus Goes, Energy Flows
- Establishing a Strong Foundation

## IP TRAUMA-INFORMED LIVING

## UNIT 1 – IP PERSONAL WELLNESS

### STAYING SAFE

- Emotional Safety
- Relational Safety
- Parental or Caregiver Safety

### RECOGNIZING POTENTIAL BARRIERS

- Panic Attacks
- Sleep Problems & Insomnia
- Internet Addiction

### SELF-ESTEEM

- Body Image & Eating Disorders
- It's All About Perspective
- Emotional Eating
- Ethical Issues
- How to Be Self-Confident

### HELPLESSNESS TO HOPEFULNESS

- Reaching Out to Others
- Being Honest with Reality
- Rejection to Restoration
- Finding the Source of Helplessness
- Changing Our Negative Thinking

## UNIT 2 – IP LIVING WITH THE EFFECTS OF TRAUMA

### SOCIAL-EMOTIONAL TRAUMA





Edgenuity® + P PURPOSEPREP

Breaking Through Social Stereotypes  
Trauma and Success  
Experiencing Loss

#### REAL-LIFE CHILDHOOD TRAUMA

Unjust Criminal Charges  
Trauma That Leads to Pain & Suicidal Thoughts  
Neglect and Abandonment  
Natural or Uncontrollable Disasters

#### DEALING WITH DEPRESSION

What is Depression?  
How Common is Depression?  
Depressed Friends  
How to Recognize Depression  
Causes of Depression

#### OVERCOMING ANXIETY

How to Deal with and Overcome Anxiety  
How to Feel Better  
Who Should I Tell and Not Tell?  
How to Get Help  
Prevention

## UNIT 3 – IP MENTAL HEALTH AWARENESS AND ASSISTANCE

#### PREVENTION OF MENTAL HEALTH DISORDERS

Maintaining a Routine Schedule  
Paying Attention to Warning Signs  
Relationship Boundaries  
Resisting Isolation  
Communicating Stress in the Moment

#### REDUCING THE STIGMA OF MENTAL HEALTH

Feeling Sad About What We Feel  
Feeling Ashamed for Being Depressed  
It's Ok to Talk About It  
Protecting Those with Mental Health Illnesses  
Minimizing the Importance or Issue

#### SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS

Long-Lasting Sadness  
Being Irritable or Easily Frustrated  
Social Withdrawal  
Excessive Fear, Worry or Anxiety  
Dramatic Changes in Eating or Sleeping Habits

#### WARNING SIGNS

Depression Warning Signs  
Anxiety Warning Signs  
Hopelessness Warning Signs

## UNIT 4 – IP SUICIDE PREVENTION

#### SUICIDE PREVENTION

Talking about Suicide



What to Do If Your Friend Is Talking about Suicide  
Finding Help Online & In Your Community  
Reducing Stigma of Suicide

## IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS

Mental Health and Substance Abuse  
Evaluate Your Circle  
Thinking Objectively About Our Feelings  
“Just Take it Easy, Man”  
Self-Care is Not Selfish

## THERE’S NO SHAME IN ASKING FOR HELP

Embracing Vulnerability  
Leaning on Others  
Letting Others Lean on You  
Communication Techniques  
Change the Conversation

## FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES

Local Crisis Centers  
Hotlines  
Friends and Family  
School Resources  
Seeking Therapy

