

The TEEN PROJECT

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The TEEN PROJECT's , *A Teens Guide to Choosing Success... Choosing Life*, is designed optimally to be delivered concurrently with a parental access to a either a parent program or a parent guide to the teen-project program. The teen class runs concurrently but separately from any parent class. This gives the participating parents the awareness of what the teens are learning and helps the parents with strategies to support positive change within their family.

Each of the first six teen sessions is devoted to an activity-based curriculum supported by a workbook, a Teen Guide to *Choosing Success*. Four more lessons are now being added to the updated version. The TEEN PROJECT is skill-building focused. Teens work collaboratively in groups of four under the supervision of an experienced group leader, w/ strong classroom management skills. An optional 16-hour training is available for those communities who wish to train their Teen Facilitators.

The TEEN PROJECT has four major goals:

1. Increase Locus of Control (what I choose determines the outcomes of my life - only I control me. My choices determine the quality of my life).
2. Opportunity to interact with a caring, structured adult (Teen Facilitator).
3. Develop the Specific Skills identified by Resiliency Research. (Bonnie Benard)
4. Support the positive change within families. (Nurturing, Communication, Problem Solving, Guidance, Supervision)

The number of any added session can be customized in response to any local jurisdiction or school mandates. These added sessions are devoted to learning more about the resources available in each community; hence each program is unique to its community. Examples include: A Random Act of Kindness Evening (teens participate in a community service project either at the training location or in their community); Guest Speakers (discuss the issues and consequences of personal choices, including: domestic violence, substance abuse, sexual harassment, career planning, recreational, sports and arts programs, study skills (the students learning how to make their study time easier and more successful).

The TEEN PROJECT has demonstrated its success throughout the nation. In a 3-year study, when TEEN PROJECT was paired with a parent program, expulsions and suspensions were significantly reduced, school attendance and performance were significantly increased, juvenile court filings were reduced, and probation violations for drug and alcohol were reduced. Anecdotal feedback from parents include that the classes are helpful; they see improved home life, especially in improved family functioning, and increased parental involvement.*

To learn more about TEEN PROJECT, *Choosing Life*, *Choosing Success*, or the 16 hour Teen Project Facilitator Training, please visit the website, email or call.

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