



COURSE OVERVIEW

Youth/Parent

ITEM # W 134

- ✓ Available in workbook
- ✓ Available in Spanish
- ✓ Available in eLearning



COURSE DESCRIPTION

This course helps you change what you have been doing so you can change what you have been getting. It is a personal development self-awareness guide for youth on how to achieve success in life.

The main focus of this program is to have youth and parent(s) work together to increase the quality of their relationships. This cognitive restructuring curriculum is designed to help youth and parents overcome self-defeating thoughts and behaviors. The goal is to have parents take a larger role and achieve greater understanding about their children's lives.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Pro-social relationships
- Positive parenting
- Meeting the emotional hierarchy of needs
- Positive thinking skills
- Decision-making skills



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—Combination of self-directed learning and group instruction
- **Blended Learning**—Combination of online & offline curriculum



COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 168 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 134

Workbook Pages: 24

Course Length: 6–8 hours



COURSE CONTENT

UNIT 1: RIGHT VS WRONG

Doing right or wrong is a choice.

UNIT 2: VALUES AND BEHAVIOR

What you think is what you become.

UNIT 3: CRIME AND LAWS

Bad decisions now can limit your adult life.

UNIT 4: HUMAN NEEDS

Life is better when our emotional needs are met.

UNIT 5: ANGER AVOIDANCE

Angry people see people as objects.

UNIT 6: SKILLS FOR LIFE

Sincere praise chases away the darkness.

UNIT 7: SUBSTANCE ABUSE

Denial won't stop the drug monster.

UNIT 8: MANAGING LIFE

It is a choice; live in the swamp or on the mountain.



CRIMINOGENIC NEEDS MET

1. Antisocial cognition
2. Antisocial companions
3. Antisocial personalities
4. Family relationships
5. Substance abuse



LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling