

## THE PHOENIX CURRICULUM - UNIT D

**This set of ten (10) sessions has two purposes:**

- 1 It includes a selection of increasingly more complex topical engagement and discussion resources to begin each session which address interesting and important issues.
- 2 It includes elements which provide awareness and practice in dealing with more **advanced prevention** strategies, and also includes elements which are appropriate for **early intervention** with young people who may be exhibiting higher risk behaviors.

### **Features:**

- Each session includes multiple elements. The leader can adapt these sessions to fit their group and the time frame or situation.
- The first two sessions include elements specifically shaped for engagement. This may be helpful if **Phoenix Curriculum Units D and E** are introduced earlier in the program for specific higher risk or older groups of young people.

*The Coat of arms activity in session #D1 is typically very well-received and is a fun way to learn more about the youth in the group. As it asks the youth to select and depict identifiers, it may help the leader to add that gang symbols are not allowed - or with certain groups to make no mention of this, but examine the artwork that is created. Among other things, it may be a useful guide for the leader - and group participants' - safety to have this knowledge.*

- Some elements include the discussion of the risk factors around them, which may include gang (or similar group) activity. The sessions do not ask for specific identification or admission of participation. Issues with friends and peers, risk taking, and bullying are likely to be part of their everyday experience, and suggestions in reducing conflict and negative consequences are the intent of these session elements.
- Each session includes a least one shorter engagement or discussion element. Some sessions include as many as 6-10 of these short topics. The leader may select those which best fit the group and add or extend the topics to address important or timely issues.
- This flexibility can be especially helpful if the leader is working with younger - or older - age groups.

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|    | Description         | Resource   |
|----|---------------------|--|
| D1 | Engagement resource | Worksheet: Self-identity activity  |
|    | Lesson element      | Pre3: Coat of arms ( <i>note: this is an active resource, please preview</i> ) |
|    |                     |  |
| D2 | Engagement resource | A Closer Look: Values rank order (5 parts)                                     |
|    | Lesson element      | SD7c j How are you feeling today?  |
|    |                     |  |
| D3 | Engagement resource | A Closer Look: FFT Trouble   |
|    | Lesson element      | CC5j Friends and peers   |
|    | Problem solving     | A Closer Look: Problem behavior #7   |
|    | Problem solving     | A Closer Look: Problem behavior #8   |
|    |                     |  |
| D4 | Engagement resource | A Closer Look # 10   |
|    | Lesson element      | CC3 What does your future look like?   |
|    | Problem solving     | A Closer Look: Trigger event #5  |
|    |                     |  |
| D5 | Engagement resource | A Closer Look: Trigger event #6  |
|    | Lesson element      | CC14 Risk taking   |
|    | Problem solving     | A Closer Look: Trigger event #7  |
|    |                     |  |
| D6 | Engagement resource | A Closer Look # 5  |
|    | Lesson element      | CC2 Empathy  |
|    |                     |  |
| D7 | Engagement resource | A Closer Look # 14   |
|    | Lesson element      | CC7 Who do you think you are?  |
|    |                     |  |
| D8 | Worksheet           | Feelings SCQ (Situational Confidence Questionnaire)                            |
|    | Worksheet           | Survival   |

|     |                         |   |
|-----|-------------------------|---|
|     | Issue-specific resource | A Closer Look Bullying #1               |
|     |                         | A Closer Look Bullying #2               |
|     |                         | A Closer Look #24 (bullying)            |
|     |                         |   |
| D9  | Engagement resource     | A Closer Look # 2                       |
|     | Lesson element          | CC6 I have my reasons                   |
|     |                         |   |
| D10 | Engagement resource     | A Closer Look: Trigger event #8         |
|     | Lesson element          | CCI What's been getting you in trouble? |
|     |                         |   |