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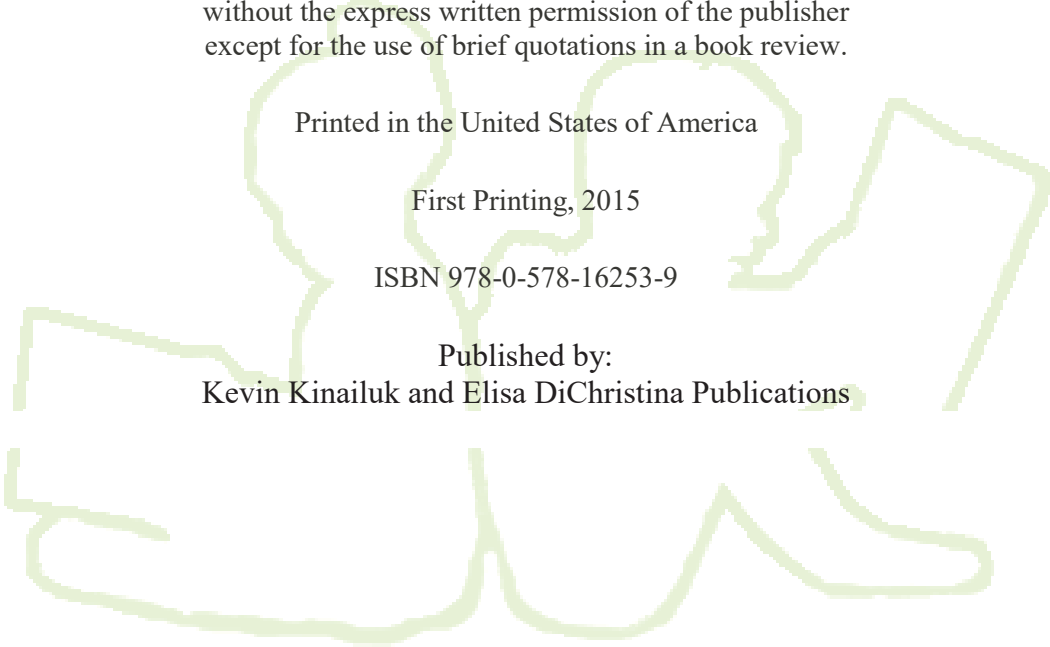
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## **Goals:**

Assist preschool/school-aged children in achieving positive youth character development and mental wellness through a proactive and preventative approach designed to advance self-motivated decisions that will encourage productive and peaceful living and with an aim to:

- Minimize school violence and reduce incidences related to harassment, intimidation and bullying behaviors (HIB);
- Decrease school-aged suicide rate;
- Lower incidences of school-aged drug and alcohol use and abuse.

## **Objectives include, but are not limited to:**

Support and reinforce Social and Emotional Learning (SEL) competencies including: Self-Awareness, Self-Management, Social Awareness, Responsible Decision-making, and Relationship Skills through the following objectives:

1. Increase social awareness and cultivate positive, safe, and respectful learning environments;
2. Enhance emotional intelligence (EQ) including development of emotional awareness and ability to identify and manage one's own emotions and the emotions of others, express emotions productively, and convey compassion and empathy for others;
3. Develop accurate and healthy self and interpersonal perceptions;
4. Utilize the processes of self-discovery to promote self-confidence and self-efficacy;
5. Recognize and employ strengths and natural resources while also understanding limitations and accessing alternative support and assistance;
6. Introduce internal locus of control strategies to promote self-control, reinforce healthy conduct associated with intrinsic motivational factors, and recognize personal accountability and responsibility;
7. Increase stress management, organization, and time management skills to reduce stress;
8. Increase self-discipline, goal setting skills, and intrinsic self-motivational factors;
9. Heighten self and interpersonal perspective;
10. Introduce concepts related to cultural sensitivity and respect for diversity to promote awareness and appreciation of differences among people and groups;
11. Develop effective verbal and non-verbal communication skills;
12. Develop effective social skills including increasing understanding of pro-social behavior, healthy relationship building and navigation of social/peer pressure;
13. Develop critical thinking and problem-solving skills in order to accurately assess situations/problems, analyze possible responses/solutions, and engage in constructive/responsible decision-making;
14. Understand social and ethical norms and reinforce ethical responsibility;
15. Increase personal and social assets;
16. Introduce conflict resolution skills and collaborative problem-solving strategies;
17. Encourage peer relational development, positive peer support, and recognition of the benefits of mutual effort and teamwork;
18. Strengthen self-respect and respect for others;
19. Promote system-wide collaboration and strengthen family-school relationships.