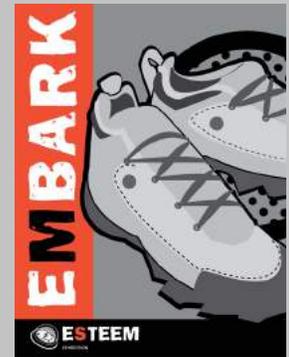




ESTEEM

Dear Educator,

The Esteem curriculum will take your students on an illuminating journey to help them develop the life skills needed to become successful, healthy adults. This valuable program is evidence-based, medically accurate, proven effective, and adheres to the Texas Health TEKS.



5th Ages 10-11

6th Ages 11-12

7th Ages 12-13

8th Ages 13-14

9th + 14 and up

THE ESTEEM JOURNEY

- Is a Facilitator Friendly Curriculum
- Promotes Risky Behavior Avoidance
- Develops Healthy Relationships
- Offers Education Components for Parent Involvement
- Contains Up to Date Family and Criminal Law Lessons
- Focuses on Academic and Career Goal Setting
- Uses Interactive Scenarios and Games

DESIGNED FOR

- Public Schools
- Community Organizations
- Church Youth Groups
- Non-Profits and Social Services for High-Risk Youth
- Pregnancy Resource Centers



(903) 758-2762
esteemjourney.com

Each 100-page workbook acts as an interactive personal journal to help students work through important life decisions. Parent/Guardian worksheets are sent home with every lesson or can be downloaded from the website.

Why choose the ESTEEM Curriculum?

Esteem has been developed with over 18 years of research and has proven effective in encouraging students to think about the impact of their choices. Through character development, adolescent safety, and sexual risk avoidance lessons, it also helps to improve student awareness of the importance of making healthy decisions. The more teens are aware of the dangers and consequences of risky behaviors, the more prepared they will be to avoid such situations.

Topics include:

Lesson 1: Goal setting for improved academic outcomes / Career planning

Lesson 2: How to navigate positive and negative media influences

Lesson 3: Puberty and human development / True cost of teen pregnancy / Understanding Fatherhood

Lesson 4: Explanation of the major STD's / Benefits of waiting / Character counts

Lesson 5: Legal consequences of cyberbullying, sexting, human trafficking / Child support / Family & criminal laws

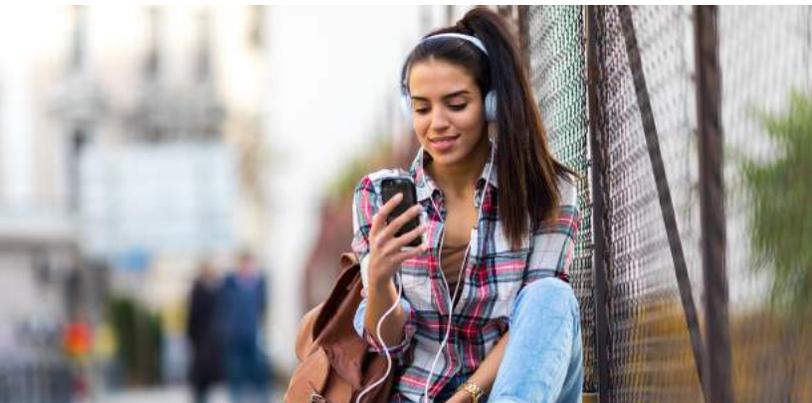
Lesson 6: Dangers of drug, alcohol, and tobacco use / Brain development

Lesson 7: Peer pressure and refusal skills / Bullying / Depression, suicide, and self-harm

Lesson 8: Communication skills / Problem solving steps / Increasing emotional intelligence / Time-out steps

Lesson 9: Real friendships / Gangs and cliques / Dating standards / Renewed abstinence / Abusive relationships

Lesson 10: Reviewing goals / Self-discipline / Having a growth mindset / True love, commitment, and healthy marriage



ESTEEM consists of optimal health messages created by a coalition of dedicated people, including science teachers, coaches, counselors, nurses, doctors, SHAC members, topic experts, parents and even students. Health is not just the absence of disease, it is complete physical, mental and social wellbeing in order for students to focus on their academic and personal goals.

The ESTEEM curriculum may be particularly useful for schools in Texas serving students from diverse backgrounds. Positive changes were most noticeable for the African American and Hispanic students using ESTEEM.

Creative Education, 2011. Vol.2, No.3, 193-198, Copyright © 2011 SciRes. DOI:10.4236/ce.2011.23027,

ESTEEM and FACTS: Creative Ways to Teach Healthy Lifestyles to Youth from Diverse Backgrounds

Tary J. Tobin - College of Education, University of Oregon Eugene, Eugene, USA. Email: ttobin@uoregon.edu, Received June 8th, 2011; revised June 27th, 2011; accepted July 7th, 2011.

Success Sequence: If youth adopt these behaviors, in sequence, they risk only a 3% chance of living in poverty as adults:

1) Graduate, 2) Work full-time, and 3) Marry before having children.

"Only 9% of young men and women from lower-income families who follow the sequence are poor in their late twenties and early thirties compared to 31% who do not follow this sequence." - Murray, C. (1984). Losing Ground: American Social Policy, 1950-1980. NY: Basic Books; Wang, W., Wilcox, B., (2017). The Millennial Success Sequence. Washington, DC: American Enterprise Institute; Wang, W., Wilcox, B., (2017). Marriage Matters. Washington, DC: American Enterprise Institute.

Teachers who are certified to deliver the ESTEEM program help youth make important decisions in relationships and life by encouraging well-being through primary prevention strategies. In addition, areas in the program related to abuse, neglect, violence, loss, grief, trauma, and suicide may directly affect some students in the classroom. Through the training process we equip the teacher to recognize signs of discomfort with instruction in these areas, students will be referred to the appropriate resource, identified ahead of the implementation, for additional help and support.

To find out more and preview the workbooks, visit EsteemJourney.com
or contact Tonya@EsteemJourney.com | (903) 758-2762

