

Aspire

Five Session Outline

Session #1: Dreams, Hopes & Goals

Living Life on Purpose: You have talents to offer the world

Blind dart game

Make You Think video clip: *One*

Tips to help you identify your strengths and weaknesses

Hidden talents: video clip

Having a FULL life: Pop can demo

Self-esteem quiz

Self-Esteem Builders (safety, activities, positive self-talk, mentors, service)

Begin to create *My Mission in Life*

Session #2: Reaching your Goals/Self -Discipline

The value of self-discipline

Make You Think video clip: *Momentum*

Four steps to reaching your goals

Forming a support system

Your relationship with your parents/communication tips

Mentors: video clip

Plant Demo: Garbage In, Garbage Out!

Continue *My Mission in Life*

Session #3: Responsibility

Make You Think video clip: *Dominoes*

How do our choices affect others?

Risks of sexual activity

Baby Daddies: Rights & Responsibilities

Diaper Bag demo

Qualities of a good parent

Continue plant demo

Session #4: Healthy vs. Unhealthy Relationships

Friendships and Dating Relationships

Healthy relationships quiz

Know the signs of abuse

Sexual Abuse, Digital Abuse, Stalking, Sextortion

How to end an unhealthy relationship

Make You Think video clip: *Captive* (the value of forgiveness)

Continue Plant Demo

Finish *My Mission in Life*

Session #5: Living Outside Yourself

Building friendships: video clip

The power of kindness: video clip

Dice activity: Get to know your classmates

Make You Think video clip: *Collide* (make a difference in your world)

Revise your mission statement & share it with the class

T-shirt give away