

Together Discover: **The 7th Grade Prevention Unit of Sarah's Inn's *Together Strong Project***

Dear 7th Grade Parents and Families,

2018-2019

Our organization is partnering with your school to provide a 4-day healthy relationships program as an integrated part of your child's health class rotations this year. ***Together Discover*** aims to cover important issues that many youth at this age are beginning to experience both personally and socially, and provides your 7th grade youth with the tools and skills to make healthy decisions.

The ***Together Discover*** program for 7th grade helps students seek out understanding of who they are and to navigate a relationship with self, highlighting topics including, methods for addressing interpersonal differences, positive decision making skills, self-advocacy, and social responsibility. Lessons involve healthy decision-making and respect for self and others, and are relevant to the real life social and emotional situations in which our teens are increasingly finding themselves. Students will participate in engaging activities that are foundationally based on Illinois' Social and Emotional Learning standards. Every session will include an opportunity to analyze realistic scenarios, determine healthy interpersonal behaviors and learn positive coping skills. Additionally, students will have a homework assignment every day to further evoke self-reflection and critical thinking. Each student will take a pre- and post-test as a way for Sarah's Inn to evaluate the effectiveness of our programs.

The curriculum is a component of the 4-year violence prevention sequence Sarah's Inn offers to all public 6th, 7th, 8th, and 9th grade students in Melrose, Berwyn, West Chicago, Oak Park, and River Forest. The ***Together Strong Project*** was created by Sarah's Inn to prevent relationship violence by teaching youth about the impact their choices can have on society, giving them the tools to lead healthy lives, and empowering them to make a difference in their community.

Students will learn and be expected to:

- **Identify parts of a healthy relationship with ones' self**
- **Identify emotions and how they affect behavior**
- **Employ positive coping skills**
- **Determine how they can participate in doing good in the world**

Sarah's Inn will provide resources that will enable students to seek out additional information and assistance if they, or someone they know, needs further support around program topics.

If you would like more information, please do not hesitate to call, email, or visit www.sarahsinn.org. We look forward to meeting your children and invite their feedback, as well as yours.

Sincerely,

Chidori Lively

Prevention Program Supervisor at Sarah's Inn

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