

Together Connect:

The 6th Grade Prevention Unit of Sarah's Inn's *Together Strong Project*

Dear 6th Grade Parents and Families,

September 2016

Sarah's Inn would like to welcome you back to another academic year in District 83! Our organization is partnering with your school to provide a 4-day healthy peer relationships program as an integrated part of your child's class rotations this year. ***Together Connect*** aims to cover important issues that many youth at this age are beginning to experience online and off, and provides your 6th grade youth with the tools and skills to make healthy decisions.

The ***Together Connect*** program for 6th grade helps students navigate peer relationships and identify the emotional consequences for choices made in person and online, highlighting topics including healthy friendships, methods for addressing interpersonal differences, positive decision making skills, and responsible online interactions. 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 Oak Park, River Forest, Berwyn, Melrose Park, and West Chicago. 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 healthy and unhealthy relationship behaviors**
- **Detail how to deal with conflict in a healthy manner**
- **Employ positive coping skills**
- **Differentiate between the nature of online and offline personal communication**

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,
Jocelyn Ohl
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