

# **FACE OF THE FUTURE**

*“No Judgment...Just High Expectations!!!”*



A CURRICULUM OF:

## **PROVERBIAL PEACE REVIVED! (501C3)**

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# **FACE OF THE FUTURE**

## **CURRICULUM OVERVIEW**

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**Face of the Future (FOF)** is a youth mentoring and empowerment curriculum, designed for youth in 'at-risk' situations with a focus on youth in foster care, restoration programs, and the juvenile justice system. It is purposed to help participating youth release the wounds of past traumas to achieve life-long success and make dreams a reality despite their past or current situations. Participants will learn the tenants of self-motivation, self-esteem building, self-value, forgiveness, communication effectiveness, conflict management and trigger control, goal setting, mental limitations, subconscious mind influence, and positive self-concept. The curriculum includes programming focused on the core developmental ages of 12 – 21 years, and consists of specialized components for young men (**Sophisticated G.E.N.T.S.**) and young women (**Dazzling D.I.V.A.S.**).

FOF encompasses all major areas of life skills development that impact pursuing and achieving success from a foundation of faith. The curriculum is built on the principle that every youth is God's masterpiece, created with extraordinary gifts and talents; and purposed to help each youth embrace hope and make destiny happen! Hands-on activities, role-playing exercises, targeted field trips, and social outings keep the pace interesting and reinforce lessons learned.

## **WHY IS FACE OF THE FUTURE NEEDED?**

- ◆ According to a comprehensive yearlong study at the University of Illinois, negative self-image of adolescents fosters increasingly damaging behaviors.
- ◆ Increasingly more teenagers are feeling disconnected from the adult population and feel they have no role models except those on TV and in the movies. This paradigm is magnified in the case of youths in foster care and the juvenile justice systems.
- ◆ Many young teens exit foster care and juvenile justice with disadvantages in both education and employment potential, seeking to assume adult responsibilities when they are not emotionally or strategically equipped.
- ◆ Research shows that young people in foster care are likely to endure greater degrees of homelessness, poverty, unemployment, and incarceration after they leave foster care.
- ◆ 84% of foster care youth become parents far too soon, exposing their children to a repeated cycle of potential neglect and abuse.
- ◆ A recent research report revealed that the trauma that resulted in a child's foster care placement is the emotional equivalent of post-traumatic stress disorder (PTSD) that is experienced by war veterans.
- ◆ Studies support that many youth in the juvenile justice system are stigmatized with negative labels that make it difficult to avoid recidivism and obtain opportunities to leave the mistakes of their past behind.
- ◆ In a Columbia University study of 8,080 students (14 -18), 9.6 % of females and 5.4 % of males reported a history of sexual assault; 10.6 % of girls and 9.5 % of boys experienced dating violence; 11.7 % of girls and 7.2 % of boys attempted suicide at least once.
- ◆ 31,000 teens and young adults between the ages of 15 and 24 die by suicides each year in the U.S., the 3rd leading cause of death in this age groups.

Because adults are spending more time talking about the problems of our youth than doing something about it, we are losing them to worldly chaos as they seek something to confirm their worth. ***It's Time to Stop the Madness!*** It's time to stop talking about our youth and do something positive to feed into their spirit and tap into the great potential they possess.

Every time we open our mouths to speak negatively against our youth, the way they act, the way they dress, or their attitudes, we speak death on our future. They don't need our condemnation or criticism; they need our encouragement, guidance, and support. They need to know that we believe in them to achieve and do great things despite their current circumstances. That is the sole purpose of ***Face of the Future (FOF)***.

***FOF*** focuses on all major areas of life skills development that impact pursuing and achieving success from a faith-based perspective. When our youth feel a strong sense of worth and value, believe in themselves, and feel they have someone or something to depend on, they are better equipped in decision making, relationship connections, goal setting, and long term planning.

## **SIX GUIDING PRINCIPLES OF FACE OF THE FUTURE**

1. Every youth is a God-made masterpiece – designed for a unique purpose with extraordinary gifts and talents to pursue lives of purpose.
2. Every youth has the internal strength and mental capacity to make sound decisions concerning his or her destiny and life's pursuits.
3. Every youth deserves respect regardless of race, ethnicity, culture, economic status or any other limiting aspect of birth or home life.
4. Every youth must be empowered to use their authentic voice to verbalize their opinions, hopes and fears; and to be heard without threat of censure or judgment.
5. Every youth deserves appropriate support, encouragement, and a chance to make their dreams their reality.
6. Every youth is worthy of the chance to walk in destiny to live a joyous, fulfilling life – it's their promise from God.

## **CURRICULUM COMPONENTS**

Face of the Future (FOF) consists of three curriculum components to meet the needs of all sectors of the community to reach any at-risk youth in need of PPR services.

1. ***Face of the Future: No Judgment, Just High Expectations*** is the flag star curriculum consisting of 9-month youth development (mentorship) training, of which all participants must complete. After participating in the initial training, each participating teen will continue to be coached and mentored under Dazzling DIVAS or Sophisticated GENTS until such time that the personal support is no longer needed, up to age 21. The curriculum provides a holistic approach to addressing the mental, emotional, physical, and spiritual needs of seeing past the limitations of existing or past circumstances to see destiny fulfilled.
2. ***Dazzling D.I.V.A.S.*** provides a course of instruction, mentoring, and coaching to inspire and empower at female teens and young women up to age 21 to become strong, successful women achieving the greatness they were born to fulfill.

3. *Sophisticated G.E.N.T.S.* provides guidance and mentoring to prepare at-risk male teens and young men up to age 21 to take a proactive approach to being leaders in their homes, schools, communities, and future professions.

## **CURRICULUM MISSION**

The mission of *Face of the Future* is to aid teens and young adults in at-risk situations to successfully chart the path from childhood to adulthood by providing them with the tools and skills needed to embrace and walk with a sense of God-ordained purpose. We seek to reach out to the economically disadvantaged and the emotionally broken to help them see and get past their circumstances to live successful, empowered, victorious lives.

### **The mission guidelines include the following:**

- ◆ Educate and help participants gain the confidence and the tools needed to walk a path of success and destiny by learning to deal with current situations with a focus on positive outcomes.
- ◆ Inspire participants to believe in their intrinsic potential to achieve personal success and tap into the greatness within to become empowered adults.
- ◆ Facilitate training to help participants reach their full potential to achieve success through coaching, structured counseling, career development instruction, and educational counseling.
- ◆ Build a spiritual foundation to gain peace, strength, and hope to employ forgiveness, achieve balance, and be fulfilled as a whole, complete person, living a joyous life.
- ◆ Introduce life-management and self-regulating skills and strategies to sustain goal setting and strengthen the determination to stay on task despite potential roadblocks or hindrances.
- ◆ Develop the leadership skills essential to succeed in a competitive world with a focus on overcoming peer pressure, a strong mental focus, and personal integrity.
- ◆ Reinforce the desire to avoid the traps of addictions, teen pregnancy, gang affiliations, STDs, unhealthy and/or toxic relationships, and other teenage tragedies that derail destiny.
- ◆ Graduate young adults who possess a greater understanding of who they are and their intrinsic value to foster wise decision-making, upright living, and determination for success.

## **THE CURRICULUM**

The signature youth curriculum in FOF is a 6-part curriculum for a **9-month period of mentorship** which includes open discussions, life skills training, coaching, mentoring, role play, homework projects, field trips, and special events. The curriculum involves the following 6 components:

### **1. *Understand Who You Are:***

Detailed instruction on faith-based principles of who God created us to be; the value we bring by our existence; and what God expects of young people with a purpose. Training will focus on helping teens identify areas of low self-esteem, prepare for letting go of the hurt and trauma that binds hope, and make a conscious decision to not let life's issues steal hope, purpose, and destiny. Topics will also include discussions on self-value, intrinsic worth, Godly empowerment, and the value we bring to this life.

## ***2. Embrace Your Unique Process:***

According to recent research, the act of forgiveness leads to improved physical and mental health as well as better relationships. Living an empowered life mandates forgiveness as a prerequisite for a purpose-filled destiny, releasing the victim mentality to embrace a victor's mindset. This module will focus on the four stages of forgiveness: self-discovery to uncover anger, preparing the mind to forgive, understanding the dynamics of forgiveness, and the act of discovery and release. The module will also include discussions on goal-setting strategies, internal motivation, personal empowerment, and developing a foundation of faith in planning for success.

## ***3. Position for the Long-Term WIN:***

Instruction on mentally and spiritually positioning one's self for the destiny journey, using intrinsic gifts and talents to pursue purpose. Participants will prepare a detailed Life Management Plan (LMP) and learn strategies to aid in making the plan a reality. The module also includes discussions of the role of those who bring drama and trauma in one's life and the strategies necessary to deal with them God's way for personal growth towards your purposed destiny. Presentations by professionals from various arenas will provide an overview of varied career fields to give participants exposure to different career opportunities.

## ***4. Success and the Etiquette Game:***

The training in this module focuses on the skills needed to manage oneself independently. Participating youth will learn basic job search skills to include the application process, interview protocols, and professional presentation. They will learn to set and achieve set goals; manage emotions and control emotional reactions; and handle inevitable setbacks in living and managing life from a biblical perspective. Hands-on instructions will be given to developing a budget, handling money, and balancing a checkbook; as well as managing a household in preparation for independence; as well as the importance of social etiquette.

## ***5. Dating the Right Way:***

The training will focus on guiding the positive principles of dating; what it should entail; and how to manage and maintain healthy, wholesome relationships. Emphasis will be given to how young men and young women should interact as well as the critical role of two-way respect in relationships. The negative side of dating will be discussed to include date rape, teen dating violence, and mental dating games. Presentations by police officers will include self-defense techniques and what to do in case a date goes wrong. A general foundation for healthy friendships and family bonds will also be discussed.

## ***6. Embrace the Real You:***

According to Ephesians, we are created and born for purposed destiny. Circumstances often serve to make us forget our awesome promise of purpose and destiny. Teens will learn how to turn perceived failures into lessons of success to keep a positive mindset; concepts and techniques to learn to respect self and command respect from others; and how to stand firm on what one feels is right when peers disagree. Topics include understanding your thoughts, assessing your EQ (emotional quotient), overcoming setbacks, and learning to trust one's authentic self and use one's authentic voice.

## **GRADUATION CEREMONY**

At the end of the FOF curriculum, participating youth will plan a formal banquet to celebrate curriculum completion, facilitating the process that was started in Module 5, and employing the skills learned during training. The banquet will serve as the formal graduation ceremony.

- ◆ Dazzling D.I.V.A.S. will be expected to employ the utmost of grace and decorum in behavior, attitudes and actions. Sophisticated G.E.N.T.S. will be expected to portray the essence of gentlemanly distinction and chivalry in managing the date.
- ◆ Successful participants under the age of 18 will be asked to voluntarily commit to their destiny journey and to be all that they can be in life by signing a Commit to Chastity Agreement, in which they will seek to remain celibate for personal and spiritual success.
- ◆ Depending upon funding, potential scholarships will be announced for high school juniors and seniors.

## **PARENTAL/GUARDIAN MODULE**

Face of the Future also includes three 2-hour parental discussion sessions to be held once per quarter during the 9-month training period. The purpose of these training/discussion forums is to provide parents and guardians an opportunity to learn what their children are being introduced to, allow asking questions and getting answers, and improve parenting skills. This strategy will enhance and reinforce the development that the youth participants receive during the training. It will also help participating youth and young adults retain training information and aid parents / guardians in forging stronger family bonds, reunifying family commitments, and supporting the youth's journey of change and success.

## **MENTORSHIP / VOLUNTEER TRAINING**

PPR programming is strongly dependent upon voluntarism for program operations and success for mentor services or operational support services. The Face of the Future curriculum requires dedicated mentors and volunteers willing to put time, resources, and energy into the plight of our youth. All mentors and volunteers will be required to submit to a background check before any contact with a youth participant. Additionally, all volunteers must attend a 2-hour training session sponsored by PPR to inform them of curriculum inclusions and curriculum expectations. Mentors will be required to attend an additional training session to ensure a sound foundation of mentorship principles and limitations. The mentorship training will be sponsored by PPR with training facilitation by skilled instructors.

## **SUPPORT STRATEGIES**

During the Face of the Future curriculum, the following professional service collaborators are available and will be offered on an ongoing, one-on-one basis:

- ◆ Personal Development Coaching
- ◆ Anger Management Counseling
- ◆ Christian Counseling
- ◆ Tutoring