

THE PHOENIX CURRICULUM - UNIT A

This set of ten (10) sessions has three purposes:

- 1 It provides a selection of engagement and discussion resources to begin each session, and to build the expectation that this program will address interesting and important issues going forward.
- 2 It includes elements to build self-awareness and emotional intelligence. These are important foundations for future sessions on problem solving, addressing critical risk factors, and developing stronger protective factors. A critical feature of the later lessons in this unit are basic skills for self-management. These skills can be applied to both personal issues (such as dealing with feelings) and difficult interpersonal situations.
- 3 It is shaped to assist less-experienced group leaders or instructors to successfully present the materials in different settings.

Features:

- Each session includes multiple elements. When the leader become familiar with the resources - and the various types of materials - they can adapt these sessions to fit their group and the time frame or situation.
- Each session includes a least one shorter engagement or discussion element. Some sessions include as many as 6-10 of these short topics. The leader may select those which best fit the group and add or extend the topics to address important or timely issues.
- This flexibility can be especially helpful if the leader is working with younger - or older - age groups.
- The elements in this set of ten sessions are focused primarily on **prevention**. If it becomes apparent that the group of young people is in greater need of **intervention**, we recommend the following:
 - (1) select the shorter activities in this unit which can serve for engagement and discussion, and
 - (2) consider shifting the emphasis of the resources for this specific group to **The Phoenix Curriculum Units D and E**, which are the final 20 sessions in this set of resources.

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	Description	Resource
A1	Engagement resource	A Closer Look #13
	Engagement resource	Values cards sets #1, #2
	Lesson element	What's Important to You
A2	Engagement resource	Values cards set #3
	Lesson element	You Have a Right to Your Feelings Part One
A3	Engagement resource	A Closer Look: Benny's summer
	Lesson element	You Have a Right to Your Feelings Part Two
	Problem solving	A Closer Look #23
A4	Engagement resource	A Closer Look #8
	Lesson element	Cues and Feelings Part One
A5	Engagement resource	A Closer Look #19
	Lesson element	Cues and Feelings Part Two
A6	Engagement resource	A Closer Look: FFT A bad day
	Lesson element	Dealing with Tough Feelings
	Problem solving	A Closer Look #11
A7	Engagement resource	A Closer Look #12
	Lesson element	Thought Stopping and Problem Solving Part One
	Problem solving	A Closer Look: Problem Behavior #1
A8	Engagement resource	A Closer Look: FFT Ricky
	Lesson element	Thought Stopping and Problem Solving Part Two
	Problem-solving	Closer Look What could happen #1

A9	Engagement resource	A Closer Look #3
	Lesson element	How to Avoid Danger Part One
	Problem solving	A Closer Look: Problem solving practice (Part #2) - Instructors notes also provided (Part #1)
A10	Problem Solving	A Closer Look: Problem solving practice (part #3)
	Lesson element	How to Avoid Danger Part Two
	Problem Solving	Closer Look What could happen #2