

THE PHOENIX CURRICULUM - UNIT B

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

- 1 It provides a selection of engagement and discussion resources to begin each session which address interesting and important issues.
- 2 It includes elements which develop specific problem solving skills. These are important foundations for future sessions addressing critical risk factors. As personal safety is a priority for this population, the lessons in this unit can serve as key building blocks for further development.
- 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. The leader 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
B1	Engagement resource	A Closer Look #20
	Lesson element	Problem Recognition
	Problem solving	A Closer Look: Problem solving practice (part #4)
B2	Engagement resource	A Closer Look #25
	Lesson element	Problem Recognition: Warning Yourself about Trouble Part One
	Problem solving	A Closer Look: Problem solving practice (part #5)
B3	Lesson element	Problem Recognition: Warning Yourself about Trouble Part Two
	Problem solving	A Closer Look: What's the best way (set #1)
B4	Engagement resource	A Closer Look #18
	Lesson element	Escape Skills: How to Get Away from Danger Part One
	Problem solving	A Closer Look: Problem solving practice (part #6)
B5	Lesson element	Escape Skills: How to Get Away from Danger Part Two
	Key issue	Key avoid/escape skill: Walk and Talk
	Problem solving	A Closer Look: What's the best way (set #2)
B6	Engagement resource	A Closer Look #16
	Lesson element	Refusal Skills How to Get out of Danger Part One
	Problem solving	A Closer Look: Problem solving practice (part #7)
B7	Engagement resource	A Closer Look #7
	Lesson element	Refusal Skills: How to Get out of Danger Part Two
	Problem solving	A Closer Look: Problem solving practice (part #8)

B8	Lesson element	What Could Happen? <i>(full session resource)</i>
B9	Engagement resource	Closer Look Problem behavior activity #9
	Lesson element	Risks and Consequences
	Problem solving	A Closer Look: What's the best way (set #3)
B10	Engagement resource	A Closer Look: Trigger event #2
	Lesson element	Problems and Solutions
Optional resource		Problem-Solving Review