

## THE PHOENIX CURRICULUM - UNIT C

### 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 - especially in handling critical risk factors. As personal safety is a priority for this population, the lessons in this unit can serve for practice and mastery of specific skills (including the techniques for avoidance and escaping from problem 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. 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
C1	Engagement resource	A Closer Look # 21
	Lesson element	What Are Your Choices Part One
	Problem solving	A Closer Look: Problem behavior #4
C2	Engagement resource	A Closer Look: Trigger event #1
	Lesson element	What Are Your Choices Part Two
	Problem solving	A Closer Look: What could happen? (Set 3)
C3	Engagement resource	A Closer Look: Problem behavior #2
	Lesson element	Making a Wise Choice Part One
	Problem solving	A Closer Look: Problem behavior #3
C4	Engagement resource	A Closer Look # 4
	Lesson element	Making a Wise Choice Part Two
	Problem solving	A Closer Look: What could happen? (Set 4)
C5	Engagement resource	A Closer Look # 22
	Lesson element	Peer Pressure
	Problem solving	Truancy #1
C6	Engagement resource	A Closer Look # 27
	Lesson element	Slowing Down, Calming down
	Problem solving	A Closer Look: What could happen? (Set 5)
C7	Engagement resource	Truancy #2
	Lesson element	Where Can I Go? What Can I Do?

C8	Engagement resource	Truancy #3
	Lesson element	My Team
	Problem solving	A Closer Look: What's the best way (set #4)
	Problem solving	Truancy #4
C9	Engagement resource	A Closer Look # 1
	Lesson element	How Can We Help
	Problem solving	A Closer Look: Truancy #5
C10	Engagement resource	A Closer Look # 9
	Lesson element	Internal Strengths - I Can Do This
Optional resource		Risk Factors Review
Optional resource		Protective Factors Review