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Owning Your Success

Raising PreTeens Right Program Goals and Objectives

Goals: Assist preadolescents in achieving increased biopsychosocial spiritual (BPSS) approached self-navigation and overall positive personal development competencies through a preventative and proactive comprehensive program designed to advance self-motivated decisions that will encourage productive God-centered living with an aim to:

- Minimize violence and reduce incidences related to harassment, intimidation, and bullying behaviors (HIB), including cyber bullying;
- Decrease shaming, anxiety, self-harm, and suicide rates, and;
- Lower incidences of drug and alcohol use and abuse.

Objectives include, but are not limited to:

Support and reinforce social emotional learning (SEL) competencies, including self-awareness, self-management, social awareness, responsible decision-making, and relationship skills, and to increase positive personal development through understanding the interconnectedness of biopsychosocial spiritual (BPSS) wellness through the following objectives:

1. Increase spiritual competencies and self-navigation skills, as related to social awareness and leadership in daily living;
2. Cultivate positive and respectful inter-personal relationships, learning environments, and expansive environments;
3. Enhance emotional intelligence (EQ), including development of emotional awareness and ability to identify and manage one's own emotions and cope with the feelings of others, express emotions productively, and convey compassion and empathy for others;
4. Develop accurate and healthy self and interpersonal perceptions;
5. Utilize the processes of self-discovery to promote character development, self-confidence, self-efficacy, and spiritual well-being;
6. Recognize and employ strengths and natural resources, while also understanding limitations and accessing alternative support and assistance;
7. Introduce internal locus of control strategies to promote self-control, reinforce healthy conduct associated with intrinsic motivational and faith-based values, and recognize personal accountability and responsibility;
8. Increase stress management, organization, and time management skills;
9. Increase self-discipline, goal-setting skills, and intrinsic self and spiritual motivational factors;
10. Expand understanding of interconnectedness related to spiritual self-awareness and interpersonal perspectives;



11. Introduce concepts related to respecting similarities and differences to promote awareness and appreciation of variations among people and groups;
12. Develop effective verbal and non-verbal communication skills;
13. Develop prosocial competencies, including increasing understanding of prosocial and pro-faith-based attitudes and behaviors, healthy relationship building, and navigation of social pressures;
14. Develop critical thinking and problem-solving skills to accurately assess situations, analyze solution responses, and engage in constructive and responsible decision-making;
15. Understand social and ethical norms and reinforce ethical responsibility;
16. Increase personal, social, and faith-based protective factors and assets;
17. Introduce conflict resolution skills and collaborative problem-solving skills;
18. Encourage the development of healthy peer relationships, positive peer support, and recognition of the benefits of mutual effort and teamwork and public discourse;
19. Increase self-respect, respect for others, and
20. Promote system-wide collaboration and aim to strengthen family, school, and community relationships.

