



Young Women's Saturday Program: Syllabus¹

The Young Women's Saturday Program is offered for young women on probation in Alameda County who are in need of additional support and positive activities that can assist them in successfully completing their conditions of probation. Facilitated by JPG Consultants and Bay Area Women Against Rape (BAWAR) the program is offered three Saturdays a month from 11:00 – 2:00 p.m. at the Lake Merritt Police Substation in Oakland, CA. The total program is composed of twelve 3 hour sessions that include both education and therapeutic support components. The lesson topics were chosen from current research and articles on gender responsive programming for girls in the juvenile justice system. Proposed lesson plans are a blend of published curriculum that have shown to be effective in working with young women and system involved youth including: *Voices*, *Young Women's Lives*, and *Street Law for Juvenile Justice Programs*. Original lesson plans authored by JPG Consultants and BAWAR will also be offered in the curriculum. Along with participating in identified lesson plans youth will be exposed to relevant and youth focused books on these topics through the Alameda County Library's "Write to Read Program" run by Amy Cheney, JJC Librarian. The following outline represents the current class syllabus:

Module I: Our Family, Ourselves

1. Week One: Recognizing Ourselves

Lesson Plan Goals:

- (1) Introduce youth the program purpose, requirements, and benefits of completing program;
- (2) Review and complete module pre-test
- (3) Establish group agreements to ensure program environment remains safe, respectful, and productive;
- (4) Participate in activities that enable youth to get to know each other and core staff facilitating the program.

Exercises/ Curricula

- The Agreements – *Young Women's Lives*
- Who Am I? – *Young Women's Lives*
- Starting Where You Are – *Young Women's Lives*

¹ The program model for the Young Women's Saturday Program was designed by JPG Consultants in partnership with Bay Area Women Against Rape (BAWAR). All rights are reserved for this program model design and original program curriculum.

2. Week Two: Our Families (Part 1)

Lesson Plan Goals

- (1) Identify and discuss dynamics of healthy and unhealthy families
- (2) Understand roles and relationships youth women play in their families of origin

Exercises/ Curricula

- Family –*Voices*
- Family History—*Victim/Offender Education Group (VOEG)*

3. Week Three: Building Healthy Families (Part II)

- (1) Review impact of how poverty, abuse, neglect and abandonment in families and communities put young women at risk for unhealthy relationships in their lives;
- (2) Discuss opportunities and skills for creating healthy family relationships;
- (3) Evaluate module and conduct post test.

Exercises/ Curricula

- Creating Family – *Young Women's Lives*
- Healing the Heart – *Young Women's Lives*
- A supplemental parent/legal guardian education workshop will also be offered this week at the FJC

Module II: Healthy Bodies, Healthy Lives

(4) Week Four: Healthy Bodies, Healthy Lives (Part I)

Lesson Plan Goals

- (1) Introduce new participants to program purpose, requirements, and benefits of completing program;
- (2) Review and complete module pre-test;
- (3) Establish group agreements to ensure program environment remains safe, respectful, and productive;
- (4) Discuss pressures and myths related to maintaining the “ideal beauty” type
- (5) Identify how the media can encourage unrealistic beauty expectations for young women

Exercises/ Curricula

- Reclaiming Our Bodies – *Young Women's Lives*
- Different and Beautiful Bodies – *Young Women's Lives*

(5) Week Five: Healthy Bodies, Healthy Lives (Part II)

Lesson Plan Goals

- (1) Review consequences of exposing self to harmful substances and activities and the effect they have on one's body and mind;
- (2) Explore and practices strategies for self care
- (3) Recognize strategies for healthy eating and nutrition

Exercises/ Curricula

- Becoming Allies to Ourselves – *Young Women's Lives*
- How We Feel, How We Deal – *Safe Dates*

(6) Week Six: Understanding Addiction

Lesson Plan Goals

- (1) Expose youth to reasons for and consequences of multiple additions they may be at risk for in life (drugs, people, places and things);
- (2) Review cycle of addiction including skills related to relapse prevention and harm reduction;
- (3) Identify legal consequences of substance abuse for youth who are at risk for or involved in the juvenile justice system;
- (4) Identify healthy alternatives for dealing with stress and pain that don't involve substance abuse.
- (5) Evaluate module and conduct post test

Exercises/ Curricula

- Alcohol and Other Drugs - *Voices*
- Just For Today/Reflective Meditation – *BAWAR*

Module III: Developing Healthy Relationships

(7) Week Seven: Developing Healthy Friendships

Lesson Plan Goals

- (1) Introduce new participants to program purpose, requirements, and benefits of completing program;
- (2) Review and complete module pre-test;
- (3) Establish group agreements to ensure program environment remains safe, respectful, and productive;
- (4) Define and explore dynamics of healthy and unhealthy relationships with friends, and associates;

- (5) Develop skills related to health decision making and healthy boundary setting;
- (6) Identify resources and support for leaving abusive relationships.

Exercises/ Curricula

- Defining Caring Relationships –*Safe Dates*
- Healing the Heart – *Young Women’s Lives*
- Becoming Allies to Ourselves - *Young Women’s Lives*
- Creating Relationships – *Young Women’s Lives*

(8) Week Eight: Developing Healthy Romantic Relationships

Lesson Plan Goals

- (1) Explore dynamics and examples of healthy romantic relationships;
- (2) Recognize cycles of power, control and violence that exist in unhealthy relationships
- (3) Discuss strategies, resources and supports for leaving abuse and controlling relationships

Exercises/ Curricula

- Older vs. Younger (Lesson Plan on Statutory Rape) – *JPG Consultants*
- Sexual Assault – *Young Women’s Lives*
- Dealing with Male Violence -*Young Women’s Lives*
- Men of Strength-*Men Can Stop Rape*
- Men - *Young Women’s Lives*
- Power Violence and Allies – *Young Women’s Lives*

(9) Week Nine: Restoring Justice to Our Lives

Lesson Plan Goals

- (1) Expose youth to restorative justice principals that enable them to connect how their past and present victimization is directly linked to actions that put them at risk for criminal activity, re-victimization and recidivism;
- (2) Develop skills that enable them to reclaim the dignity and respect of themselves and others;
- (3) Evaluate module and conduct post test.

Exercises/ Curricula

- Thinking Errors - Tawheed/Changing faces
- Emotional Wellness -- *Voices*
- Letter of Forgiveness -Victim Offender Education Group- VOEG

Module Four: Achieving Your Dreams

(10) Week Ten: Goals, Dreams, Visions

Lesson Plan Goals

- (1) Introduce new participants to program purpose, requirements, and benefits of completing program;
- (2) Review and complete module pre-test;
- (3) Establish group agreements to ensure program environment remains safe, respectful, and productive;
- (4) Identify and discuss participants goals, dreams and visions for the life they want to live;
- (5) Outline components of “life plan” project youth will be working on for next month;
- (6) Develop person/emotional wellness goals component of individual life plan.

Exercises/ Curricula

- My Future – *Young Women’s Lives*
- My Plan – *Young Women’s Lives*
- Starting Where You Are – *Young Women’s Lives*
- Goals, Hopes and Dreams – *How to be a Successful Criminal*

(11) Week Eleven: Academic Achievement

Lesson Plan Goals

- (1) Discuss challenges and consequences of not attending school and/or completing primary education requirements;
- (2) Identify resources and benefits of making academic accomplishment a key strategy of financial stability, self sufficiency and/or identified life dreams;
- (3) Develop education needs and goals component for individual life plans.

Exercises/ Curricula

- Valuing Education – *Street Law for Juvenile Justice Programs*

(12) Week Twelve: Accessing Legitimate, Sustainable and, Rewarding Jobs and Careers

Lesson Plan Goals

- (1) Discuss the challenges youth faith in attaining legitimate employment;
- (2) Identify skills, programs and resources that can assist youth to get legitimate jobs that will build their work resume;
- (3) Review budgeting and money management strategies;
- (4) Expose youth to career choices and job internships;

- (5) Develop job and career goal component for individual life plans;
- (6) Evaluate module and conduct post test

Exercises/ Curricula

- Getting By: Women, Class and Money – *Young Women’s Lives*
- Finding a Job – *Street Law for Juvenile Justice Programs*
- Program Post Test and Evaluation

Make Up Sessions

A one day 6 hour make up sessions will be offered to youth who need credit for extra workshops to complete the program. The make-up session will focus on job readiness and will assist youth with resume development and job interview skills.

Graduation

A graduation ceremony will be offered to all youth who have successfully completed the program. Youth who have participated in program will play a key role in designing and hosting this ceremony. Along with receiving certificates, youth will share and receive community support and encouragement for their identified life plans. Youth will also receive and be referred to ongoing aftercare resources that support their continued stabilization and recovery.