



# SAFE CHOICES

## YOUTH & YOUNG ADULT *Connections* PROGRAM

### Program Overview

The *Connections* program is designed for youth who are in traditional or alternative learning settings as well as those who are engaged in school disciplinary measures or the judicial system.

The program provides opportunities for youth to identify unique personal assets, see value in person-centered connections, and develop coping skills.

Problem trajectories are disrupted through a strengths-based approach that builds essential life skills and resiliency, leading students towards personal potential and academic achievements.

### *Connections*

focuses on the critical needs that all youth have in common:

Respect

Acceptance

Security

Inclusion

Importance

“ I do not know what it is like to walk a day in the shoes of the youth I encounter, but I want them to know they matter, their choices matter, their wellbeing matters. ”

Senior Director of SAFE Choices at SAFE Project

**33%**

Likelihood of felony recidivism in a young person who has been to juvenile detention

Source: The Annie E. Casey Foundation

**1 IN 6**

youth impacted by a mental health condition

Source: SAMHSA

**1 IN 3**

youth report feeling disconnected at school

Source: YRBS-School Connectedness

## Program Learning Objectives



Master “The Flourishing Formula” leading to positive personal development, a greater sense of self-identity, and finding power in meaningful connections



Develop essential life skills for adaptive and positive behaviors



Apply the Stages of Change Model through interactive journaling and self-expression



Gain clearer insight into personal passions through participation in meaningful service hour opportunities



Develop competencies that support life-affirming choices and sound decision making, leading to positive youth development and outcomes



Learn more about our program by scanning the QR code.

## About SAFE Choices

SAFE Choices is the youth and young adult-centered body of work at SAFE Project within the SAFE Communities initiative. SAFE Choices supports the vision of youth reaching their fullest potential through innovative programs. Its goal is to ensure young people have the information and support needed to make SAFE Choices while recognizing that every person is one choice away from a different life, and aims to decrease risk while increasing personal resilience.