



Teen | Ages 13-22

Scope and Sequence



Core Curriculum

The SPARK Core Curriculum consists of 13 lessons. It was designed to be taught in a 13-week period, with at least one week between each of the lessons. The period between the lessons provides valuable time for the facilitator and the participants to gain life experience while using the new skills and knowledge learned in the classes. This also provides everyone opportunities to come back and process individual experiences together prior to moving ahead.

Lessons 1-11 are designed to be taught in sequence, as the content builds from one week to the next.

Lessons 12 and 13 are designed to be the last two lessons taught, as they are a review and culmination of the entire SPARK program. For this reason, if topic-specific modules are implemented, they are to be inserted after lesson 11. Then, lessons 12 and 13 would follow the added module/s in order to remain as a summary of the entire program.

Modules

Modules are optional, topic-specific lessons that are separated into groups (modules) and should be chosen based on the specific needs of the participants. The lessons within each module should be taught in order and after lesson 11 of the core curriculum. The following modules are included in the Teen Mentoring Curriculum. Additional Modules may be purchased separately.

Healthy Relationships Module

Cultivating Meaningful Relationships
Dating & Healthy Relationships
Your Values, Your Relationships, Your Decisions

Life Skills Module

Academic Success
College and Career Readiness
Financial Stability

Leadership Module

Community Engagement
Mentoring & Leading from Your **SPARK**
Seeing the **SPARK** Beyond Bullying

Teen Lessons

If no modules are implemented, lesson 1-13 should be taught chronologically.

1. Overview & Introduction
2. You Experiencing you!
3. Yep! That's Thought Too
4. Your Personal Guide to Making Decisions
5. Habits Pulling You Around
6. How State of Mind Influences Judgment and Reasoning
7. Surviving Mood Swings
8. Finding the **SPARK** in Your Stress
9. Feeling Fear & Insecurity Without Fear & Insecurity
10. **SPARK**ing Natural Confidence & Self-Esteem
11. Separate Realities
12. Discovering You
13. Graduation



Teen Components & Objectives



Core Curriculum

1

Overview & Introduction

1. Introductions.
2. Overview of the program.
3. Identify personal short-term and long-term goals.

2

You Experiencing you!

1. Define various Principles and identify their importance.
2. Define the Principles behind the human mind.
3. Understand how the Principles create experience.
4. Understand the Thought Chain.

3

Yep! That's Thought Too

1. Differentiate between **Thought** and perceptions.
2. Identify perceptions, beliefs, values and opinions as personal and understand that they all come from **Thought**.
3. Identify how perceptions creates our experience.

4

Your Personal Guide to Making Decisions

1. Make the link between thinking and decision-making.
2. Identify the connection between decision-making and consequences.
3. Identify the value of your **SPARK** when making decisions.

5

Habits Pulling You Around

1. Identify habits.
2. Identify the relationship between habitual thinking and habits.
3. Understand how habits are formed from habitual thinking, and how your brain likes to form habits because they are efficient; they save your brain time and energy.
4. Learn to override the "Lizard Brain" and stop habits you don't want.

6

How State of Mind Influences Judgment and Reasoning

1. Understand your **SPARK** and realize it can't be damaged.
2. Demonstrate how state of mind influences decisions and perceptions.
3. Realize that understanding state of mind naturally creates a clearer state of mind.

7

Surviving Mood Swings

1. Define and identify various mood characteristics.
2. Understand that moods continuously fluctuate.
3. Learn how state of mind and moods are directly connected.
4. Realize that moods aren't connected to circumstances.

8

Finding the **SPARK** in Your Stress

1. Define and identify stress.
2. Link state of mind and feeling stress.
3. Realize, through awareness, their stressful thinking has less power.
4. Create a healthier relationship with stress.



9

Feeling Fear & Insecurity Without Fear & Insecurity

1. Define fear and insecurity.
2. Identify the difference between true danger and fearful and insecure thinking.
3. Identify the fear and insecurity in unwanted emotions and behaviors.
4. Realize the potential to experience fear and insecurity without being limited by them.

10

SPARKing Natural Confidence & Self-Esteem

1. Learn that self-esteem is a natural state created from the **SPARK** in us all.
2. Differentiate between self-esteem and self-image.
3. Understand that only personal thinking can cover up natural self-esteem.
4. Link how self-evaluation limits your capacity for the **SPARK** to shine through

11

Separate Realities

1. Define and identify various types of separate realities.
2. Understand that separate realities exist among all people.
3. Demonstrate acceptance of different thoughts about the same situations.

12

Discovering You

1. Demonstrate the ability to see their goals and dreams as ever evolving, just like their potential.
2. Illustrate the use of the SPARK in us all.
3. Identify insights they have gained for themselves.

13

Graduation

1. Receive completion certificate and individual awards.
2. Invite teachers and parents to participate in the graduation.
3. Serve lunch/dinner/refreshments.
4. Share experiences among facilitators, participants, staff and parents.

Healthy Relationships Module



Cultivating Meaningful Relationships

1. Understand the link between separate realities and state of mind.
2. Identify the benefits of communication in times of conflict.
3. Understand the link between connection and cultivating meaningful relationships.
4. Identify the foundations of meaningful relationships.



Dating and Healthy Relationships

1. Define and identify the different types of domestic violence.
2. Identify the signs of domestic violence.
3. Demonstrate how to stay safe in times of conflict by understanding the **SPARK** in us all.
4. List the main components of a healthy relationship.



Your Values, Your Relationships, Your Decisions

1. Define the terms of Values and Boundaries.
2. Identify the relationship between Values and personal and sexual Boundaries.
3. Develop a personalized "Relationship Value-Boundary Code."



Leadership Module



Community Engagement

1. Define and understand the value of volunteering.
2. Understand how integrity plays an important role in being a volunteer.
3. Learn how to get involved in the community.
4. Plan a community-service project to complete as a group.



Mentoring & Leading From Your SPARK

1. Identify the characteristics of a successful mentor.
2. Understand the positive impact a good mentor can have in one's life.
3. Understand the positive impact being a good leader can have in one's life.
4. Understand ways to build a good mentor/mentee relationship.
5. Demonstrate the ability to identify the **SPARK** within the others.



Seeing the SPARK Beyond Bullying

1. Identify the reasons why people bully others.
2. Learn to use the SPARK in bullying situations.
3. Demonstrate an understanding of the SPARK by creating an Anti-Bullying commercial.

Life Skills Module



Academic Success

1. Identify how thoughts can create boundaries in academic success.
2. Understand how challenges in learning increase knowledge.
3. Understand that possibilities and potential are infinite.



College and Career Readiness

1. Demonstrate using your **SPARK** for guidance toward a college degree or career choice.
2. Demonstrate how to convey inner qualities to prospective employers and/or college administrators.
3. Understanding why being present during college/job interviews is useful.



Financial Stability

1. Learn that money is not freedom—freedom is our natural state – our **SPARK**.
2. Learn to view money through and understanding of the mind.
3. Demonstrate basic budgeting skills.
4. Discover a sense of ease with regards to handling money and the future.

