



Youth Development Program

Program framework and overview

Prepared by The Vell Curve Learning Solutions, LLC.

Prepared for: Young Men Of Distinction

About Young Men of Distinction

Young Men of Distinction is a non-profit organization committed to helping today's youth reach their full potential by providing them with the tools and resources they need to succeed in pursuing higher education.

Our mission is to increase opportunities for adolescent boys and girls to prosper through mentorship, motivation, and guidance, helping them transition into young men with purpose and obtain a higher education.

How the Youth Development Program has Developed

The scope of content and structure for the YMOD Youth Development Program is derived from an analysis of similar youth development programs offered by other non-profits targeting a similar demographic. The analysis also includes utilizing data from previous iterations of the YMOD programmatic structure and feedback from previous participants and board members.

Young Men of Distinction and its board members are responsible for the participant's successful completion of the Youth Development Program. The program success metrics will be reviewed annually to ensure constant alignment with YMOD goals and objectives. A program director will be named to manage, analyze, and update the YMOD Youth Development Program regularly (to be determined by the Director of YMOD).

Youth Development Program Success Metrics

1. Percentage of participants that continue into post-secondary education
2. Percentage of participants that continue into a military branch
3. Percentage of participants that continue directly into the workforce
4. Percentage of participants that graduate college
5. The number of program participants
6. The number of program graduates

About the YMOD Youth Development Program

This program is designed to support minority children and teens in understanding and exploring their potential, focusing on recognizing and maximizing strengths. Through workshops, discussions, activities, and outings, participants will learn critical thinking, communication, and problem-solving skills, as well as leadership lessons to help foster confidence and self-empowerment. There is also a college preparation and support program to provide guidance. The goal is to give participants the skills to navigate and succeed in post-secondary life and beyond.

Program Outcomes

As a result of participating in this program, participants can:

1. Provide youth with the necessary tools and resources to succeed after high school.
2. Equip youth with life and leadership skills, and embed them in their communities to prepare them for the future.
3. Foster positive development in youth through mentorship, education, building, strengthening integrity, developing self-confidence, and teaching community involvement.

Prerequisites

Participants and parents/legal guardians must review and agree to program guidelines and participation rules.

Program Framework Components

Overview

This programming framework provides a description of what participants will gain from participating in this program.

The program framework includes the following components:

PILLARS

- #1 Life Skills
- #2 Leadership Skills
- #3 Community Development & Support

LEARNING OUTCOMES

- Resilience & Confidence
 - We practice self-care and stress management. We overcome adversity by committing to ourselves, our families, and our community to be the best versions of ourselves. We learn from our mistakes and continue to grow.
- Connectedness
 - We are connected to our cultural and personal histories. We respect the similarities and differences in each other. We are responsible for bringing these attributes into our communities through participation and service.
- Dedication
 - We create solutions to challenges. We put forth the effort to accomplish our goals. We are dedicated to improving ourselves because we understand our impact on the world.

- Integrity
 - We practice ethical behavior that benefits ourselves and the people around us. We demonstrate honesty in our deeds and attitudes, striving to keep our morals in harmony with all our decisions and actions.

Program At A Glance

The following “at a glance” outlines the YMOD Youth Development Program—broken down into three pillars (mentioned above).

Topics

Each pillar is broken down into several topics. These topics will be conducted in a workshop format with industry leaders developing specific content that 1. Targets the appropriate age group and demographic (male/female and age). 2. Meets the standards for each topic outlined by the YMOD Director.

Pillar 1: Life Skills - The Ability To Manage Self

To be successful in any aspect of life, it is important for individuals to have a strong sense of self and the knowledge and skills to manage their actions to produce positive outcomes. The first phase of the YMOD Youth Development Program will be to focus on taking care of self emotionally, mentally, and physically. It will also include the importance of respecting others.

Pillar 2: Leadership Skills - The Ability To Manage Self

Many skills are required to be a successful leader, and you must constantly focus on developing these skills. Before you can lead others, you must be able to lead yourself. The second phase of the YMOD Youth Development Program will focus on introducing and developing foundational leadership skills that teach our youth how to lead themselves and others, whether in a formal leadership role/position or not.

Pillar 3: Community Participation - The Ability To Manage Self

Now that you have the skills to lead yourself and others, it's time to get involved in your community. The third phase of the YMOD Youth Development Program (working title) will focus on identifying your passions and giving back to your community.

Program Content Breakdown

Pillar 1: Life Skills <i>8 weeks</i>	Pillar 2: Leadership Skills <i>11 weeks</i>
<ul style="list-style-type: none"> • Emotional Intelligence • Taking Care of Your Body • Respect & Appreciation • Financial Literacy • Therapy Talks • Discrimination: Identify, Understand, and Respond <p><i>Plus Two Mentorship meeting weeks</i></p>	<ul style="list-style-type: none"> • Understanding & Defining Leadership • Followership • Role of Emotional Intelligence in Leadership • Ethical Decision-Making • Research Basics • Ongoing Development <p><i>Plus One Mentorship meeting week</i></p>
Pillar 3: Community Involvement <i>4 Weeks</i>	Preparing for the Future <i>7 weeks</i>
<ul style="list-style-type: none"> • Finding Your Passion • Identifying Volunteer Opportunities • Group Volunteer • Individual Volunteer <p><i>Plus One Mentorship and Therapy Talk week.</i></p>	<ul style="list-style-type: none"> • College Visits • Armed Forces Visits • Program Wrap-Up

Pillar Content Breakdown

Pillar	Topic	Sub-topics
1	Emotional Intelligence	<ol style="list-style-type: none"> 1. What is Emotional Intelligence? 2. Being aware of your emotions 3. Understanding how others feel and why 4. Managing reactions
	Taking Care of Your Body	<ol style="list-style-type: none"> 1. Self Care: How to love yourself 2. Hygiene and Grooming 3. Dress for success
	Respect & Appreciation	<ol style="list-style-type: none"> 1. Appreciate your parents and guardians 2. Respect your elders/people of authority
	Financial Literacy	<ol style="list-style-type: none"> 1. What is Money? 2. Understanding how to budget

		<ol style="list-style-type: none"> 3. Understanding how to invest 4. Understanding Credit/Debit
	Therapy Talks	<ol style="list-style-type: none"> 1. Conversations with a certified professional
	Discrimination	<ol style="list-style-type: none"> 1. What does discrimination look like? 2. Know your rights 3. How to respond when you've been discriminated against
2	Leadership	<ol style="list-style-type: none"> 1. What is leadership? (<i>includes followership</i>) 2. Continued self-development
	Role of Emotional Intelligence in Leadership	<ol style="list-style-type: none"> 1. Journaling (<i>converting negative experiences to positive ones</i>) 2. Identifying strengths and weaknesses (<i>in self and others</i>) 3. Uplifting and supporting others
	Goal Planning	<ol style="list-style-type: none"> 1. What is a SMART goal? 2. Writing a SMART goal
	Public Speaking	<ol style="list-style-type: none"> 1. Intro to public speaking 2. Building the foundation 3. Create a speech 4. Giving a speech
	Ethical Decision-Making	<ol style="list-style-type: none"> 1. How to make ethical decisions
	Research Basics (<i>older participants only</i>)	<ol style="list-style-type: none"> 1. Why research is important? 2. Checking sources 3. Primary and secondary sources; what are they? 4. Using research to get ahead
3	Finding Your Passion	<ol style="list-style-type: none"> 1. Identify what you'd do for free
	Finding Volunteer Opportunities	<ol style="list-style-type: none"> 1. Identify local non-profits around your passion
	Group Volunteer	<ol style="list-style-type: none"> 1. Volunteer opportunity with all participants
	Individual Volunteer	<ol style="list-style-type: none"> 1. Volunteer opportunity with your mentor
N/A	Mentorship	<ol style="list-style-type: none"> 1. Working with your assigned

		certified mentor throughout the program
	Preparing for the Future	<ol style="list-style-type: none"> 1. College visits 2. Armed Forces visits 3. Program Wrap-Up

Program Metrics Breakdown

The metrics below represent baseline measurements and goals for the first year active. Contact the Program Director directly for updated goals and metrics.

Metrics	Current	Target
Number of program participants	12	TBD
Number of program graduates	12	TBD
Number of returning participants each year	0%	TBD
Percentage of participants that continue into post-secondary education	95%	TBD
Percentage of participants that continue into military	0%	TBD
Percentage of participants that continue directly into workforce	5%	TBD
Percentage of participants that graduate college	0%	TBD

Conclusion and Next Steps

Thank you for your interest in the Young Men of Distinction Youth Development Program. 2023 is the inaugural year for our newly formatted structure. We are excited for our future participants and their parents/guardians to experience what we believe will provide them with the skills necessary to achieve new heights.

If you are interested in becoming a participant, please contact Young Men of Distinction using one of the following:

Email: info@youngmenofdistinction.org

Phone: 561-899-5530

If you are interested in donating or offering professional services to help YMOD reach its goals, please contact our Executive Director Jacoby Waters at jacoby.waters@youngmenofdistinction.org.