



## Program Description

The Union's S.W.A.G. is a holistic prevention program offered primarily to middle school students but available to high school students as well. As an acronym for Students With Awareness and Goals, the aim is to equip and empower youth to make healthy life choices that will enable them to confidently navigate through obstacles and challenges. Encompassing abstinence from sex, violence, alcohol and drugs, this 12-week prevention program feature 90-minute interactive sessions on topics such as self-esteem, communication skills, decision-making, goal setting, conflict resolution, relationships and adolescent development among others. This program includes:

- 36 hours of intensive prevention and life skills training
- One (1) male and one (1) female onsite facilitator (Life Guide)
- Music and artistic development training
- Participant snacks
- One (1) professionally recorded song and/or one (1) recorded music video
- One (1) field trip, including dinner and transportation (if permitted by partner site)
- Students will participate in a community service learning activity/project
- Award ceremony for program completion

## Anticipated Results:

- Improved academic performance and spatial intelligence
- Improved relationships and social behavior with parents, teachers and classmates
- Improved self-esteem, sense of purpose and community responsibility
- Increased confidence in being uniquely creative
- Increased understanding of the purpose of music and how to use it for positive change

