
Youth & Children's Programs at YCC

Open Gym: Ages 6-12 (High School student may volunteer to help with activities). Mondays and Wednesdays 6:00-7:30, except holidays. Parent Orientation required

Summer Mondays: 6-11 year olds are welcomed during the summer from 1:00pm-3:00pm. Starting dates are announced each summer.

Registration Required

Helping Hands: Ages 3-6. Wednesdays 4:00-4:30pm.

Self-Esteem/Alternatives to Violence I: Ages 7-11 Tuesdays 4:00pm-4:45pm.

Self-Esteem/Alternatives to Violence II: Ages 12-17, Thursdays 4:00-4:45 pm

Questions about YCC's Youth Programs may be answered by contacting Youth and Children's Specialist at 801-689-1733 Email: fec2@yccogden.org



YOUTH & CHILDREN PROGRAM

*Barbara Kimball Browning
Family Enrichment Center*

**Group Classes
Free of Charge
Contact Information and
Times located on the back.**



2261 Adams Ave
Ogden, UT 84401
Phone: 801-394-9456
Fax: 801-394-5497



Alternative to Violence (ATV) Class I & II

ATVI 7-11 year olds

ATVII 12-18 year olds

Times are available on the back

Main Objectives:

- Help Youth develop social skills
- Help Youth improve their self-esteem
- Help Youth learn behaviors and attitudes that are alternatives to violence

This class is open ended. Youth attend 12 sessions, one hour each, one session per week. Letters are given to the parents outlining what their children learned with tips for practicing the lesson topic at home.

Lesson 1: Self-Esteem/Empathy

To help students gain a greater understanding of the sources of self-esteem and work toward improving self-esteem.

Lesson 2: Stress and Stress Management

To help students gain a greater understanding of stress and positive ways to handle stress.

Lesson 3: Feelings and Emotions

Students will identify various emotions and learn techniques for expressing emotions appropriately and, when possible, changing negative emotions.

Lesson 4: Communication and Listening

Youth learn about different communication styles. They will define good speaking and listening skills and learn how to use them.

Lesson 5: Anger

Provide students with a better understanding of anger and give possible solutions to dealing with anger.

Lesson 6: Bullying

Help students understand the roots of bullying and empower themselves to stand against bullying.

Lesson 7: Domestic Violence

Young children will recognize when they feel unsafe and will create a basic safety plan. Help older children define domestic violence and be encouraged to report DV when it occurs. Recognize, resist, and report sexual abuse. Help teenagers define domestic violence, recognize the cycle of violence and report it.

Lesson 8: Healthy vs. Unhealthy Relationships

Children will identify healthy and unhealthy elements within relationships with family and friends. Ages 12+ youth will examine the characteristics of healthy and unhealthy dating relationships and learn to identify warning signs of dating violence.

Lesson 9: Diversity

Students will define, *stereotype* and *discrimination*. They will identify personal stereotypes and be challenged to change negative stereotypes

Lesson 10: Values

Participants will learn the definition of values and determine some of their individual values.

Lesson 11: Potential

Participants will define potential and recognize that they have potential. They will focus on achieving future goals by acting now.

Lesson 12: Personal Power

Students will identify sources of perceived power and be able to identify the origins of true power.

Helping Hands 3-6 year olds.

Main Objectives:

- Children learn to appropriately express feelings.
- Children learn to show consideration for others.
- Children learn to feel good about themselves and others.
- Children learn appropriate interactions with others.
- Children learn acceptance of others.

This class is open ended. Children attend 9 sessions, one half hour each, one session per week. Letters are given to the parents outlining what their children learned with tips for practicing the lesson topic at home.

Lesson 1: Love and Emotions

Children learn to understand their emotion and how to properly handle emotions.

Lesson 2: Kindness and Manners

Children learn to be kind and identify polite words and behaviors.

Lesson 3: "I am Special"

Children understand how they are each special and unique.

Lesson 4: Treating Others with Respect/Empathy

Children understand what it means to treat others with respect.

Lesson 5: Helping Others

Children understand the value of helping others.

Lesson 6: Dealing with Anger

Helping children to identify appropriate ways for dealing with their anger.

Lesson 7: Honesty

Children will learn that honesty is the right thing to do and that people are more willing to believe us/help us if we are honest.

Lesson 8: Being Obedient

Children understand the importance of being obedient to parents/others.

Lesson 9: Being a Good Friend

Children understand how they can be good friends to others and the value of including others.