



PROMISING FUTURE

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Dear Church Partners,

My name is Juan Lopez and I serve as the Program Director for A Promising Future. Tia Davis- Burns works as our Community Engagement Manager and Cassidy Young is our Systems Manager. A Promising Future is the life-skills development and relationship education department of Alternatives Pregnancy Center, a faith-based organization located in the Denver-metro area. A Promising Future has developed a custom-written curriculum, **The Diamond Standard**, which is specifically designed to address important issues and obstacles our youth face on a consistent basis.

In addition to our curriculum, our faith-based partners requested that we develop a tool to use alongside our curriculum that would facilitate further discussion for those implementing *The Diamond Standard* in faith settings. That request led us to develop the **Biblical Discussion Guide** which coincides with our curriculum session-for-session and allows for greater discussion as to how elements in the curriculum have roots in the Bible and correlation to how Christ calls believers to live.

The Biblical Discussion Guide is a guide to help students further their own relationship with God in addition to imparting specific skills and exploring biblical context in a more relevant or youth-friendly way. The Biblical Discussion Guide is also designed to help students understand the specific concepts in the curriculum as they pertain to their current context.

My team and I would love to sit down and talk with you if this is something you would like to consider for your youth. I have attached our **Curriculum Overview** which highlights the key points of the curriculum. We understand that every school is different. As a response to this, we are able to provide many variations and options in order to fit with the unique needs of your group.

A Promising Future values and honors what the local church is doing to encourage and equip not only our youth but their parents as well. As an additional service to our schools, we offer a parent workshop designed to provide necessary tools and resources for you as you help students become healthy adults who are equipped to endure adversity.

As our society seemingly spins out of control, we as a Christian community need to rely on one another for wisdom, guidance, encouragement, and reach a collective agreement to equip our youth with a solid foundation to know Christ. Our curriculum equips students to begin to know, understand, and formulate simple biblical life skills to strengthen their physical, mental, emotional, spiritual, and their social-wellbeing.

Please let us know how A Promising Future could best serve you and your students. Thank you for your time and consideration. Please visit our website to learn more about us at **APromisingFuture.com!** Please feel free to contact us with any questions.

In Kind Regards,

Juan Lopez, Program Director - **Juan@APromisingFuture.com**

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# PROMISING FUTURE

## CURRICULUM OVERVIEW

### **SESSION 1: DREAM**

#### **Live Out Your Goals**

- Encourage participants to think about their futures and their goals.
- Introduce and define personal resilience using the diamond development process as a metaphor.
- Learn and practice goal-setting through steps laid out in the session's model.
- Apply the goal-setting model to improve one's quality of life.

### **SESSION 2: LIFELONG COPING**

#### **Dealing with the Stress of Life**

- Look at unhealthy behavior patterns for coping when faced with anxiety or stressors.
- Learn about the relationship between their attitudes and behaviors. Connection is drawn between unhealthy attitudes and behaviors.
- Learn about healthy coping skills in four categories: cognitive-behavioral skills, support-seeking skills, relaxation techniques and physical coping skills. Participants practice strategies from each.

### **SESSION 3: TREASURE HUNTING**

#### **Discover Your Strengths**

- Study perseverance through stories of famous people who have overcome the odds against them. Participants examine the thinking and behaviors of these role models.
- Learn about brain development, particularly the ongoing development of the prefrontal cortex.
- Learn about Howard Gardner's Multiple Intelligences (M.I.) model and begin to explore their own competencies.
- Learn about the Five Factor Personality Model (Big Five) and begin to explore their own personality traits.
- Participants use M.I. and Big Five models to examine their goals and quality of life.
- Apply learned areas of strength and weakness from the M.I. and Big Five to their own life.

### **SESSION 4: SUCCESS TALK**

#### **Practicing Effective Communication**

- Learn the cycle of communication.
- Learn tips for effective communication.
- Apply knowledge of the communication cycle and the tips for effective communication to relationships, career, academics and the use of social media.

### **SESSION 5: NO WAR ZONE**

#### **Cooperative Responses to Conflict**

- Learn to distinguish between a "win-win" and "win-lose" approach to resolving conflict.
- Learn and practice a conflict resolution model.
- Learn and practice self-management and strategies for interacting with others during conflict.
- Look at their current strategies for dealing with conflict.
- Learn ways to protect themselves and others when conflict becomes a crisis.

## **SESSION 6: VALUES MATTER**

### **Cultivating Healthy Character**

- Look at how our personal values guide our view of success.
- Reflect on their own values and how their values shape their character.
- Focus on Diligence, Gratitude, Dignity, Empathy, Charity, and Forgiveness, and discuss ways to practice these traits in their relationships.

## **SESSION 7: RESILIENT FOR LIFE**

### **Creating a Network of Support**

- Identify support networks that affect quality of life outcomes.
- Assess the quality of their external networks and evaluate the impact these networks have on their lives. Participants also evaluate the amount of influence they have within the various networks in their lives.
- Engage in research and reflection to bring more sources of support into their lives.
- Apply the goal-setting model to form a plan of action to influence networks of support that need strengthening.

## **SESSION 8: HEALTHY FOUNDATIONS**

### **Building True Intimacy**

- Evaluate healthy and unhealthy interactions in a romantic relationship.
- Learn the definition of coercion and consent and discuss how to choose to protect the dignity of ourselves and others.
- Participants examine the impact of sexual intimacy on relationships, and the potential risks of non-marital sexual activity on their whole person.
- Participants learn to identify intimacy as an attribute in relationships developed in stages.
- Participants learn a model with stages of intimacy and compare it with their own expectations for how a relationship develops.

## **SESSION 9: INSPIRING BRILLIANCE**

### **Understanding the Impact of Mentors**

- Reflect on the type of guidance they have received in life and how it has impacted them.
- Assess the area of life where they need mentoring.
- Discover the skills and qualities of an effective mentor.
- Identify someone in their life to seek out as a mentor.
- Participants are given realistic ways to improve their ability to be an intentional, positive role model for someone they want to positively influence.

## **SESSION 10: ATTRACTING SUCCESS**

### **Reaching Your Potential**

- Asses their current thoughts, feelings, and attitudes and clarify their vision for the future.
- Develop specific goals and strategies to act on to improve their overall quality of life.
- Use the goal-setting model to create a plan for whole-person oriented goals (physical, mental, emotional, social, career goals and money management, and faith and cultural tradition).