



Youth embracing  
their future.  
Courage. Confidence.  
Connection.

## Social & Emotional

The Armory Youth Project provides FREE out of school programming and meals for youth in grades 6-12. Our mission is to provide a safe environment where young people can build community and be encouraged in their educational, emotional, physical and Christian spiritual development.

The Armory Youth Project will utilize Discover You™ as a curriculum to expand the **Emotional Pillar** programming to help build confidence, strong self-awareness, and respect for oneself and others.

The Armory Youth Project will provide experiential learning by integrating character strength activities into regular programming. Weekly subject engagement opportunities will be provided to volunteers and staff. Focused programming and discussions will play a crucial role in the developmental success of students.

Subject matter includes growth mindset, self-management, social awareness, conflict resolution, character strengths, forgiveness, courage and so much more. Discover You™ programs are unique and intended to have an impact individually or stacked with other programs.

## Action Item

The Armory Youth Project will measure success with pre and post surveys from all students. The pre survey is now available online or by scanning the QR code here.

Students must complete the pre survey before June 1. Post surveys will be collected at the end of the year.



For questions or to opt out of survey, contact Janice at 231.299.1205.

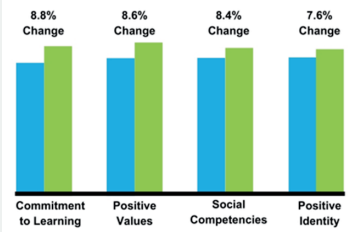
Discover You™ is a program that helps students successfully forge their futures and gives them the tools they need to develop positive life skills and strong character traits. It is a ROCK-authored and copywritten, curriculum-based program that focuses on the whole youth, social and emotional learning, intrinsic motivation, resilience, and 21st-century job skills. Discover You™ addresses significant problems facing today's youth including mental health, bullying, suicide, and substance abuse as well as ultimately improving community outcomes by reducing crime, lost labor market benefits, and the resource burden of future social services needed.

Discover You™ is built upon evidence-based methodologies demonstrated to improve the lives of youth: social and emotional learning, positive psychology, and the Developmental Assets framework. Elements of these respected approaches are integrated into every program area.

## Results

Discover You™ has been field-tested with over 40,000 participants since its creation in 2010. Both

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Developmental Assets are positive characteristics and support systems essential to healthy psychological and social development in childhood and adolescence. The Search Institute has identified 40 assets that influence young people's developmental trajectories, protect them from negative outcomes, and help them become productive, caring, responsible adults. The table above outlines the increase in Developmental Assets with Discover You programming.