NEW LIFE MOVEMENT End of Year Report 2022 - 2023

bendrick@newlifemovement.org 510 - 837 - 4814

Program Goals:

- Build healthy interpersonal communication skills.
- Teach students emotional resilience, and how to make informed decisions.
- Provide participants with the tools needed to mindfully navigate potentially volatile interactions.
- Inspire real and lasting personal growth in participants.
- Support holistic intervention for youth to increase school engagement, including family support

Program Focus:

Goal: To encourage flexibility in communications to ease tensions between individuals, and equip students with emotional management tools.

Campus Impact:

At DeJean, I promote a safe and positive school environment by teaching middle school students essential life skills and conflict resolution strategies. By engaging with 30-40 female students 2-3 times a week, I create a space for open communication and active listening, which helps mitigate potentially volatile interactions. My efforts focus on building relationships, promoting healthy communication, and fostering emotional resilience. I collaborate with students to identify and address problems, develop solutions, and track progress. My work empowers students to make informed decisions and positively impact their future.

As a result, my knowledge and expertise is often called upon to assist students outside of my official program. To meet the need of the students I have set up various groups and "office" hours where any student can come to me for support.

Certificate of Recognition from New Life Movement for the exemplary work.

Jocelyn Bermudez Mi Niyah Brown Jayden Aranda Prince Dixon Asmaa Hugais Saniya Logan Bettencourt Nea Long **Charmaine Oates** Priscilla Solis Keiara Sutton **Christopher Tarver** Angel Boughton Ami ah Amor Brown Aya Ghaleb Yosra Hassan Jarriah Leonard **Riham Nahshal Brandon Young** Tamya Wright



REACTIONS Program Success and Statistics

Our program originated with 15 - 20 girls but has grown to 25-30 due to immediate need.

Relationships within the groups have improved and the original friction is close to non-existent.

When conflict arises, we use our group time to practice the skills we have learned via the program syllabus. This is a great way for the students to really take in the life long lessons of the REACTIONS program.

65% improvement in responding to conflict.
75% increase in self reflection and self advocacy.
80% increase in respectful communication.
80% decrease in physical altercations
90% increase in personal development

REACTIONS Program Syllabus

Session 1: Community Building and Self-Awareness Session 2: Community Awareness and Accountability Session 3: Understanding Conflict Session 4: Responding to Conflict Session 5: Personal Development Session 6: Self Reflection Session 7: Developing Your Mindset Session 8: Active Listening Session 9: Communication Skills Session 10: Conflict Resolution Tools Session 11: Learning About Self Control Session 12: New Life Goal Setting and Reflection