

PIAL MODULES + ADMYRE PROGRAM

Mission: To equip youth and emerging adults with essential life skills and parenting awareness so they can thrive in adulthood with confidence and purpose.

Vision: A generation prepared for life: elevated into compassionate, resilient individuals ready to shape their futures and strengthen their communities.

[Request a Visit Today!](#)

ADVOCATING FOR MY RELATIONSHIPS (ADMYRE) – *DATING VIOLENCE AWARENESS PROGRAM*

Participants in the **ADMYRE** program **step into the shoes of the victim/survivors' journey** during the simulation portion and move between stations that represent key decisions in each story which demonstrates how dating violence impacts friends, family, and the community. Following the story simulation, students engage in debrief activities designed to build actionable knowledge and skills, including **recognizing healthy vs. unhealthy characteristics**, discerning technology abuse, supporting a friend, safety planning, and accessing resources. Since its creation in 2022, over 1,000 youth have gone through the program, and **95% of participants had a positive experience** with the program content, activities, and facilitators.

→ Students will learn the signs of dating violence and resources available to advocate for healthy relationships.

Available to request: *60min/90min MIDDLE SCHOOL, 60min/90min HIGH SCHOOL, ONLINE*

[Learn More About ADMYRE!](#)

PREPARING INDIVIDUALS FOR ADULTHOOD AND LIFE (PIAL) – A LIFE SKILLS CURRICULUM

CAREER READINESS – Finding MY True North

→ Students will determine what they want and value in a future career or job.

→ Students will assess their skills and experiences to determine what skills they currently have and what they want to learn more about.

→ **(Online only)** Students will practice preparing for an interview by studying a resume, choosing an outfit to wear, and using the STAR method to answer questions while learning the 7 skills employers look for in a new hire.

Available to request: *MIDDLE SCHOOL, HIGH SCHOOL, ONLINE*

COST OF RAISING A CHILD

→ Understand variable costs that may change over time, including age-specific needs, educational expenses, and healthcare costs.

→ Stimulate critical thinking by analyzing specific parenting situations, evaluating options, and making informed decisions in a spending simulation.

Available to request: *MIDDLE SCHOOL, HIGH SCHOOL, ONLINE*

DIGITAL HEALTH – Owning My Digital Brand

→ Students will reflect on their digital footprint and set personal goals to build a positive, authentic online brand.

→ Students will explore the emotional impact of online interactions and practice empathy in digital communication.

Available to request: *MIDDLE SCHOOL, HIGH SCHOOL*

HEALTHY RELATIONSHIPS – It's All About Relationships

→ Students will engage in conversations about healthy and unhealthy relationships and practice healthy relationship behaviors

→ Students will assess current relationships to determine if they are healthy or unhealthy.

Available to request: *MIDDLE SCHOOL, HIGH SCHOOL, ONLINE*

MENTAL HEALTH – The “ME” in Mental Health

- Students will understand what mental health stigma is, its effects on individuals, and learn strategies to reduce stigma in their community.
- Students will learn to recognize signs of mental health in themselves and others, understand the impact of stigma, and explore how to provide support and seek help when needed.

Available to request: MIDDLE SCHOOL, HIGH SCHOOL, ONLINE

RESILIENCY – It’s Within You

- Students will understand toxic stress, its various forms, and its impact on personal development.
- Students will learn about the skills and mindset necessary to effectively navigate life’s challenges, setbacks, and adversities, fostering a sense of inner strength, adaptability, and perseverance.

Available to request: MIDDLE SCHOOL, HIGH SCHOOL, ONLINE

[Learn More About PIAL!](#)

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