



Educational Programs to Prepare the Next Generation

I Want to be in Love...With Me

Body Image

- Ways people perceive body types and avoiding stereotypes
- The media's impact on how people view themselves
- How to better understand and respect body types

Assertiveness Skills

- The importance of clear communication
- How to work with others and create positive influences
- What are boundaries and how to manage them
- How to speak in large groups and in public
- How to gain confidence in expressing themselves honestly

Bullying

- How to identify bullying and what to do about it
- Productive ways to alter what groups say about "outsiders"
- How bullying happens on social media and avoid it
- Methods and tools to mitigate bullying

Social Media Etiquette

- Proper materials that should be posted on social networks
- Proper use of social networking sites
- Texting Etiquette

Growing up Preparedness

Financial Literacy

- Basic economics
- Basic financial management
- Checkbook and ledger balancing
- Investment priorities and essentials
- The importance of savings
- Important financial laws and regulations

How to be a Mother

- Pre-natal health practices (emphasis on observing them)
- The time commitment of motherhood
- The financial obligations of raising children
- Affordable resources supporting maternal and child health

Healthy Living

Proper Nutrients for Growth

- Balanced eating methods
- How to be an educated consumer in grocery stores
- Effects of media on persuading people to eat "junk food"
- How to read the nutritional information on food labels
- How to exercise safely and have fun while doing it

Healthy Sexual Lifestyle Choices

- Forms of birth control
- Sexual health hygiene
- The differences between sexual preferences
- Sexually Transmitted Infection education
- Sexual behaviors that can provoke Sexually Transmitted Infections and unwanted pregnancies

Second Chance Rehabilitation Program

Counseling, Peer Work, Housing

Connect with us



Rebuilding Respect for Women • 16 Marshall Street #1b, Irvington, NJ 07111
612-423-4354 • www.rebuildingrespectforwomen.org