



History of the Program

KEY is a program that began in 2015 when Kids Oneida was asked to join a learning collaborative through NYU's McSilver Institute for Poverty Policy and Research. As members of the learning collaborative, KO staff were given the Knowledge Empowers You (KEY) curriculum and asked to run a group teaching young adults transitional life skills. We had no idea how successful the program would be!

Following the end of the learning collaborative, our staff began to brainstorm ways of modifying and enriching the basic curriculum to fit the various needs in our community. We worked until we had developed a comprehensive life skills curriculum that could be molded to any age group or learning level. We have successfully utilized this curriculum throughout the community to fit the needs of local schools and other community organizations, while also continuing to hold semi-annual groups for Kids Oneida clientele.

What participants are saying:

"[Group] has definitely helped me socialize more."
- G. age 13

"I've learned how to open up more and talk about tough stuff during group."
- T. age 17

"Group has done a lot for me. I socialize more and I advocate for myself."
- E. age 15

Contact Director of Programs and Services Allison Jackson to find out more about how KEY can address important topics your students/teens are facing.
ajackson@kidsoneida.org or 315-731-2693



Life Skills for Teens.

Enhanced Curriculum for Schools and Organizations.



**Is there a particular issue your students/teens are facing?
Do you want to provide your teens with valuable life skills?
Is there not enough time or resources for you to address it alone?
We can help.**

KEY is a Powerful, Comprehensive Life Skills Program



KEY (a program of Kids Oneida) provides proven curriculum, energetic and relatable group leaders and hits on the very topics that are most important and relevant to YOUR students or teens. We bring in the topics you need in the environment you prefer:

Traditional groups

Presented in a classroom format in closed groups that usually serve between 10-20 youth for a duration of 7-10 weeks. Each of these groups begin with a check-in to gauge how participants are feeling, before jumping into an interactive lesson on the topic of the day. Journaling and creativity are encouraged as youth begin to learn more about their abilities and inner strength. Speakers and community partners are also brought in to further engage youth in their community.

School and Community-Based Groups

We also offer school and community-based groups, where we partner with local agencies or schools to make a curriculum specifically for a concern they have noticed in their population. The lessons are then presented in weekly classroom groups, or in an assembly format for the entire school.

Why KEY is great for your school/organization:

- ✔ Addresses key issues facing your teens/students
- ✔ Provides outside expertise and leadership
- ✔ Enhances your curriculum with content you don't have time or resources to provide
- ✔ Strengthens your student body/group through informing, opening communication and bonding
- ✔ Teaches imperative life skills that prepare young adults for their future

Why students/teens love KEY:

- ✔ Creates a comfortable atmosphere to share
- ✔ Instructors provide valuable, life enhancing information that allows them to transition to adulthood armed with knowledge
- ✔ Students realize they're not alone
- ✔ They get answers to help with their issues and tools to move forward

How to get started

It is easy to begin the process of creating a group to fit your school or organization's individual needs.

- 1 Planning meeting**
Initially, we will set up a meeting between group facilitators and your organization to discuss exactly what the group will look like (length of time, number of participants, number of group sessions) and what topics need to be covered. During this meeting we will also discuss our fees for offering KEY. Please note that we will not deny programming to any agency/school due to lack of funding.
- 2 Individualize Curriculum**
We will then create an individualized curriculum and send it to you for review and approval.
- 3 We handle it all!**
On the day of the group, our staff will arrive early to set up. We bring in all materials for groups, and will also provide newsletters for youth to bring home to their families to continue the learning process.
- 4 Gathering feedback**
At the end of each group, we have youth complete basic feedback forms, which we then share with your organization so that student interests and concerns are recognized.

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Potential Topics

Any of these topics can be worked into a customized curriculum for your needs, ranging from a one time assembly or group meeting to a multi-week program.

- Positive and Negative Thinking
- Self Esteem and Inner Strengths
- Self-Advocacy
- Goal Setting and Decision Making
- Healthy Friendships and Family Relationships
- Bullying, Cyber Bullying and Online Safety
- LGBTQA
- Healthy Intimate Relationships and Sexual Health
- Healthy Lifestyle Choices
- Mental Health and Stigma
- Substance Abuse
- Stress Relief
- Financial Planning
- Future Planning
 - Job Readiness
 - College Admissions and Trade Schools
 - Steps to Joining the Military

Is there a topic you don't see on the list but know your students/teens would benefit from? We can work it in to our curriculum!

