



# YOUTH SERVICES AT MOTHERS & BABIES PERINATAL NETWORK

| 457 State Street, Binghamton NY 13901 | Phone: (607) 772-0517 ext.127 |

## LIFE SKILLS PROGRAMS

Anger Management	<ul style="list-style-type: none"> <li>• Explain conflict, triggers, body cues and escalators for anger</li> <li>• How to recognize and react to anger effectively</li> </ul>
Apartment Hunt	<ul style="list-style-type: none"> <li>• Understand the process of finding an apartment</li> <li>• Learn legal responsibilities of signing a lease, your rights, etc.</li> </ul>
Clinic Visit	<ul style="list-style-type: none"> <li>• Identify clinic services provided at Family Planning clinics</li> <li>• Define confidentiality and describe a typical clinic visit</li> <li>• Learn about the Family Planning Benefit Program</li> </ul>
Dating for Real	<ul style="list-style-type: none"> <li>• Recognize signs of violence and abuse in relationships</li> <li>• Learn the four key elements needed for a healthy relationship</li> </ul>
Exploring Healthy Relationships	<ul style="list-style-type: none"> <li>• Explain the four key elements of a healthy relationships</li> <li>• Break down positive and negative aspects of all types of relationships</li> </ul>
Food Rules (I, II, and III)	<ul style="list-style-type: none"> <li>• Learn about balanced nutrition and physical exercise</li> <li>• Read, understand, &amp; select food labels</li> </ul>
Health Matters	<ul style="list-style-type: none"> <li>• Understand the link between daily habits and overall health</li> <li>• Learn to use the 4 step method to changing habits</li> </ul>
Job World	<ul style="list-style-type: none"> <li>• Classify professional skills needed when entering the workforce</li> <li>• Complete a job application, resume, and cover letter</li> </ul>
Learning Changes	<ul style="list-style-type: none"> <li>• Assess different types of learning styles</li> <li>• Learn how to apply personal learning styles in various settings</li> </ul>
Money Talks	<ul style="list-style-type: none"> <li>• Understand personal relationship with money &amp; values</li> <li>• Learn about various money management skills related to budgeting, credit card use, and checking &amp; savings accounts</li> </ul>
Personal Hygiene	<ul style="list-style-type: none"> <li>• Learn about the changes happening in puberty</li> <li>• Learn basic anatomy, hormones, and hygiene habits</li> </ul>
Sexual Violence Awareness	<ul style="list-style-type: none"> <li>• Define different types of sexual violence</li> <li>• Define the meaning of consent</li> <li>• Learn about safe and effective bystander intervention</li> </ul>
What the Health	<ul style="list-style-type: none"> <li>• Learn what health insurance is and why it's important</li> <li>• Understand what options are available and how to obtain it</li> </ul>
Your Health Matters	<ul style="list-style-type: none"> <li>• Understand how family history, currently lifestyle, and behaviors can affect your future and the health of future children and family</li> </ul>