



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