



IN THE
LEAD 180

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**PARENT / GUARDIAN / YOUNG LEADER
INFO SHEET**

Seeing. Believing. Succeeding.

**A strength-based leadership
program for young people.**



**A CALGARY YOUTH JUSTICE
SOCIETY PROGRAM**

intheleadcalgary.com

Program Description

In the Lead 180 is a strength-based leadership program for young people who have had some involvement in the justice system. In the Lead 180 reaches young people in Alberta who are struggling to use their natural leadership ability in beneficial ways. The objective is to build and enhance key protective factors that are known to reduce risk taking behavior and re-offending. Our strength-based, leadership curriculum encourages youth to transform their views of themselves, their communities and their futures so they make better choices. In the Lead has proven to increase resilience in young people, increase self-esteem and create a positive connection to the community.



Class Details

- Classes are Tuesday evenings, and will be 1.5 hrs from 6:00PM - 7:30PM
- Online using Zoom; an invite will be sent by email prior to class
- Participants must have access to a computer or phone that connects to the internet, and has a functioning camera and microphone



What Youth Participants Can Expect

- ▶ A coordinator who is there to see their strengths and leadership potential
- ▶ A coordinator who will respect them, hold them accountable and set healthy boundaries that will help them succeed
- ▶ Development of self-awareness and an understanding of what healthy risk-taking looks and feels like
- ▶ Lots of questions! In the Lead 180 is about what they already know about their strengths and leadership potential
- ▶ Classes that use videos, pop culture references and funny games to make it interesting and engaging for young people
- ▶ Participants can expect to meet other young people on a similar journey where they are discovering ways to do better going forward

What Is Expected of Youth Participants To Ensure Everyone's Privacy

- Use only first names to introduce themselves
- Attend programming from a private space
- Use headphones if they are not able to be in a private space

Check-list for Success



Successful completion of this program requires active participation, a high level of commitment and follow-through.

1. **Show Up to Class**
 - Login at least 5 minutes early (If you are more than 10 minutes late from the start of class you will not be able to join)
 - Cameras must be on, and we must see your entire face during class
 - Some writing is required – have paper and a writing utensil ready
2. **Participate During Class**
 - Actively contribute to the discussions and activities
 - Turn off, put away and move away from potential distractions (example: cellphones, TVs, other electronic devices and/or other people in the space)
 - Lack of participation may result in you not being counted as present or not completing
3. **Be Respectful**
 - No use of drugs, alcohol, or tobacco products may be used during class
 - Use respectful language
 - Respect the privacy of others by keeping who is attending and what is shared in class confidential
4. **Do the Homework**
 - Mandatory Life Labs (weekly leadership homework) will be assigned at the end of each class. These are small reflection assignments that will not take up much time. Come to class prepared to share!

What In the Lead 180 Will Do To Ensure Privacy

- Use an encrypted video calling platform
- Monitor who is admitted into the class
- Coordinate programming from a private space





What do participants learn in In the Lead 180?

The ITL 180 curriculum is delivered in an interactive class style that includes group discussion, media presentations, videos as well individual thought and reflection work in their books. Furthermore, the curriculum competencies are reinforced through weekly reflection homework that we refer to as 'Life Labs'.

CLASS 1

Strengths

What do the participants learn?

In this session, participants reflect on leaders that they admire or look up to and why—what qualities and strengths make them good leaders? They explore and identify qualities and strengths within themselves that make them a leader.

CLASS 2

Influences

What do the participants learn?

In this session participants reflect on the people, places and things that influence them—both positively and negatively. They also spend time considering what agency and power they have to influence pro-social change.

CLASS 3

Values and Decision Making

What do the participants learn?

In this session participants identify and define their personal values. They reflect on how values guide their behaviours and actions and can be used to make positive choices.

CLASS 4

Challenges

What do the participants learn?

Participants are challenged to consider how the adversity they have faced in their life have been opportunities to learn and build resilience and character.

CLASS 5

Managing Uncertainty and Failure

What do the participants learn?

Participants discuss the strategies, tools, resources and strengths they can use to manage new or stressful situations in this class. They reflect on times when those strategies have worked well, when they haven't and how they could use them effectively going forward.

CLASS 6

Envisioning a Positive Future

What do the participants learn?

In this class, participants are encouraged to imagine a future version of themselves that they can be proud of; a version of themselves that has accomplished things that may seem impossible now. They are challenged to consider the power they have in the present to be that person and how the strengths they have now can influence the outcomes of the future.

The measurable outcomes of participation in these classes are that youth have increased competency in the following areas:

- ▶ Positive self-esteem
- ▶ Positive social skills
- ▶ Positive values and principles
- ▶ Positive coping skills
- ▶ Positive problem solving skills
- ▶ Positive hardiness and persistence

