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**Choices 101**

**Purpose**: Choices101 focuses on topics that help youth meet the challenges of navigating through adolescence into adulthood.  Its ultimate goal is to help youth become successful adults - not just problem-free.  In a supportive environment youth will participate in activities, discussion and experiences that help them develop social, ethical, emotional, and cognitive competencies.  By attending classes youth can also earn credit towards any imposed community service hours.

**Topics covered:** Each class will have a different topic. General topics covered will include healthy relationships, consent, technology and harassment, media influences, bystander intervention, coping behaviors, dealing with triggers, self-confidence, self-control, power and control, and setting boundaries.

**Date/Location/Times:**

Classes will be held WEEKLY on Tuesdays.

In Person and Zoom options available.

**Hours:** 4pm - 5pm

**You are responsible to reach out to the SWCC to sign up.**

ZOOM OPTION will be available for ALL of our Choices 101 classes. Please see Zoom Expectations under attendance.

**Guidelines:**

1. We will not tolerate any physically or verbally abusive behavior toward any participant or facilitator.
2. We will provide food/drink and snack items, outside drinks are allowed but no outside food for in-person participants.
3. In case of inclement weather, it is at the facilitator’s discretion to cancel class or not. If you have any questions, please contact the SWCC at 1-800-376-4311.
4. Timeliness is important and it can be disruptive if you show up late. If you are more than 10 minutes late you may not be able to attend that class depending on activities scheduled.
5. Being under the influence of any mood-altering substance not prescribed by a physician will not be allowed.

If you do not follow these Guidelines you may be asked to leave the class and no time will be counted towards attendance. You may return to the next class or any class after that time.

**Attendance:**

1. Your attendance is your responsibility. Please make sure the facilitator signs off on your attendance sheet (in-person). Facilitators will keep track of who is in attendance and will be reporting to probation officers.
2. **Each hour-long class attended will count towards 3 hours** of CSW for the probation department or social workers involved with youth. Please make sure to confirm this with your worker.
3. If you arrive late or leave early time will be noted on your attendance sheet.
4. **Zoom Expectations:** Participation via Zoom is expected and you must have your camera and sound on to get full credit.
5. This group relies heavily on group participation, if we do not have at least 2 participants for the class, we will cancel.

**Confidentiality:**

1. What you share in this group is up to you. You will NOT be asked to share any personal information but at times you may want/choose to. This information will not be reported back to your probation officer or social worker.
2. The only information that will be shared about you from this class is attendance and participation level.
3. Group facilitators are mandated reporters. You may request a copy of our policy if you wish to read it.
4. If disciplinary action rises to the level of being asked to leave the class an explanation of disciplinary actions may be reported to your social worker or probation officer.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Referred by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of classes expected to complete: \_\_\_\_\_\_\_\_ Will you attend via Zoom? \_\_\_\_\_\_\_\_\_\_\_

Name of Participant (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Race: \_\_\_\_\_\_\_\_\_\_\_\_\_

Contact phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please Circle: **Call:** Yes/No

**Text:** Yes/No

**Leave VM:** Yes/No