



Empowering today's youth with **REAL** choices.

WHAT WE DO

R.E.A.L. is the Daybreak Ministries Youth Program designed to equip and empower today's youth with REAL choices. We accomplish this by teaching Relationships, Empowerment, Abstinence, and Life Skills from a biblical perspective. We offer R.E.A.L. afterschool programs for guys and girls in the Midlands.

The objectives of the youth program are to navigate youth in:

1. Discovering their true identity
2. Developing moral character
3. Making healthy relationship choices
4. Nurturing communication and healthy relationships with parents
5. Having a social impact on the larger community

WHY WE MATTER

The mission of the Daybreak Ministries Youth Program is to help youth discover their true identity in Christ and build moral character to serve as the foundation on which they make the best decisions for themselves and others. We desire to come alongside schools, administrators, teachers, and parents to help reinforce positive character and life decisions. There are many issues plaguing today's youth that although schools are not primarily responsible for addressing and eradicating, these issues nonetheless effect the health and educational attainment of its students. Some of these include teen pregnancy, drug and alcohol abuse, truancy, eating disorders, and bullying and violence. Daybreak Ministries believes by teaching youth to have a strong sense of self and value, to make healthy choices, and to engage with their parents that we will be helping students address and avoid these pitfalls.

In addition, research has been conducted to show the need for helping youth make healthy choices, especially as it relates to their sexual health. Power to Decide (formerly The National Campaign to Prevent Teen Pregnancy) conducted a survey that found 52% of adults and 57% of teens believe that faith leaders should be doing more to help prevent teen pregnancy. As a faith-based organization, Daybreak Ministries desires to answer this call through the R.E.A.L. afterschool program. According to the CDC's National Center for Health Statistics 44% of females and 47% of male teenagers aged 15-19 had experienced sexual intercourse (2011-2013 National Survey of Family Growth). R.E.A.L seeks to guide students on a path that leads them away from the unintended consequences of sexual activity, which includes sexually transmitted diseases, unplanned pregnancies, identity issues, broken relationships, and emotional and mental side effects.

In *Hurt 2.0: Inside the World of Today's Teenagers*, Chap Clark, professor and youth practitioner, found overwhelming evidence that adolescents want significant relationships with adults who care about them. In many other sources it has been widely noted that parents are the number one educators of their children; and this education spans academically, socially, and spiritually. The context in which parents most influence and teach their youth is in meaningful relationships. Power to Decide notes this fact and further found that seven in ten teens agree it would be much easier for them to postpone sexual activity and avoid teenage pregnancy if they were able to have more open, honest conversations with their parents. Part of our goal through the R.E.A.L. afterschool program is to increase parent engagement by inviting youth and parents into more purposeful relationships and conversations with one another. Alongside parents, our youth volunteers will serve as another positive adult relationship through which trust, care, and community can be built.

GET INVOLVED

Schools

We are looking for schools to host our afterschool program. Whether you are a teacher, administrator, or parent with an affiliation to a school in the Midlands, we welcome your support and endorsement to get started.

Youth Volunteers

Do you have a commitment to see youth lives positively impacted and changed for Christ? We are looking for you to step up and serve as a leader to teens who need models of character and influence. As a youth volunteer you will facilitate sessions for a guy or girl group at a local school during the academic year. Start by completing a volunteer application found at our website: www.partner.daybreakcola.org.

Expectations

- Attend volunteer training
 - Complete pre-volunteer assignments (reading, videos, curriculum)
- Facilitate youth group
 - September - May
 - Every other week or twice per month
 - 1 to 1.5 hours per session
 - Afterschool programs typically run between 3:30 and 6:00 PM
- Prepare for youth group
 - Read curriculum lesson and gather required materials
- Pray for youth regularly

CONTACT US

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