THE LEGACY DRIVEN CURRICULUM

Shifting the Lens of Mentorship for Minority Youth.

LEGACY DRIVEN FOUNDATION
IMPACTING YOUTH = IMPACTING COMMUNITIES
a 501c(3) organization

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Disclaimer:
The following information is a snapshot of the content we teach and our thought processes on the presented subject matters. Based on the "energy" and "words spoken" in our mentoring sessions, we pivot when necessary to make sure we serve our youth based on where they are in the present and address any past issues that arise for a "holistic" approach.
One child's spoken word, can serve a multitude. We're always ready!

Social, Emotional & Behavioral Support – They are all interconnected.

RESILIENCE

Building Resilience in School-Aged Youth
Children and teens are dealing with more stress than ever before, and research continues to show the significant impact that stress has on their emotional wellness. Kids of all ages are overwhelmed with big emotions and they need our help learning how to cope. Legacy Driven Foundation also recognizes that educators and school staff play a crucial role in supporting the emotional wellness of students. We seek to support our student's teachers as we believe in the impact "Community Support" can have on our children, no matter the age, so that they can learn to better handle life's ups and downs to manifest their greatness in every area of their lives.

Resilience Training aims to:

- Normalize conversations about feelings. It's okay to share all thoughts and feelings. (this is a safe space)
- Provide education about supporting emotional wellness and building resilience.
- Teach skills to help children identify, express, and manage their feelings in their personal lives, family, peers, and academia.

ANXIETY

Recognize, Understand, Discuss and Assist Youth Dealing With Anxiety/Grief/Life
Anxiety is a normal feeling of worry or nervousness we all experience at some point in our lives. The good news is kids can learn to identify and manage anxiety, and these skills can help them become more resilient (better able to handle life's ups and downs).

Anxiety can become problematic when it starts to get in the way of daily life. Sometimes, what appears to be defiant behavior (such as talking back) or procrastination can actually be anxiety. For example, if your child repeatedly avoids a certain task, it may be that they are anxious about failing or other potentially negative outcomes. Anxiety can be uncomfortable and overwhelming, and it is natural to want to avoid difficult conversations. However, not talking about anxiety can make it worse.

Starting the conversation about anxiety (for mentors and parents/family):

- Allow students to share their thoughts in a calm, emotionally safe and non-judgmental environment. (Kids look to adults for cues on how to behave or react. While we know it's difficult, try to remain calm when talking to your kids)
- Start the conversation, and follow the child's lead. Encourage and allow the child to speak freely about their feelings, and try to actively listen instead of interrupting or making assumptions.
- Teach each child how to manage their feelings early on. It's important to teach kids new skills when their young and everyone is calm instead of waiting until a time when they actually need them.
- Reframing thoughts! This is huge for children. Is what your child thinking accurate and helpful? If not, help them reframe their thoughts by focusing on what is true and positive. Shifting their mindset can help them focus on reality rather than "what if."
- Teach your child to work through their anxiety rather than avoid it. It's natural to want to avoid things that cause us to worry or be uncomfortable, but that only makes our anxiety worse.

SOCIETAL PROJECTION AND SOCIAL MEDIA

Kids, Social Media and Mental Health
Like it or not, social media is part of our kids' lives and we have to understand fully how the projection of society impacts our youth. That's not to say, social media is a bad thing. Everything should have "balance" or "harmony" in a person's life. Platforms like Facebook, Instagram, Tik Tok, Twitter and Snapchat can help kids make friends and gain a sense of identity.

Sharing on social media
Adolescence is already a time of shaky time for youth building their self-esteem. On social media, kids share a version of their lives (the highlight reel, if you will), but they don't understand that everyone else does that too. On the flip side, some kids use social media to put all their problems for public consumption. They don't realize they are over-sharing or understand privacy issues (i.e., the fact that what they post never really goes away— even if they delete it). Kids may also look for support from strangers online and receive a lot of misinformation, which is not safe.

Interactions and The Like's
Social media can lead to confusion about the quality of a relationship. "There are some kids who will say, 'I had 400 likes on my last post,' but they still feel lonely as they don't actually have any friends to talk to when needed.

Sample Discussions:
- Understanding the pros and cons while using social media
- Media in a lot of cases in pure entertainment, promotion, non-factual and/or misinformation. We share to judge with care and do your own research before accepting what they see and hear from so many unfamiliar sources that are not from personal relationships.
- Just like you watch media accounts, others are watching your posts, reels and locations.
- We are meant to be in-person social beings. Online platforms should not take the primary place or importance of getting to know people personally, face to face. The interaction of verbal, non-verbal, body movements as cues is all necessary in gaining socialization skills.

PROBLEM SOLVING AND DECISION MAKING SKILLS

The training starts early in life
With older kids and teens, we often wish they would come to us with their problems. If you've already taught them the skills at an early age, they may not need to, but it's still important to empower them to be problem-solvers.

- Let natural consequences do the teaching. Your child will learn that if they don't study, they will get a bad grade or that they made the basketball team because they practiced every night.
- Break down problems together. If your child always forgets their homework at home, ask why they thinks it happens.
- Weigh the pros and cons. Teach your child to evaluate the situation along with their options. Many children benefit from writing out a list of pros and cons when they are struggling to make a decision.
- Similarly, if your child is dealing with a peer conflict, ask them how they think it should be resolved, and give them a chance to try it.

Teach problem-solving by role modeling
Each day, we have plenty of opportunities (big and small) to model problem-solving for kids. For example, "I have to give a big presentation at work. I'm nervous, but I know if I write out what I want to say and practice ahead of time, I'll feel much better." Or maybe you wish you handled a problem differently and want to share that with your child: "I was a little rude to that waiter just now. Let me go let them know now that I apologize for my rudeness. Next time I will take a deep breath and remember they are just doing their best." It's very beneficial for children to watch adults make mistakes, admit them and then right their wrongs. This is crucial training for future success for our youth.

Substitute Teaching Opportunities
Our CEO/Founder, LaMonte Leath visits various schools each week within Gwinnett County, GA to see and hear for himself how the students are doing, checking the "temperature" of the environments and speak with teachers and staff to get their perspective of how things are going within the school. Some of schools visited are: Shiloh MS, Trickum MS, Partee ES, Britt ES, Snellville MS, Shiloh ES, Bay Creek MS, Sweetwater MS and Lilburn MS. All of these schools have welcomed Mr. Leath with open arms to not only teach from sub plans left from the primary teacher, but to freely mentor during class time to maximize the moments in class that arise where positive words and wisdom can impact students to do better and be greater!

Who and What are the "Bowen Theory Principles"?
 https://www.thebowencenter.org/core-concepts-diagrams (Click to view details about all eight principles)

Dr. Murray Bowen, a psychiatrist, originated his theory and its eight interlocking concepts. He formulated the theory by using systems thinking to integrate knowledge of the human as a product of evolution with knowledge from family research. A core assumption is that an emotional system that evolved over several billion years governs human relationship systems. Knowledge of how the emotional system operates in one's family, work, and social systems offers new, more effective options for solving problems in each of these areas.

Below are some of our key topics:

* Triangles - https://www.thebowencenter.org/triangles
A triangle is a three-person relationship system. It is considered the building block or "molecule" of larger emotional systems because a triangle is the smallest stable relationship system. A two-person system is unstable because it tolerates little tension before involving a third person. A triangle can contain much more tension without involving another person because the tension can shift around three relationships. If the tension is too high for one triangle to contain, it spreads to a series of "interlocking" triangles. Spreading the tension can stabilize a system, but nothing is resolved.

True Story: A single mother, child and providing father who co-parent well are considered a "Triangle" relationship. When there's tension between the child and the mother, if brought into the situation the father can absorb the tension along with the mother and go to the child in a "constructive" way to release the tension between the child and mother. It can also shift amongst all parties dependent on the situation.

* Differentiation of Self (Founder's Favorite) - https://www.thebowencenter.org/differentiation-of-self
Families and other social groups greatly affect how people think, feel, and act, but individuals vary in their susceptibility to "groupthink," and groups vary in the amount of pressure they exert for conformity. These differences between individuals and between groups reflect differences in people's levels of differentiation of self. **The less developed a person's "self" is, the more impact others have on his/her thinking and functioning.** The basic building blocks of a "self" are inborn, but an individual's family relationships during childhood and adolescence primarily determine how much "self" he develops. People with a poorly differentiated "self" depend so heavily on the acceptance and approval of others that they either quickly adjust what they think, say, and do to please others or they dogmatically proclaim what others should be like and pressure them to conform.

True Story: There are many occasions where a child's confidence, self-esteem, way of thinking and functioning are at low levels when entering the program. Sometimes it could be an over-functioning parent, an older brother or sister that bosses them around, an overbearing teacher or the inability to handle peer pressure because the child has not been given a fair shot at developing into their own "self" over time. It's always another or group that impedes them from maturing and becoming a "self".

BEFORE & AFTER-SCHOOL PROGRAMS

Physical Activity (includes a fitness trainer, licensed mental health therapist)

Why Movement Is Important for Kids
Daily movement is vital to kids' overall wellness. Being active can improve kids' physical health, social and emotional wellness, and academic performance. And it's not just older kids who benefit from moving their bodies. Babies need daily movement from birth for healthy development.

Short-term benefits of physical activity for kids
Physical activity has tons of benefits that go beyond improving kids' physical fitness.

Instant benefits of being physically active - Improved mood, Better quality sleep, Reduced stress and Higher self-esteem.

Long-term physical health benefits of being active:

- Lower risk of obesity, Type 2 diabetes and heart disease - Improved balance and coordination, Increased bone and muscular strength and Healthy growth and development.
- Long-term benefits of physical activity on learning - Improved brain health, Improved focus and concentration and Improved academic performance.
- Long-term social and emotional benefits of physical activity - Increased confidence and social health, Reduced risk for depression and Reduced symptoms of anxiety.

SPECIALIZED SUMMER SESSIONS

Faith – the fullness of it and how amazing it can be when you let yourself go with it!

Entrepreneurship - from concept/idea, IRS/EIN, Sec of State, payroll, budgeting etc.

Soft Skills - Communication, Teamwork, Problem-solving, Time management, Critical thinking, Decision-making, Adaptability, Conflict management, Creativity, Resourcefulness, Openness to criticism etc.

Leadership skills – risk taker; pain threshold, work ethic, sacrifices, servant-leader, passionate, patience and more is shared.

Financial Literacy – money is a tool, household income, rich vs. wealthy, budgeting, generational vs. multi-generational wealth, various forms of investing, working young and more.

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