



*A Life Skills Program for Youth from*

## History of the Program

KEY is a program that began in 2015 when Kids Oneida was asked to join a learning collaborative through NYU's McSilver Institute for Poverty Policy and Research. As members of the learning collaborative, KO staff were given the Knowledge Empowers You (KEY) curriculum and asked to run a group teaching young adults transitional life skills. We had no idea how successful the program would be!

Following the end of the learning collaborative, our staff began to brainstorm ways of modifying and enriching the basic curriculum to fit the various needs in our community. We worked until we had developed a comprehensive life skills curriculum that could be molded to any age group or learning level. We have successfully utilized this curriculum throughout the community to fit the needs of local schools and other community organizations, while also continuing to hold semi-annual groups for Kids Oneida clientele.

### What participants are saying:

"[Group] has definitely helped me socialize more."  
– G. age 13

"I've learned how to open up more and talk about tough stuff during group."  
– T. age 17

"Group has done a lot for me. I socialize more and I advocate for myself." - E. age 15

**Contact Director of Programs and Services Allison Jackson to find out more about how KEY can address important topics your students/teens are facing. [ajackson@kidsoneida.org](mailto:ajackson@kidsoneida.org) or 315-731-2693**





Is there a particular issue your students/teens are facing?  
 Do you want to provide your teens with valuable life skills?  
 Is there not enough time or resources for you to do this?  
**We can help.**

## KEY is a Powerful, Comprehensive Life Skills Program



*KEY (a program of Kids Oneida) provides proven curriculum, energetic and relatable group leaders and hits on the very topics that are most important and relevant to YOUR students or teens. We bring in the topics you need in the environment you prefer:*

### Traditional groups

Presented in a classroom format in closed groups that usually serve between 10-20 youth for a duration of 7-10 weeks. Each of these groups begin with a check-in to gauge how participants are feeling, before jumping into an interactive lesson on the topic of the day. Journaling and creativity are encouraged as youth begin to learn more about their abilities and inner strength. Speakers and community partners are also brought in to further engage youth in their community.

### School and Community-Based Groups

We also offer school and community-based groups, where we partner with local agencies or schools to make a curriculum specifically for a concern they have noticed in their population. The lessons are then presented in weekly classroom groups, or in an assembly format for the entire school.

### Why KEY is great for your school/organization:

- ✔ Addresses key issues facing *your* teens/students
- ✔ Provides outside expertise and leadership
- ✔ Enhances your curriculum with content you don't have time or resources to provide
- ✔ Strengthens your student body/group through informing, opening communication and bonding
- ✔ Teaches imperative life skills that prepare young adults for their future

### Why students/teens love KEY:

- ✔ Creates a comfortable atmosphere to share
- ✔ Instructors provide valuable, life enhancing information that allows them to transition to adulthood armed with knowledge
- ✔ Students realize they're not alone
- ✔ They get answers to help with their issues and tools to move forward

### How to get started

It is easy to begin the process. We will work with your school or organization's individual needs.

- 1 Planning meeting**  
Initially, we will set up a meeting with you and your organization to discuss your needs and look like (length of time, number of sessions) and what topics you want to cover. At this meeting we will also discuss the cost of the program. Please note that we will not be able to provide services to your school due to lack of funding.
- 2 Individualize Curriculum**  
We will then create an individualized curriculum for you for review and approval.
- 3 We handle it all!**  
On the day of the group, our group leaders will be there. We bring in all materials for the group. We also bring newsletters for youth to bring home to continue the learning process.
- 4 Gathering feedback**  
At the end of each group, we will provide feedback forms, which we then use to improve our program so that student interests and needs are met.

Contact Director of Programs and Services  
[ajackson@kidsoneida.org](mailto:ajackson@kidsoneida.org)