

## Advocacy Press Life Skills Materials

### Program Delivery Options for Choices Life Skills Program and Making Choices Curriculum

#### Using: Choices: A Teen Woman's Journal for Self Awareness and Personal Planning

Group Format Options	Group/Classroom (for teen women) Facilitator	Mother Daughter Workshop	Women Helping Girls Workshop	Group/Classroom (Co-ed) with Facilitator *used in conjunction with Challenges
Instructor's Materials	Instructor's Guide for Choices	Mother Daughter Handbook	Women Helping Girls with Choices Mother Daughter Handbook	Instructor's Guide for Choices and Challenges
Books for Women	Changes: A Woman's Journal ▪ for adult women	Changes: A Woman's Journal • available for mothers	Changes: A Woman's Journal • available for women	

#### Using: Challenges: A Young Man's Journal for Self Awareness and Personal Planning

Group Format Options		Small group/Classroom (young men only) with Facilitator	Group/Classroom (Co-ed) with Facilitator *used in conjunction with Choices	
Instructor's Materials Available		Instructor's Guide for Challenges	Instructor's Guide for Challenges	

#### Using: Making Choices: Life Skills for Adolescents

Group Format Options		Single Sex or Co-ed Classroom setting	Single sex or Co-ed Small Group Workshop	
Instructor's Materials		Curriculum Guide 96 - 50 minute lessons	Curriculum Guide 96 - 50 minute lessons	
Student Workbooks		Individual Student workbooks in English and Spanish	Individual Student workbooks in English and Spanish	