



Trainings Guide

Listed below are topics of trainings that have been requested by youth & young adults on the Mid-Shore. If you do not want your child to participate in any of the following trainings, please specify on the Waiver form.

Mental Health:

- a. Stress Management and Coping Skills Training
- b. Emotional Intelligence and Self-Awareness Workshops
- c. Mindfulness and Meditation Practices
- d. Effective Communication and Conflict Resolution Skills
- e. Resilience and Positive Psychology Training

Finances:

- a. Budgeting and Financial Planning Workshops
- b. Debt Management and Credit Education
- c. Saving and Investing Strategies
- d. Understanding Taxes and Basic Financial Laws
- e. Financial Literacy and Consumer Rights Awareness

Relationships:

- a. Healthy Relationship Skills and Boundaries
- b. Effective Communication and Active Listening
- c. Building Trust and Resolving Relationship Conflicts
- d. Empathy and Understanding Others' Perspectives
- e. Developing and Maintaining Supportive Relationships

Sexual Health:

- a. Comprehensive Sex Education and Consent Education
- b. Safer Sex Practices and STI Prevention
- c. Healthy Relationship Dynamics and Communication About Sex
- d. Resources for Sexual and Reproductive Health Services
- e. Teen Pregnancy Prevention and Education

Personal Development:

- a. Goal Setting and Time Management Skills
- b. Decision Making and Problem-Solving Strategies
- c. Building Self-Confidence and Assertiveness
- d. Critical Thinking and Analytical Skills
- e. Mindset Shifts and Building a Growth Mindset
- f. Respecting yourself

Self-Care and Well-being:

- a. Physical Fitness and Nutrition Education
- b. Sleep Hygiene and Stress Reduction Techniques
- c. Self-Reflection and Journaling Practices
- d. Building Resilience and Managing Mental Health
- e. Cultivating a Healthy Work-Life Balance

Digital Literacy:

- a. Online Safety and Cybersecurity Awareness
- b. Critical Evaluation of Online Information
- c. Digital Citizenship and Responsible Internet Use
- d. Privacy Settings and Protection of Personal Data
- e. Developing Digital Skills for Education and Careers

Substance Abuse and Drug Awareness:

- a. Substance Prevention and Education Programs
- b. Understanding the Risks and Consequences of Substance Abuse
- c. Recognizing Signs of Substance Abuse and Addiction
- d. Developing Healthy Coping Mechanisms and Resisting Peer Pressure
- e. Seeking Help and Support for Substance Abuse Issues
- f. Understanding the Effects of Different Substances on Mental and Physical Health
- g. Building Resilience and Protective Factors Against Substance Abuse

Healthy Families:

- a. Healthy Relationship Skills for Building Strong Families
- b. Parenting Skills and Child Development Education
- c. Nurturing Emotional Bonds and Attachment with Children
- d. Understanding the Causes Challenges and Strengths of Single-Parent Homes