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200 NE MISSOURI RD. STE 200 

LEE'S SUMMIT, MO 64086

POWER 5 CURRICULUM OUTLINE

1. Life Skills Curriculum:

1. **Objective:** Develop Effective Communication Skills
 - Teach youth how to express themselves clearly and actively listen to others.
 - Provide opportunities for practicing communication in various scenarios.
 - Offer guidance on nonverbal communication cues and active engagement.
2. **Objective:** Enhance Decision-Making Abilities
 - Introduce decision-making frameworks and critical thinking techniques.
 - Present real-life situations to analyze and make informed choices.
 - Foster the understanding of consequences and long-term impacts.
3. **Objective:** Cultivate Stress Management Techniques
 - Educate on stressors and their effects on mental and physical well-being.
 - Introduce relaxation techniques, mindfulness, and coping strategies.
 - Encourage regular self-assessment and stress-reduction practices.

2. Entrepreneurship Curriculum:

1. **Objective:** Identify Viable Business Opportunities
 - Teach methods for identifying market gaps and potential business ideas.
 - Guide youth in conducting basic market research and competitor analysis.
 - Encourage creative thinking and brainstorming for innovative solutions.
2. **Objective:** Create a Business Plan
 - Introduce the elements of a comprehensive business plan.
 - Assist in developing a solid value proposition and business model.
 - Guide youth through setting achievable business goals and objectives.
3. **Objective:** Understand Financial Management
 - Explain fundamental financial concepts related to revenue, expenses, and profit.
 - Educate on basic financial statements and budgeting techniques.
 - Provide practical exercises in tracking expenses and managing cash flow.

3. Family Living Curriculum:

1. **Objective:** Foster Effective Communication within Families
 - Teach active listening, empathy, and assertiveness skills.
 - Provide strategies for resolving conflicts and addressing disagreements.
 - Promote open dialogue and mutual understanding among family members.
2. **Objective:** Strengthen Parenting Skills
 - Educate youth about child development stages and needs.
 - Offer guidance on positive discipline techniques and nurturing relationships.
 - Empower youth with parenting resources and support networks.
3. **Objective:** Build Cultural Competence in Family Interactions
 - Encourage appreciation for diverse family dynamics and traditions.
 - Facilitate discussions on cultural norms, values, and intergenerational communication.
 - Empower youth to navigate cultural differences and bridge generational gaps.



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4. Financial Literacy Curriculum:

1. **Objective:** Develop Basic Money Management Skills
 - Educate youth on income sources, budgeting, and tracking expenses.
 - Provide practical tools for creating and maintaining a personal budget.
 - Empower youth to make informed financial decisions.
2. **Objective:** Promote Saving and Responsible Spending Habits
 - Teach the importance of saving for short-term and long-term goals.
 - Introduce concepts of interest, compounding, and savings strategies.
 - Encourage thoughtful spending decisions and avoiding impulsive purchases.
3. **Objective:** Understand Credit and Debt Management
 - Explain the role of credit scores, credit reports, and credit cards.
 - Educate on responsible borrowing practices and the potential pitfalls of debt.
 - Empower youth to make informed choices when using credit.

5. Healthy Living Curriculum:

1. **Objective:** Promote Nutritional Awareness and Healthy Eating
 - Educate youth on balanced nutrition, portion control, and food groups.
 - Teach how to read food labels and make healthier food choices.
 - Encourage the importance of hydration and mindful eating.
2. **Objective:** Foster Physical Fitness and Regular Exercise
 - Highlight the benefits of physical activity for overall well-being.
 - Introduce various forms of exercise and their impact on the body.
 - Provide opportunities for youth to engage in physical activities.
3. **Objective:** Enhance Mental Health and Resilience
 - Educate youth about mental health, stress, and common mental health challenges.
 - Teach coping strategies, self-care routines, and relaxation techniques.
 - Create a supportive environment for discussing mental health and seeking help.

These objectives provide a foundation for each curriculum area and can be adapted and expanded based on the specific goals and needs of the youth you're working with.

Preparedness Curriculum Objectives:

1. **Objective:** Develop Emergency Awareness and Knowledge
 - Educate youth about different types of emergencies, including natural disasters, accidents, and health crises.
 - Raise awareness of potential risks in their community and region.
 - Teach basic principles of emergency management, such as the importance of early warning systems and evacuation plans.
2. **Objective:** Build Practical Preparedness Skills
 - Equip youth with essential skills for responding to emergencies, such as first aid, CPR, and basic wound care.
 - Provide hands-on training in fire safety, using fire extinguishers, and handling hazardous materials.
 - Teach practical survival skills, including how to purify water, build makeshift shelters, and signal for help.
3. **Objective:** Foster Resilience and Disaster Planning
 - Encourage youth to create personal and family emergency plans, including communication strategies and meeting points.
 - Teach the importance of assembling emergency kits with essential supplies.
 - Empower youth to develop a resilient mindset, emphasizing adaptability, problem-solving, and community support during challenging times.

These objectives lay the foundation for a preparedness curriculum that aims to empower youth with the knowledge, skills, and mindset needed to effectively respond to and navigate emergencies and unexpected situations. The curriculum can further expand on these objectives by incorporating hands-on activities, interactive scenarios, guest speakers from emergency services, and opportunities for practical application.