



DON'T BE A BYSTANDER



# YOUTH



## Class Schedule

### OCTOBER / NOVEMBER

TOPIC: "TAKE A STAND!"-TALK AND TELL

CSF2 RESILIENCE SKILL: Hunt the Good Stuff #HTGS



October 14, 2015	2:00PM-3:30PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
October 13, 2015	3:00PM-4:00PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
November 12, 2015	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451

### NOVEMBER / DECEMBER

TOPIC: Safety (Social Media and Situation Awareness)

CSF2 RESILIENCE SKILL: Activating Event, Thoughts, Consequences (ATC)



November 18, 2015	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
November 10, 2015	3:00PM-4:00PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
December 10, 2015	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451

### DECEMBER / JANUARY

TOPIC: Self Esteem

CSF2 RESILIENCE SKILL: Character Strengths



December 16, 2015	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
December 8, 2015	3:00PM-4:00PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
January 14, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451

### JANUARY / FEBRUARY

TOPIC: Substance Abuse Awareness

CSF2 RESILIENCE SKILL: Avoid Thinking Traps



January 20, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
January 13, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
February 11, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451

### FEBRUARY / MARCH

TOPIC: Self-Awareness (Self-Harm & Suicide Risk)

CSF2 RESILIENCE SKILL: Put it in Perspective (PIP)



February 17, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
February 10, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
March 17, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451

*Schedule is subject to change. Please contact Youth Centers to confirm dates/times.*

*Attendees must be registered with CY Services through Parent Central Services. Registration information and forms are available at <http://www.himwr.com/middle-school-a-teen-center> or call Parent Central Services at SB: (808) 655-5314 or Parent Central Services at AMR: (808) 833-5393*



U.S. Army Child, Youth  
& School Services

**#armyhawaiiouthtakeastand**



DON'T BE A BYSTANDER  
**TAKE A STAND!**

# YOUTH



## Class Schedule



### MARCH / APRIL

**TOPIC: Assertive Communication**

**CSF2 RESILIENCE SKILL: Assertive Communication**

March 16, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
March 9, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
April 14, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451



### APRIL / MAY

**TOPIC: Safe Relationships (Sexual Assault Safety)**

**CSF2 RESILIENCE SKILL: Character Strengths / Building Confidence**

April 20, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
April 13, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
May 12, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451



### MAY / JUNE

**TOPIC: "Bullying, Don't be a Bystander"**

**CSF2 RESILIENCE SKILL: Building Confidence**

May 18, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
May 11, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
June 9, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451



### JUNE

**TOPIC: Optimal Health (Stress, Sleep, Nutrition)**

**CSF2 RESILIENCE SKILL: Deliberate Breathing Interpretive Nerves**

June 15, 2016	2:00PM-3:00PM	AMR Youth Center, BLDG 1781,174 Kauhini RD, (808) 833-0920
June 8, 2016	3:30PM-4:30PM	Fort Shafter Youth Center, BLDG 351, 240 Montgomery Drive, (808) 438-1487
June 9, 2016	3:00PM-4:00PM	Schofield Barracks Bennett Youth Center, BLDG 9090 2251 McMahan RD (808) 655-0451



### END OF YEAR REVIEW

**TOPIC: Celebrate My Life!!**

**CSF2 RESILIENCE SKILL: Review of all Skills Learned & Celebration**

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