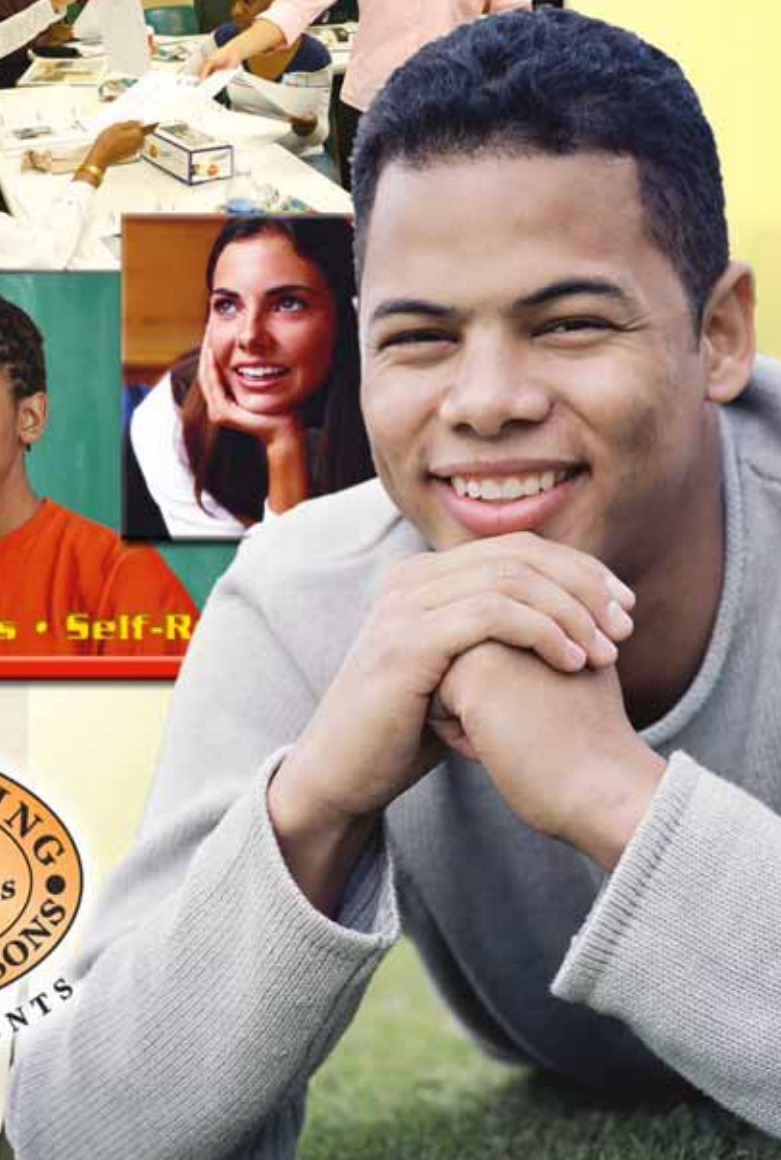


ARISE Life Skills Lessons & Staff Training

*The Perfect Combination
for Empowering At-Risk Youth*



• Creative Thinking • Priorities • Values • Self-R



Money - financial freedom
Security
Higher
comfortable
cashback
relaxed
peace
Kindness
good
No war

A Powerful Combination. **An in depth library of original evidence-based,** **interactive lifeskills lessons plus staff training.**

ARISE Foundation is an innovative leader in the development and design of reality-based lessons targeting youth who would rather face a dentist's drill than a learning environment. ARISE curricula and staff training is the perfect combination for at-risk youth. Presenting nonthreatening, easy-to-comprehend, interactive lessons that motivate youth to make a 180 degree turn towards positive choices and a healthy outlook on life that is essential for personal growth.



Founded in 1986 ARISE is not-for-profit educational organization that has created and implemented a multi award-winning, evidence based, Life-Management Skills and Staff Training Program.

No one is born with an awareness of how the world really works; this know-how must be taught to each new generation.

— Susan and Edmund F. Benson,
ARISE Founders

All those working with at-risk children and adolescents

Juvenile Justice

After-School

Alternative School

Homeless Shelters

Probation

Independent Living

Diversion Programs

Reentry

Foster Care

Job Corp

School Counselors

Police Programs

Head Start

Upward Bound

Girls & Boys Clubs

Faith Based

Salvation Army

Boot Camps

ARISE OFFERS MULTIPLE TRAINING OPPORTUNITIES!

ARISE Life-Skills Instructor Training:

Discover how extremely easy it is to get through to youth turned off by school and class work. The unique ARISE instructional formula and interactive curricula written in plain English is your guarantee of positive outcomes for unmotivated learners. Particularly those ready to explode at the slightest provocation.

In one profound day (7 hours) become an ARISE Certified Life-Skills Instructor. This is for individuals working directly with the youth. You will discover the easy-to-teach ARISE formula that promotes high-levels of interaction and positive attitudes in group settings. Staff will be trained on how to use ARISE materials effectively and easily manage a classroom of hard-to-teach, disruptive youth.

In the past 20 years, over 5,000 ARISE trained instructors have taught in excess of FIVE MILLION documented hours of ARISE lessons to youth formerly allergic to classrooms and learning. Now they say, "It's not school, it's ARISE."

Master Trainer

In this inspiring and exciting 5-day intensive ARISE Master Trainer workshop, graduates will be professionally certified as ARISE Master Trainers. This indelible experience certifies graduates to conduct the one-day, seven-hour ARISE Life-Skills Instructor Training.

An ARISE Master Trainer on staff guarantees positive program results by ending performance headaches. Perfect for building staff continuity, trust, and respect in your organization while delivering priceless ARISE Life Skills lessons to at-risk youth. An ARISE Master Trainer on staff is appropriate for building a well run, structured, results-orientated life skills program.

ARISE Master Trainers will confidently share proven techniques and strategies for reducing instructor stress and frustration while easily and successfully training others. ARISE Master Trainers will provide the skills and know how needed for working directly with at-risk youth and young adults. This certification is perfect for organizations that understand the exceptional benefits of having an ARISE Master Trainer on staff with the ability to provide outcome oriented training. Couple this with the interactive ARISE evidence based curricula and positive results are guaranteed for years to come.

CHOICES: Drop It At The Door

Participants will come away with a solid understanding of how each of us can choose to drop anger, stress, negativity, and frustration at the door. It makes sense to train staff that life's problems needn't be carried back and forth from work to home and vice-a-versa. ARISE literally provides the keys for handling and diffusing anger, stress, and the relentless toll this pressure takes on our lives. The training focuses on the negative impact stress has on workman's compensation claims, sick days, employee effectiveness and turnover.

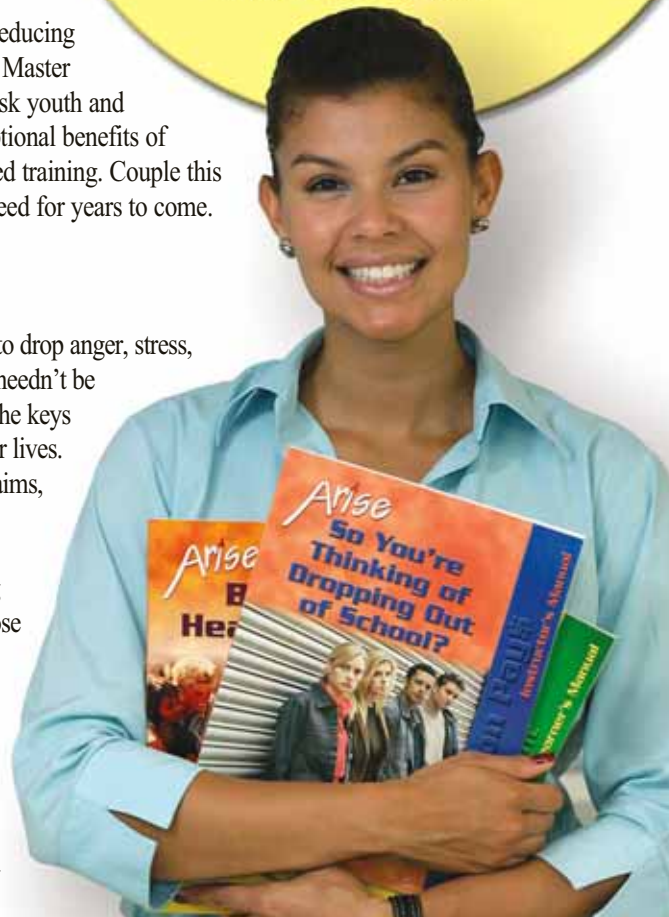
CHOICES is about your staff using brand new skills. They will learn the art of dealing with angry, out of control, impossible people and rules of engagement for handling those intentionally pushing their buttons. Participants will learn that anger is a secondary emotion. What causes us to be angry, what does anger look like. Anger is choice and how we handle it is also a choice. Your staff will learn tactics like how to use body language to their advantage, the power of a smile, and how active listening can become their new friends. CHOICES: Drop It At the Door is a Home Depot like collection of unique and practical tools one needs to handle angry, dissatisfied people, some so hot they are radioactive.

ARISE Life-Skills Lessons

A sampling of the 260 ARISE Life-Management Skills:

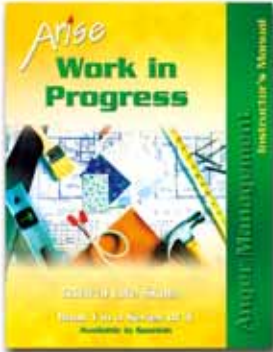
- Anger Management
- Conflict Resolution
- Getting and Keeping a Job
- Domestic Abuse
- Goal Setting
- Study Habits
- Parenting Skills
- Bullying

ARISE curricula focuses on how to get the most out of life even after coming out of adverse circumstances. The lessons are 45 minutes to one hour in length to maximize deliverability and minimize boredom.

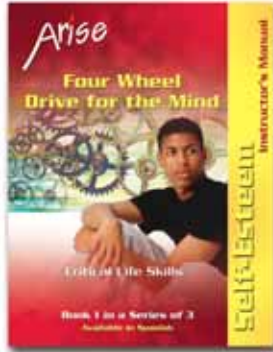


Arise Evidence-Based, Award-Winning

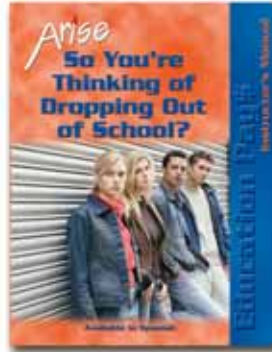
Teens



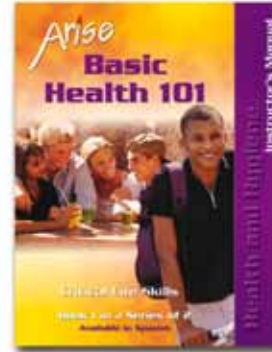
A social skills blueprint teens will use to build a solid future. Topics include anger management, violence and conflict resolution, domestic abuse, substance abuse, etc. 4-book series. **Also available in Spanish**



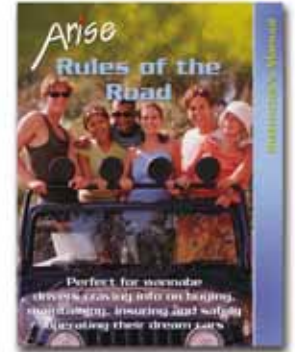
Adds traction for that long ride up the slippery slopes of success. Includes lessons on self-esteem, time/money management, setting goals, and jobs. 3-book series. **Also available in Spanish**



A hard-boiled, realistic look at what the future holds for most dropouts. **Also available in Spanish**

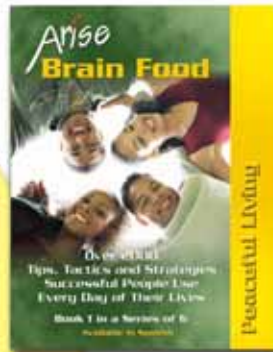


How healthy people get in shape and stay that way. Also includes lessons on personal hygiene, nutrition and exercise. 2-book series. **Also available in Spanish**

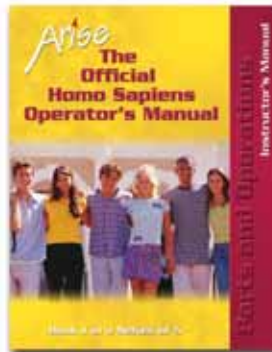


Information young drivers require **before** they put the pedal to the metal.

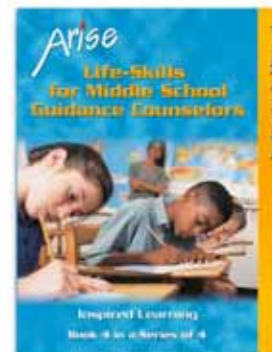
ARISE provides award-winning, evidence-based programs, manuals, workbooks, posters, companion books, videos and more; the knowledge students need to survive and succeed!



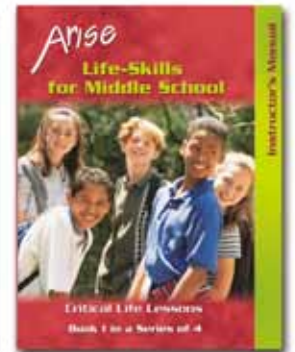
This series contains over 2000 self-improvement tips, tactics and strategies for getting ahead and staying there. 6-book series.



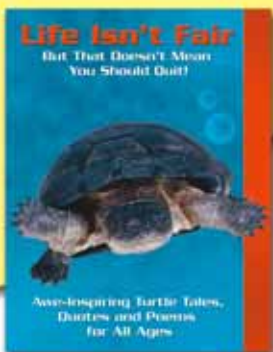
Youth learn how their bodies work and what it takes to keep this wonderful gift in top operating condition. 5-book series.



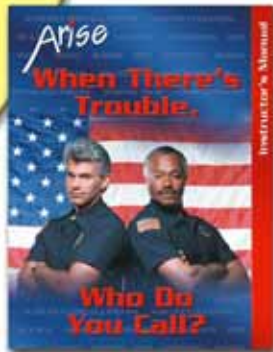
Middle school lessons include anger management, learning strategies, and peaceful living. Perfect for Middle School Guidance Counselors working with at-risk youth. 4-book series.



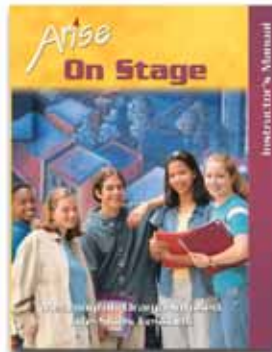
25 crucial lessons youth need to learn before making their way into the world. Topics include drugs, STDs and AIDS, suicide, guns, and many more. 4-book series.



Reminds learners that even though life isn't always fair, quitting is never an option.



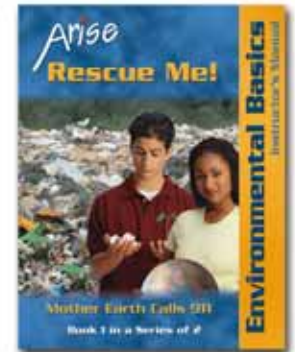
Taught by police officers. Deals with anger management, police confrontation and more.



These lessons provide an enjoyable approach to teaching life-skills through drama.



Helps adolescents deal with the many problems they face in their lives. Through discussions, they begin to make better choices.



Provides solutions for what's hurting our environment and helps young people become crusaders for a very vital cause: our planet's survival!

Life-Skills Curricula

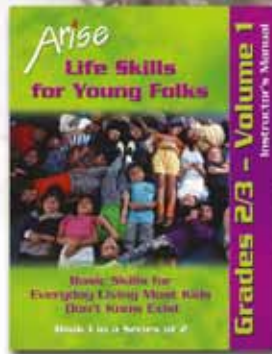
Pre-Kindergarten - Elementary School



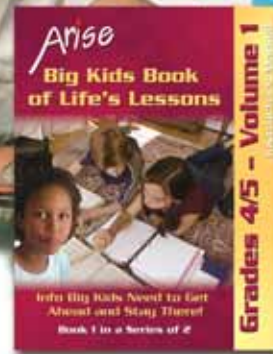
Ideal for children in pre-school. Teaches personal safety, school readiness, staying out of harm's way, and what it means to "play by the rules." 3-book series.



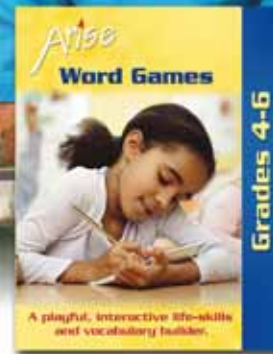
It's never too early to teach society's do's and don'ts. For kindergarten and grade 1. 4-book series.



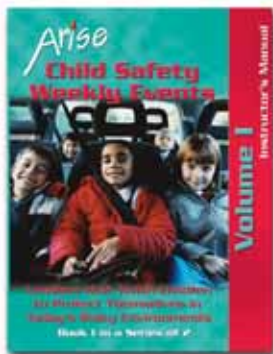
Lessons that will last a lifetime. For children in grades 2 and 3. 2-book series.



Innovative / lively / memorable. Life skills lessons for grades 4 and 5. 2-book series.



Who said learning couldn't be fun? Word games and puzzles on life skills issues.

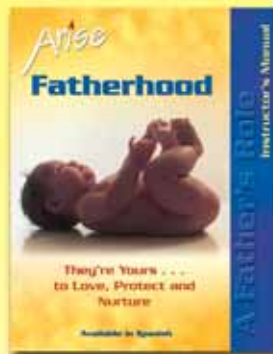


Serious topics like gun safety, anti-graffiti, stranger safety, and poison safety. Teach a class, school, or entire school system. 2-book series.

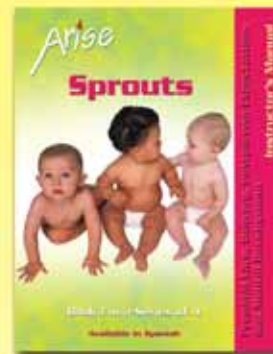


If every child was taught this material, hospital emergency wards could go on half-time. Parents and caregivers could give up the guilt and never have to say, "If I only knew."

Parenting Programs



Unique and important ways dad can love, encourage, and protect his children. **Also available in Spanish**



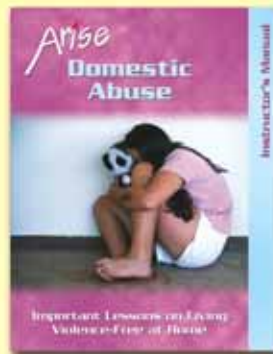
Deals with the realities of making babies and what it takes to raise them. 4-book series. **Also available in Spanish**



Even Shakespeare had to start somewhere! Writing exercises that engage youngsters in learning life-skills.



Learn about handling abuse, personal safety, bullies, drugs, alcohol, domestic violence, neglect, anger, controlling their temper, and peaceful conflict resolution.

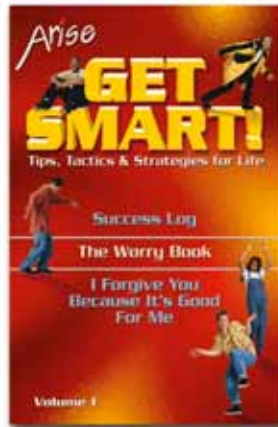


It is important to understand the different forms of abuse that can take place within relationships and to make sure you are not a victim.

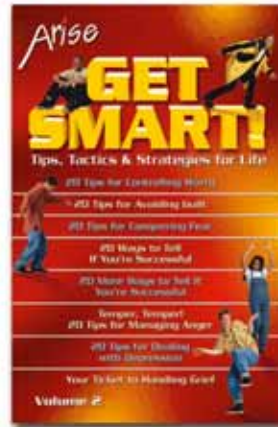
Arise Get Smart! Series

ARISE Get Smart! books are filled with priceless information every youth needs to know. Fast, easy reading with "more gold nuggets than Fort Knox." Most books are illustrated with entertaining cartoons that capture the imagination of young people.

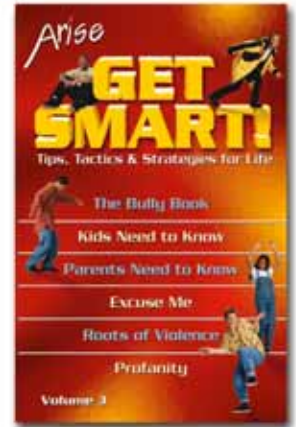
— Susan and Edmund Benson,
Founders, ARISE



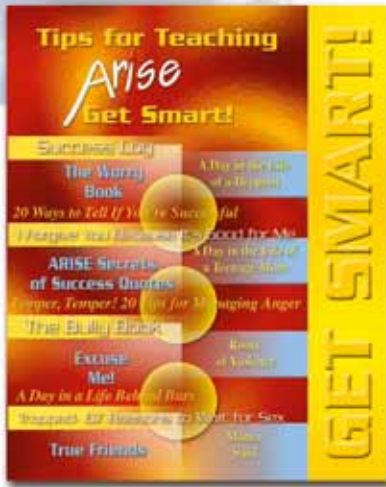
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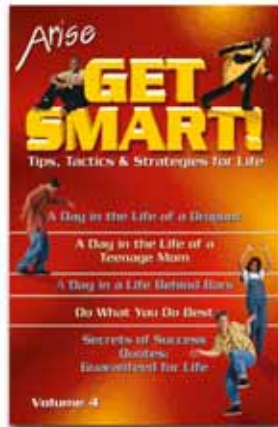
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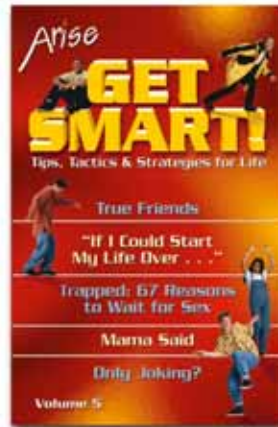
Item ID#: GSCB3



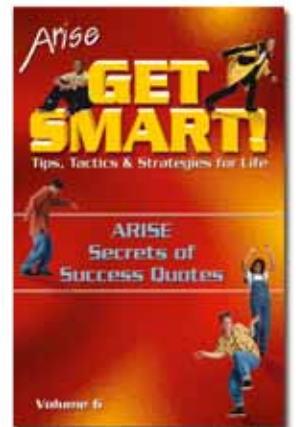
A roadmap that makes each lesson memorable and fun.



Item ID#: GSCB4



Item ID#: GSCB5



Item ID#: GSCB6

Arise "Homestyle" Videos

**Powerful.
Memorable,
Interactive Videos.**



Save time with this invaluable guide.

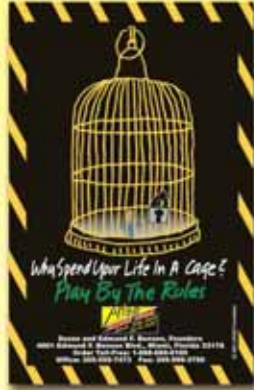
- Anger Management and Mediation
- ARISE Basic STD Class
- Drugs, No Way!
- Everyday Sun Safety
- Friendly Foods
- Graffiti No!
- No To Guns
- Smart Car Shopping
- Stay in School
- Why Spend Your Life in a Cage
- Household Dangers
- Poison Look-a-Likes
- Safe, Snug & Secure
- Stranger Safety
- Where the Waste Goes



Arise

Motivational Posters

Over 100 Unique and Powerful Messages to Choose From



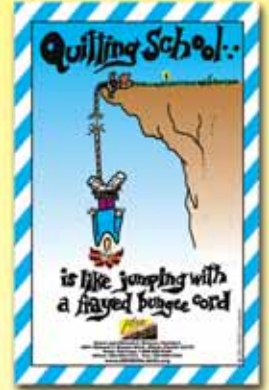
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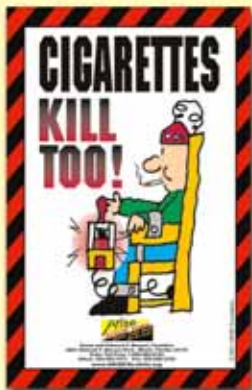
ITEM ID: SEBP



ITEM ID: DKP



ITEM ID: QSFBP



ITEM ID: CKP



ITEM ID: UTPP



ITEM ID: SSLMP



ITEM ID: SSSP



ITEM ID: LWYHP



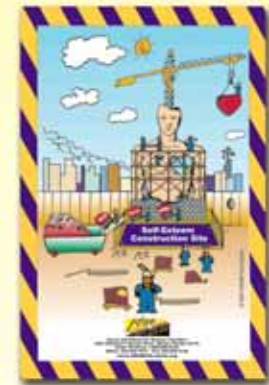
ITEM ID: LWYHP



ITEM ID: DMICP



ITEM ID: RLMP



ITEM ID: SECSP



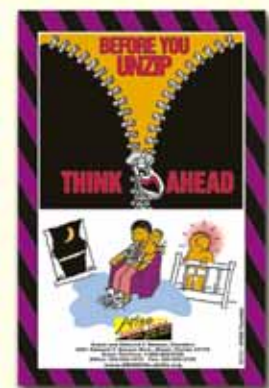
ITEM ID: YHBHP



ITEM ID: WCHP



ITEM ID: TEMPERP



ITEM ID: BUTAP

Arise Custom Books

After many successful years of developing an in-depth library of original material, we now offer ARISE Custom Books.

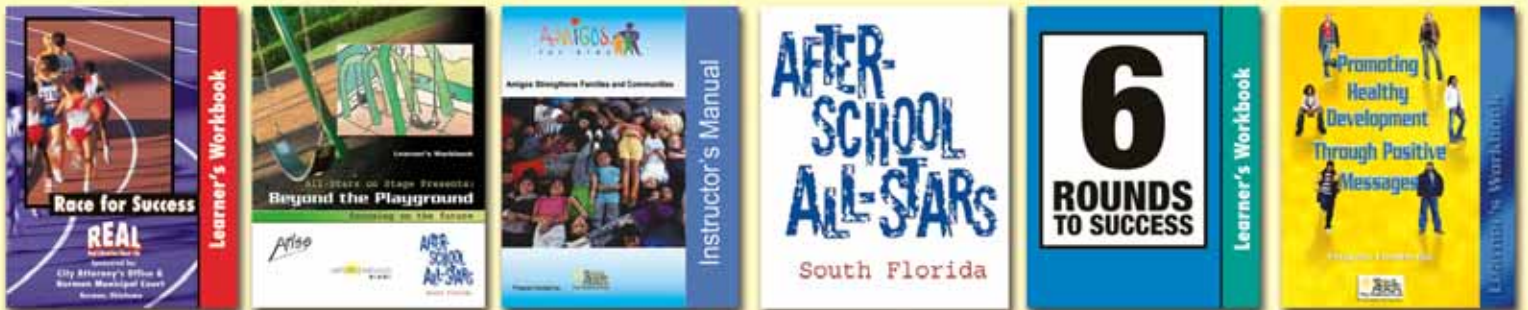
ARISE will produce customized publications:

- Designed to meet the needs of those desiring their own specialized curricula
- In the most economical manner
- Without compromising on quality.

Why ARISE Custom Books?

ARISE can develop a working relationship with you to create unique, one-of-a-kind educational curriculum for your specific needs. Customization can include cover, text, artwork and topics.

Completed ARISE Custom Book Covers:



What Can Be Published Under The ARISE Custom Books Program:

Scenario 1: You would like the name of your organization, a dedication, or special picture on the cover of an existing ARISE curricula that will send your message loud and clear.

Solution: The ARISE Art Department will assist you in creating a cover that expresses your message, through the use of full-color graphic images and interesting layouts. Impressive? Yes! Expensive? Not really.

Scenario 2: You need customized books –you can choose three existing ARISE sections (each section contains three chapters) – with topics ranging from a section on drugs, one on anger management, and the other on healthy lifestyles you can mix and match.

Solution: ARISE will configure your book with the three existing ARISE sections you selected. Additionally, the ARISE Art Department will aid in designing your custom cover in the colors, artwork, and text of your choice, including the name of your organization and sponsors.

Scenario 3: You want to create a curriculum using some of the existing ARISE chapters and new chapters on topics that you want ARISE to develop for you.

Solution: ARISE can develop new chapters to meet your specific needs and will combine them with existing ARISE material, thereby creating a distinctive new book for your organization. You can also decide the length of each topic and sequence they will be taught.

Evidence Based Studies



ARISE LIFE- MANAGEMENT SKILLS PROGRAM – FIVE YEAR SUMMARY

(Formerly Titled the “Secrets of Success Program”)

“Secrets of Success Program” data from entry to exit interviews have been collected at six different time periods, from 2,122 learners from January, 1997 – June 2001. Data was drawn from several program sites including alternative schools and facilities under the Florida Department of Juvenile Justice. Since 1997 participants in the SOS program have included African-American, Hispanic and White Non-Hispanic learners whose ages range from 13-18 years.

Evaluation data over a five year period show significant improvement in knowledge of issues included in the program content: violence reduction, goal setting, anger management, drugs and alcohol avoidance. Based on results found in six evaluation reports covering the five year period from 1997-2001, the data show that the overall test scores improved significantly after program completion. The test data show that test scores improved significantly among learners of all ethnic groups for each of the six time periods examined. The data also indicated that both females and male learners significantly improved their attitudinal scores after program completion.

Department of Sociology, Coral Gables Florida
View complete study at www.ARISELife-skills.org

FOCUS GROUPS RESPONSES

500 Role Models Middle School: The program helped with building self-esteem, academic skills, self-confidence, attitude and communication skills.

West Little River Elementary School: The students had a chance to talk about topics. They thought the older students related to them and their problems and the lessons were fun. They particularly liked the lessons on dangers of drugs and guns and what to do when a stranger approaches.

Facilities in Washington DC (after school programs, community based organizations):
The youth spoke about how they learned to get along better with their peers and feel good about themselves. They recognized the importance of a positive attitude.

Florida Department of Juvenile Justice facilities: The youth will think before they act, use self-talk to control anger, I don't need to be aggressive to get things done and I will use better decision making skills to make better choices.

Focus groups conducted by:

Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami- Department of Education)

ARISE FOUNDATION STATE OF FLORIDA TITLE IV COMMUNITY SERVICE PROJECT (MAY 2004)

Results indicated that the project had a very positive impact on middle and high school students served. Additionally, the project was viewed very favorable by the students' teachers and parents as well as the elementary school children who participated.

- Discipline referrals of the middle school youth declined somewhat while the high school students declined substantially
- On the average, students at the two sites attended school at least 90% of the time
- Students report card grades averaged 3.2 (B) in English and 2.8 (C-) in math.
- All students scored at least 75% on all chapter quizzes
 - Self-esteem – 90 % of the students met mastery
 - Networking, Jobs and Money -100% met mastery
 - Anger Management-99% met mastery
 - Substance Abuse and Guns – 100% met mastery
 - Violence and Conflict – 95% met mastery

Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami- Department of Education)

ARISE LIFE-MANAGEMENT SKILLS FINAL REPORT (2005-06)

submitted to the Office of Juvenile Justice and Delinquency Prevention

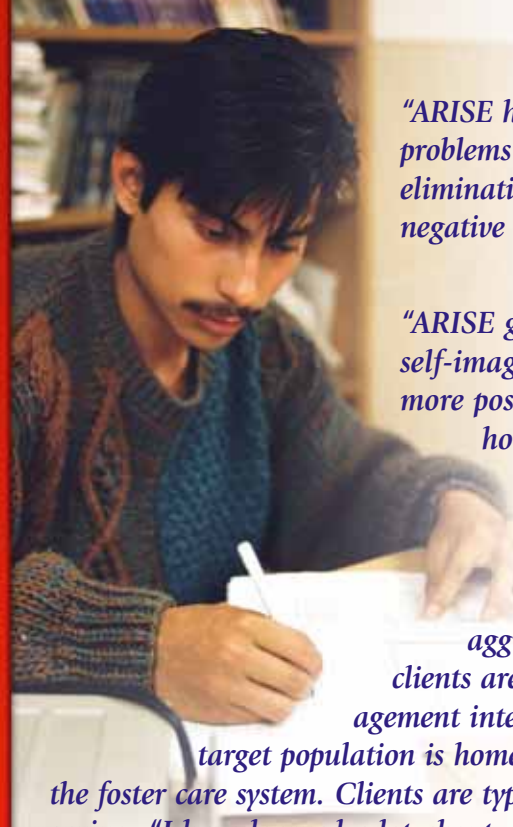
ARISE provided Life-Management Skills instructor training, program materials, and program monitoring to juvenile justice staff at 43 juvenile justice facilities throughout the State of Florida from June 1, 2005- May 31, 2006. The program met its goals.

- Trained 166 Florida Department of Juvenile Justice Staff as certified ARIE Life-Management Skills Instructors.
- Between 95%-98% felt the ARISE training was beneficial
- Between 90-95% of the youth felt the program was beneficial and would help them when they leave the facility
- Nearly all of the youth met the learning criterion (75% or better on chapter quizzes and assessments)
- The vast majority of instructors trained expressed satisfaction with the program and felt it had a positive impact on youth and staff at the facilities
- 100% of youth received Life-Skills Instruction 1-5 times a week

Marjorie Montague, PhD,
Educational Research Services, Inc

(Professor at University of Miami- Department of Education)

Here's What Others Say About ARISE...



"ARISE has definitely helped me with my anger problems by focusing on my strong points and eliminating my weaknesses. Now I can handle negative situations without blowing up."

—Learner

"ARISE groups have helped me with my low self-image. I learned how to make better and more positive decisions. I have also learned how to confront my problems in a more positive way."

—Learner

Since we have implemented ARISE, clients are more motivated, less aggressive, hygiene has improved, 95% of clients are now employed, and behavioral management interventions have decreased by 50%. The target population is homeless, at risk young adults aging out of the foster care system. Clients are typically ages 18-24. The learners are saying- "I have learned a lot about myself and about how to have better self esteem." "The Life Skills classes taught me that self esteem comes from within." "I enjoy the classes because it gives me a chance to express my opinions. I enjoy the interaction with other learners and feel that it is a safe place to express what I think." "After attending these classes, I have realized that the world is a bigger place than I thought it was."

Sandy Finelli
formerly of 24-7 TLC Reno, Nevada
775-544-1660
www.nishimots.coner

The most positive experience was to see this difference the lesson made in the lives of the youth and to witness the youth change for the better." "Yes! I thank God for ARISE because the lessons have not only helped me with the youth, but the lessons also helped me personally." "The youth have become much more committed to their life goals." "Since becoming an ARISE Life Skill Instructor I have seen youth become more interested in life."

Tammy Wright
Covenant House Washington (Respite Center)
2001 Mississippi Avenue S.E. Washington, D.C.20020

"I just wanted to take a moment to congratulate you and your remarkable series of ARISE Life-Management Skills. For many years your highly integrated tool has served children of all ages in our community to have the best chance for success as they grow older. Your products and staff trainings are creative and targeted and therefore, very useful in the challenge that we all share when working to improve life for young people.

I know you are sharing this wonderful program with others around the country. If I can be useful at any time to help inspire others to review and adopt the ARISE Foundation's programs, I would be pleased to do so."

—Harve Mogul, President & CEO, United Way of Miami Dade County

Dear Mr. Benson:

This letter is to place a second order for student workbooks for the City of Norman REAL Program. We recently completed the first year of our life skills program for juvenile offenders in the City of Norman, Oklahoma. This Program has been a resounding success and has earned positive reviews from prosecutors, educators, parents and even the juveniles.

When we began working with ARISE to develop the curriculum for our Program, we were novices in the life skills arena. We just knew the youthful offenders we saw in our juvenile court didn't have the tools they needed to succeed. Your staff worked many hours with us and together we created an awesome curriculum that allows us to grab and hold the kids' attention. From the cover through the content, the workbook itself is something the students are glad to delve into and complete. As we surveyed the parents, we received requests to expand the curriculum and develop an additional literacy component. I hope this is something we can work further with ARISE on in the future.

In closing, I'd like to thank the staff of ARISE for their guidance and assistance in helping us create a worthwhile, yet enjoyable, program for the youthful offenders in Norman. We look forward to maintaining our relationship with ARISE for many years to come.

Sincerely,

Jayne Rowe
Director-Juvenile Programs

"I herald the benefits of utilizing your practical and user-friendly material to all organizations that are facilitating services to youth and/ or families. For the past three years, ARISE's Life Management Skills material and training have been an integral part of Miami River of Life's service provision. We have sponsored training opportunities for over fifty churches to equip them with your invaluable tools."

-Reverend Lee Hawkins, JUMP Program Coordinator,
Miami River of Life, Inc.

Dear Susan & Edmund,

Michael Holthouse a Houston business leader, entrepreneur and philanthropist has chosen to dedicate his life to middle school inner city youth. His passion is empowering our middle school youth to gain the life skills necessary to become healthy and contributing members of society. To fulfill his dream of creating a program to meet this need, he embarked on a research journey and hired a Rice University MBA student to find the "Cadillac" of all Life Skills curricula. That led us to your wonderful program!

After we met in Houston, we were even more convinced that you were the perfect partners to help us infuse all our after school activities with your life skills curricula. Through this partnership, we believe we will now help to eliminate prevention based programs and begin to all focus on OPPORTUNITIES based learning for our youth.

Be well again, thank you,

Sara Speer Selber, President
Prepared for Life
Houston Texas





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Susan and Edmund F. Benson, Founders

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