

Component 1B Workshop Topics

Ideas and Suggestions

1. Healthy Living

I. Dating

- a) Relationship Skills
- b) Trustworthiness
- c) Domestic Violence

II. Sexual Education

- a) Diseases/ Infections
- b) Contraceptives
- c) Growth and Development
- d) Pregnancy
- e) Peer Pressure
- f) Decision-making

III. Relationships

- a) Friends/Family
- b) Significant Other
- c) Communication Skills
- d) Support System

IV. Trauma

- a) Grief
- b) Separation
- c) Coping with Loss
- d) Sexual Abuse
- e) Negative/Positive Stressors
- f) Human Trafficking

V. Exercise/ Eating Habits

- a) Sleep Habits
- b) Eating Disorders
- c) Body Image
- d) Hygiene
- e) Self Esteem

2. Financial Literacy

I. Budgeting (By Age)

- a) Income
- b) Expenses
- c) Independent Living Stipends
- d) Savings

II. Credit Reports

- a) Credit Cards
- b) How to Build Credit
- c) Where to Obtain Credit Report
- d) Limits

III. Taxes – (Also see **Career Navigator System** and **Living on Your Own**)

- a. W2
- b. Credits
- c. Wages/Salary/Tips
- d. Reporting
- e. Resources

IV. Loans – (Also see **Education**)

- a. Student

- b. Personal
- c. Auto
- d. Home

V. Banking

- a. Types of Accounts
- b. Interest Rates
- c. Investing

3. Navigating the CP&P System

I. Entering Foster Care

II. Living Programs

- a. Independent Living
- b. Transitional Living
- c. Group Homes
- d. Youth Shelters

III. Financial Resources

- a. Wraparound Funds

IV. Family

- a. Siblings
- b. Determining Positive Role Models
- c. Reunification
- d. Resource Families/ Homes

VI. Case Reopen/ Closure



VII. Rights of Youth in Foster Care

4. Substance Abuse

I. Alcohol/ Drugs

- a. Dependence
- b. Drinking and Driving
- c. Illegal/ Legal

II. Addictions

- a. Body Effects
- b. Family Interventions
- c. Dangers of Drug/ Alcohol Addictions

III. Coping with Alcohol/ Drug Abuse

- a. Family History
- b. Loss/Trauma

IV. Supports

- a. Groupings
- b. Resources

5. Education

- I. Financial Aids (FAFSA) and Student Loans
- II. Scholarships (NJFCS)
- III. Student Life and Campus Living
 - a. Work study
 - b. Study habits/time management

- c. Commuting/dorm living
- IV. Admissions
 - a. Applying for College
 - b. Choosing a Major
 - c. Campus visits
 - d. Testing
- V. On-Campus Supports (EOF, TRiO SSS, resources, etc.)

6. Career Navigation System

- I. Employment Programs and Resources
 - a. NJ CAN, One stop Centers, Job Corps, NJ Youth Corps)
- II. Resume Building/Professional Networking
 - a. Linked In
 - b. Elevator pitch
- III. Interview Skills
 - a. Mock interview
 - b. Etiquette

7. Living On Your Own

- I. Finding an apartment/Leasing

8. LGBTQI

- II. Informational Workshop
 - a. Gender Identity
 - b. Types of Sexual Orientation
- III. Supports/Resources Available
- IV. LGBTQI Specific Healthy Relationships



V. Transgender 101

9. Internet Safety

- I. Social Media, Craigslist
- II. Identity Theft/Smart Shopping
- III. Cyberbullying
- IV. Internet Dating