



Lions Quest

Enhancing youth
development through
home-school-community
collaboration

Lions Quest programs offer a whole-school approach to social and emotional well-being. In line with current research in social and emotional learning, resilience and connectedness, Lions Quest empowers teachers to:

- build relationship-centered learning communities with high expectations for positive behavior;
- include reflection as an integral part of the learning process;
- recruit parents and community members as partners in promoting personal and social responsibility in young people.

Learning Outcomes

As a result of effective implementation, students will:

- value and respect themselves and others;
- feel comfortable and valued as members of classroom and school communities;
- be able to manage conflict constructively;
- learn to use interpersonal skills in relating to others;
- be able to make positive and responsible decisions;
- avoid harmful substance use;
- improve academic performance;
- strengthen connectedness to school;
- develop civic responsibility.

Addressing School Needs

Lions Quest **Skills for Growing, Skills for Adolescence and Skills for Action:**

- provide high quality, research-based classroom resources for teachers and age-appropriate learning materials for students;
- present opportunities for students to learn and practice skills that build and enhance resilience and positive relationships;
- involve the family and community in supporting the healthy development of young people;
- engage teachers in professional development that garners reflection, practice, action planning and community-building.



Because all young people need skills for life...

Skills for Growing

Through a series of thematic teaching units, **Skills for Growing** will help create a classroom environment that nurtures and enhances learning. Curriculum is available through attendance at a certification workshop.

Curriculum kits for each K-5 grade level include:

- **Six Thematic Units** – *Building a School Community; Growing as a Group; Making Positive Decisions; Setting Goals for Service; Growing up Drug-Free; Celebrating You and Me*. Each unit contains easy-to-use lesson plans with discovering, connecting, practicing and applying phases, supported by energizers and resource sheets.
- **Drug Information Guide** – Includes resources information for teachers to support the *Growing up Drug-Free* unit.
- **Program Guide** – Includes program rationale and conceptual model, teaching and implementation strategies, evaluation information, scope and sequence and teacher resources.
- **The Family Connection: A Guide to Leading Parent Meetings**
- **Creating a Positive School Climate: A Guide for School Climate Committees**
- **Together Times** – Student-family activity booklets reinforce lesson concepts and help students strengthen skills with the help of their families.



Lions Quest curricula are supported by updated resources available at www.lions-quest.org, including new lessons, curriculum maps, correlation guides, evaluation tools, drug information and online teacher refresher courses.

...much praise for the program. It is good to find a program that is research-based and has a broad scope (across grade levels) and a clear sequence of skills development adapted to those grade levels.

Monica Reising,
Woodford County Special Education Association, IL



"We are very proud to partner with Lions Quest and let our audience know this is a program that we endorse, that we recommend and that we want everyone to know about."

Kari Artstrom, Vice President
for Marketing, Development and Public Policy,
National Youth Leadership Council

Q: Are the Lions Quest programs evidence-based, quality programs?

A: Absolutely! Curricula are based on strong research and evidence that supports program components, processes and content. CASEL "Select SEL," SAMHSA "Model" (SFA), and OJJDP "Effective" program (SFA)

Q: How do Lions Quest programs build resilience?

A: Research shows that relationships with caring adults make young people resilient. Curricula facilitate positive relationships and help youth build protective factors while reducing risk factors.

Q: Do Lions Quest programs link with existing school programs and learning standards?

A: Definitely! Curricula provide tools for teachers to meet requirements in social and emotional learning (SEL), prevention, character education, service-learning, language arts and social sciences.

Q: How do we find time for these programs in our busy school day?

A: We can't afford not to! One lesson takes just 20-45 minutes per week and is easily integrated into language arts, social sciences, health, advisory period, or used as a stand-alone program.

Skills for Adolescence

Skills for Adolescence helps middle school youth, parents and teachers cope with the physical, emotional and social challenges of the early adolescent years. The program builds important competencies by promoting positive social attitudes, respect and responsibility, while serving as a strong prevention tool – guiding young people toward healthy choices and a drug and violence-free lifestyle.



Classroom curriculum:

The eight-unit curriculum, available through attendance at a certification workshop, can be adapted to a variety of settings and formats from a nine-week mini-course to a three-year program. The ideal three-year model provides booster lessons and continuous practice that reinforces the skill-building potential throughout the middle school experience. To promote school-wide involvement, each unit also provides "Expanding Unit Themes in the School and Community" and "Applications Across the Curriculum" activities.

- **Teaching Units** – *Entering the Teen Years: The Journey of Adolescence; Building Self-Confidence and Communication Skills; Managing Emotions in Positive Ways; Improving Peer Relationships; Strengthening Family Relationships; Making Healthy Choices; Setting Goals for Healthy Living; Summing Up: Developing Your Potential.*
- **Service-Learning** – A step-by-step guide for engaging students in service-learning, an essential program component.
- **Program Guide** – Includes program rationale and conceptual model, teaching and implementation strategies, positive school climate guide, and evaluation options.
- **Changes and Challenges** – Student book with activities, articles and worksheets to reinforce concepts. Unit tests are included to help assess student learning.
- **Drug Information Guide**
- **Supporting Young Adolescents: A Guide to Leading Parent Meetings**
- **Surprising Years** – Parent book designed to help caregivers understand their changing adolescents and provide much-needed support.

"I feel blessed to have been a part of this training. The leadership and guidance given made me, as a new counselor, feel empowered."

Sarah McLean
Cumberland County Schools, NC

Research Shows:

- Service-learning contributes to students' success and has a positive impact on their social behavior, habits, and attitudes.ⁱ
- Service-learning holds the potential to address each of the underlying causes of low graduation rates, while incorporating the strategies most recommended for preventing students from dropping out.ⁱⁱ
- Students who receive instruction in evidence-based social and emotional learning (SEL) outperform their peers: they get better grades; graduate at higher rates; have more positive peer relationships; and demonstrate caring, empathy, and social engagement.ⁱⁱⁱ

Lions Quest programs address research findings by providing educators with teaching practices and tools that increase protective factors, decrease risk factors, encompass service-learning methodology, and provide for social and emotional learning. Our K-12 CASEL "Select" rating is based on evidence of effectiveness, outstanding professional development, and outstanding SEL instruction covering the five key skills of self-awareness, social awareness, self-management, relationship skills and responsible decision making.

ⁱ Corporation for National and Community Service (2008). *Community Service and Service-Learning in America's Schools.*

ⁱⁱ Engemann, Hultin, and Walker (2008). *Engaged for Success: Service-Learning as a Tool for High School Dropout Prevention.*

ⁱⁱⁱ Collaborative for Academic, Social, and Emotional Learning (CASEL) (2010). *Social and Emotional Learning: A Framework for Success in School and Life.*



"Skills for Action (SFA) is my preferred recommendation to schools who are interested in bringing service learning to the secondary level. There is no better set of materials pedagogically, and I have found teacher and student response to SFA to be outstanding."

Maurice J. Elias, Rutgers University
Director, Developing Safe and Civil Schools
www.teachSECD.com



Supplemental Thematic Unit: Expand your Skills for Action program with the *Exploring the Issues: Teens - Alcohol and Other Drugs* 15-session supplemental prevention unit.

"In my twenty-six years in the education field, this is the absolute best curriculum, producing the best students and teachers I have ever seen. Not only did the training transform students with life-long skills, it transformed the teachers as well."

Dr. Brenda Eisenhauer
Montgomery County Public Schools, MD



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Skills for Action

The unique design and flexibility of the **Skills for Action** program provides a valuable curriculum for a broad range of school settings in grades 9-12. Skills for Action includes a service-learning curriculum, Skills Bank, Teacher Resource Guide, Advisory Team Handbook and Making a Difference student magazine. The program stimulates students' intellectual curiosity and academic growth and guides them toward active citizenship.

The **Skills for Action** development of personal, social and thinking skills, combined with service-learning, helps young people learn school-to-work competencies, improve self-confidence and build resilience, maintain connectedness to school, and engage in real-life issues while promoting social and cultural understanding.

Classroom curriculum:

Implementation options vary from a one semester separate course through a multi-year course integrated into subject areas such as health and personal development, social studies, or family and consumer sciences.

- **Curriculum manual** - The core curriculum divided into four parts, *Building a Learning Community*, *Exploring Personal and Social Responsibility*, *Taking Action Through Service-Learning*, *Evaluating and Sharing Service Experiences*. Includes complete lesson plans, suggested activities, teacher resource sheets, student handouts and assessment tools.
- **Skills Bank** - Contains four broad categories of skill sets - Cultural Awareness, Interpersonal Communication, Personal Management and Responsibility, and Study and Writing. Skills are referenced throughout the curriculum, allowing the Skills Bank to serve as a supplement to Parts 1-4 above, or as a separate social, emotional and workplace skills development course.
- **Teacher's Resource Guide** - Includes program rationale and session structure, implementation models, classroom strategies, assessment information, samples and resources.
- **Advisory Team Handbook**
- **Making a Difference** - Student magazine provides readings, questions and inspiration for each part of the curriculum.

Q: How do we fit Lions Quest into our decreasing budget?

A: Professional development, competitively priced as low as \$180 per implementer, includes curriculum materials. Lions Quest programs are eligible for use with a number of state, federal and non-profit grant funds. Assistance may also be available from local Lions clubs.