

CHANGE FOR THE BETTER

Community Based Curriculum

VOLUME 1

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DEDICATION

This book is dedicated to all the youth of New Orleans, LA, and urban cities that are exposed to the many hardships that seem impossible to overcome. We all have personal struggles in life but quitting is not an option. Together, we can pull through and beat the odds set before us.

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ABOUT THE AUTHOR

Frederick Walker, Jr., LCSW, a native of New Orleans, LA., founded Walker Family Services, a community-based behavioral and mental health agency. Walker Family Services provides services to youth, ages 0-21, in New Orleans, LA. He has partnered with many agencies, schools, and court systems to aid families with children with behavioral and mental health disabilities. Frederick Walker, Jr., graduated from Southern University of New Orleans with a Master of Social Work. His educational background and community involvement provide him the experience and knowledge to effectively lead others and service the community. He has a passion to enrich the community and great leadership skills to make a difference. He is also passionate about creating equality and providing support for those that lack the necessary resources to succeed in life.

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MY GOALS

My Goal #1:

My Goal #2:

.....

MY GOALS

My Goal #3:

My Goal #4:



TOXIC RELATIONSHIPS

To you,

I grew up in a rough neighborhood. Unfortunately, this area was full of *toxic relationships*. I am not going to act as if I knew everything then, and that is why I will offer you this experience. One day, my friend and I were walking up the street. We had just finished getting a frozen cup from the candy lady. We ran into another guy from the neighborhood that dared us to throw rocks at a van. I knew that this was wrong but didn't want to look like I was afraid to participate, bad idea. We threw the rocks at the van and broke the window. Immediately, the owner ran outside and saw us running. He told our parents, and we were all punished and nearly went jail. Now, think about it. Did I have to participate in this? Could I have simply said no thanks? Of course, I could have, and this is why I want you to start identifying negative relationships and discontinuing them.

Frederick Walker, Jr., LCSW

Toxic Relationships

Why learn about toxic relationships?

The things or people we surround ourselves with have the potential to enhance or destroy our lives. Distinguishing between toxic and healthy relationships is important. A key component in identifying toxic relationships is to have values, know the signs of toxic relationships, and learn how to avoid them.

Identifying your values

Values are qualities that we hold in high esteem. Values help us to identify ourselves, become aware of what motivates us, and refrain from toxic relationships. Some values are critical to have when avoiding toxic relationships. Here are a few examples that we should highly value.

- Confidence
- Fairness
- Honesty
- Respect
- Discipline
- Growth
- Happiness
- Stability
- Love
- Safety
- Health

Importance of healthy relationships

Knowing how to avoid toxic relationships is important, but it is key to know how to identify and keep healthy relationships. Healthy relationships allow us to have a higher quality of life and become better. Always remember to value relationships that allow you to become the best YOU!

Results of a toxic relationship

- Decreased self-esteem
- Feeling scared/fear
- Mistrust
- Dishonesty
- Un-forgiveness
- Stress
- Poor health

How to avoid toxic relationships

- Don't tolerate people that lie to you.
- Don't make relationship choices when you are going through a hard time.
- Identify what you value most.
- Learn to say NO!

Signs of a toxic relationship

- Manipulating (trying to influence someone to do something using lies)
- Someone/Something controlling your actions
- Undermining your own feelings
- Showing jealousy

Lesson 7: Toxic Relationships

Name _____

Learning Objective(s): To learn how to avoid toxic relationships; to learn how to identify toxic relationships

PART 1:

1. In your own words, briefly describe what a toxic relationship is.

2. Identify which of the following is a sign of a toxic relationship.

a. Respect	b. Control
c. Trust	d. Friendship

3. Select all of the choices you think are examples of toxic relationships.

- A. A classmate who makes fun of you everyday to make you upset
- B. A gang leader pressuring you into participating in illegal activities
- C. Your grandmother helping you fill out job applications
- D. Your best friend trying to convince you to smoke weed
- E. Your basketball coach beating you after a practice.
- F. Your pastor taking you on volunteer projects with him
- G. Your older cousin beating you up and taking your nice clothes
- H. Your uncle taking you out to the park to play baseball
- I. Your older sibling bullying you into doing all of his/her chores
- J. Your English teacher telling you that you're not smart enough to pass the class

4. Choose which of the following can be a result of a toxic relationship.

a. Fear	b. Warmth
c. Love	d. Success

5. What is the best way to avoid toxic relationship?

- A. Choose relationships when you are having emotional distress.
- B. Accept when people lie to you. We are all human.
- C. When someone lies to you, break off the friendship.
- D. All of the above

6. In the space provided, write what could be the results of the given relationships.

Relationship	Possible result of relationship
You have a friend who calls you mean names everyday at school.	
You have a close relative that you trust and he asks you to drink alcohol with him. Both of you are under-age and could possibly go to jail if caught.	
Your friend asks you if she could copy your homework assignment because she didn't feel like doing it.	

PART 2:

1. Have you ever been in a toxic relationship? If so, explain.

2. If you have been in a toxic relationship, explain how you can avoid another one in the future.

3. Check off the values listed that are important to you.

<input type="checkbox"/> Acceptance	<input type="checkbox"/> Health	<input type="checkbox"/> Success	<input type="checkbox"/> Integrity
<input type="checkbox"/> Freedom	<input type="checkbox"/> Friendship	<input type="checkbox"/> Love	<input type="checkbox"/> Respect
<input type="checkbox"/> Stability	<input type="checkbox"/> Safety	<input type="checkbox"/> Teamwork	<input type="checkbox"/> Learning
<input type="checkbox"/> Peace	<input type="checkbox"/> Happiness	<input type="checkbox"/> Money	<input type="checkbox"/> Leadership
<input type="checkbox"/> Challenge	<input type="checkbox"/> Adventure	<input type="checkbox"/> Beauty	<input type="checkbox"/> Faith
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Trust	<input type="checkbox"/> Belonging	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Patience	<input type="checkbox"/> Independence	<input type="checkbox"/> Security	<input type="checkbox"/> Discipline

4. How can the values that you chose be used to help you reach Goal #____.
