

# Medea Creek Teen Club

## Programs & Clubs



### Youth Eat Real Program

This program is an opportunity for youth to engage in mind & body wellness. We explore concepts of how physical exercise can enhance and improve quality of life as well introduce healthy food choices and what can be gained from having a proper diet and how those healthy choices will have a positive affect on the physical body and mind. Will participate in a group game that utilizes physical activity and provide a healthy choice snack afterwards. The goal is to open the youths mind to alternative healthy ways of living that will make them feel good physically and mentally about themselves.

### Community Outreach Program

Engaging in community service provides our youth with an opportunity to become active members of their community and can result in having lasting positive impacts on society and individual self at large. Volunteerism enables youth to acquire life skills and knowledge, as well as provide a service to those who need it most. We will be starting the year off with trips to the animal shelter, playing games with senior citizens, and assist in helping out local communities.



### *World Cuisine*

The Medea Creek Teen Club goes to the kitchen at the community center and the teenagers learn how to cook. Teenagers who are interested in participating are going to be meeting once a week and help create the Teen Club first cookbook that we are going to publish at the end of the school year. The teenagers are going to focus on creating recipes for appetizers, main courses, desserts, & drinks from a variety of different cultures around the world. They will help participate in doing research, creating a shopping list with a budget, take pictures of the dishes they created & help design and format a cookbook.



### *Who wants to be a Millionaire?*

The program focuses on the concept of teaching youth the daily expenses of life that majority of adults must go through. The program is a live role-playing interactive game. Each teenager will be given a million play dollars and will get to choose a house and a car that would like for them and see the potentials up and downs with having that responsibility and how they would like to spend and save their money.



## Strong Girls

The Strong Girls program will help focus on...

- girls to pursue their passion
- identify important values to her
- let her understand that she has a voice that deserves to be heard
- get girls working together
- help her process the messages in the media
- acknowledge her struggles but keep a sense of perspective
- discuss the importance of knowledge and safety awareness
- Creating caring creative friendships among the girls

After our group talk we work on a group building activity, crafts, and physical activities that make us girls feel good about ourselves. As well strong girls will include a service project where ladies will learn the importance of giving back to the community.



## *Passport Boys to Men*

Passport Boys to Men focuses on a targeted effort to engage the teenage boys into discussion and activities that reinforce



- Communication
- Conflict resolution and awareness of self and others
- Character
- Leadership
- Positive behavior

Each participant will receive a “passport” to underscore the notion that he is on a personal journey of maturation and growth. Each meeting will incorporate interactive activities that will focus on a specific aspect of character and manhood. It also includes a service project where boys learn the importance of giving back to the community.