

ABOUT SPARK	POINT #1	POINT #2	POINT #3	POINT #4
 <p>SPARK</p> <p>is an additional counseling service program where you can help others and meet in a warm, friendly, confidential atmosphere to talk about any issues and/or concerns that they (and/or you) may have.</p> <p>Here at Stuyvesant High School, SPARK has many missions which we aim to reach by dividing SPARK into two components.</p>	<p>The first component is making SPARK</p> <p>a place where any student, who is having a problem at home or is feeling socially and/or academically isolated can be helped.</p> <p>We understand</p> <p>the competitive nature at Stuyvesant and know how stressful it can be.</p> <p>We're here for you everyday.</p> <p>For anybody to drop by and talk to a peer member about anything they wish.</p>	<p>The second component of SPARK</p> <p>(and also a major goal) is getting involved!</p> <p>You are encouraged to join SPARK</p> <p>to help out fellow students by suggesting solutions to their problems/concerns.</p> <p>We also attempt to raise awareness about common teen issues</p> <p>such as adolescent transitions, peer pressure, expectations, stress factors, substance use/abuse, and family problems to name a few.</p>	<p>As a member of SPARK</p> <p>you will learn coping skills and peer counseling through our small group dynamic discussions/trainings.</p> <p>In addition,</p> <p>we present and act out scenarios that help promote individual and group counseling skills.</p> <p>Through this educational training, you will qualify to become a Peer Helper as a Freshman and/or Sophomore and a Peer Educator starting in your Junior year.</p> <p>▪ Please see reverse side of this page for service/curriculum & club information.</p>	<p>At SPARK,</p> <p>we give emphasis to our Substance Use/Abuse Education Awareness curriculum –</p> <p>Project Towards No Drug Use: A Prevention/Intervention Model</p> <p>Students are educated about various drugs ranging from alcohol and tobacco to prescription drug use and the consequences of taking them.</p> <p>In addition,</p> <p>we conduct classroom presentations and do awareness outreach projects in hopes of bettering ourselves and bettering our communities.</p>
DROP BY & INQUIRE!!!		CONTACT INFORMATION		“WE’RE WILLING TO LISTEN!”
<p>If you are interested in getting involved in SPARK, then visit our office. I (and/or the members of SPARK) look forward to meeting you.</p>		<p><i>Angel Colon</i> Angel Colon, SPARK Counselor – Room 726 Mon – Fri: 8:30AM – 4PM 212 312 4800 x. 7260 spark273@gmail.com</p>		<p>“Confidentiality is honored & respected!”</p>



TRANSITIONING TO ADULTHOOD and BEYOND:



SPARK'S PEER EDUCATION & CHARACTER DEVELOPMENT CURRICULUM (Updated: 9/17/12)

LIFE SKILLS	SELF-IDENTITY / SELF-PERCEPTION	SEX HEALTH / GENDER IDENTITY
<ul style="list-style-type: none"> ❑ Maslow's Hierarchy of Needs; Goal-Settings; A Goal Chart; Resiliencies; Self-Esteem; Peer Pressure and You; Learning Assertiveness; Ways to Handle Insecurities; Coping Skills; Conflict Outcomes; Decision-Making; Leadership & Development Skills; Team-Building; Effective Communication; Avoiding Communication Blockers; Communication Scenarios; What Are They Really Saying? Various etc. 	<ul style="list-style-type: none"> ❑ Your Personal Character (Who Am I?); Ethics; Self-Esteem/Self-Confidence/Self-Image; Self-Expectations (Academics); Your Personal Inventory; Strengths and Weaknesses; You Are Where You Live; Outside Factors and How They Shape You; Understanding Your Personality & Personality Types; Mental and Social Health; What Do You Value? What Are Your Values? Morals 	<ul style="list-style-type: none"> ❑ Facts and Myths about Sex; Words and Slangs; Talking To Your Partner About Condoms; Your Thoughts on Abstinence; Dealing with Pregnancy Issues; Parenthood; Sexual Transmitted Infections (STI); HIV/AIDS; LGBTQ-Sexual Orientation Topics; Various etc ❑ Dating Issues (Abuse, Harassment, Violence, Unhealthy Relationships etc.); Love or Infatuation? Qualities in a Relationship etc.
SOCIAL HEALTH & WELLNESS / PLAYING IT SAFE / MISCELLANEOUS		
<ul style="list-style-type: none"> ❑ Anger Management; Acknowledging & Respecting Differences; Being Accepting of One Another; Bettering and Getting Involved in School Community; Bullying/Cyber-Bullying Issues; Choices/Decision-Making; Conflict Resolution; Coping Skills; Child/Teen Abuse; Dating/Relationship Abuse; Dealing with Difficult People and Life Situations; Depression; Eating Disorders; Opening up to Adults you can talk to (Confidentiality); Gang Prevention/Intervention; Problem Gambling; Internet Safety; Mental & Social Health; Negative Peer Pressure; Running Away; Self-Sabotaging (At-Risk Factors and Behaviors); Suicide Awareness; Thoughts on Death and Dying; Stages of Grief; Dealing With a Grieving Friend; Your Role and Understanding Boundaries; Dealing with the Law; Know When to Just Walk Away; Understanding & Accepting Consequences; Violence; Various etc. 		
SOCIAL RELATIONSHIPS / FAMILY DYNAMICS		SUBSTANCE USE / ABUSE EDUCATION AWARENESS
<ul style="list-style-type: none"> ❑ Defining Relationships; Social Interactions; Circle of Friends; Defining Friends, Cliques etc. Steps in a Relationship; Is it Love or Infatuation? What Really Matters To You? Qualities You Seek in a Person; Family Communication; Family Expectations; Family Issues; Various etc. 	<ul style="list-style-type: none"> ❑ Addiction, Central Nervous System; Chemical Dependency and Legal Issues; Drug-Use Continuum; Environmental Settings; Reasons, Reasons, Reasons; Support-Health Services/Resources; Using and/or Dealing? Who You Hurt? Various etc. 	
SELF-MANAGEMENT: EMOTIONS / STRESS / TIME ETC.		
<ul style="list-style-type: none"> ❑ Understanding Your Emotions, Feelings, Instincts & Thoughts; Various etc. ❑ Are You Vulnerable to Stress? The Life Change Index; Good Stress versus Bad Stress; Sources of Stress; Stress in Various Aspects of Your Life; Long-Term Stress versus Short-Term Stress; Stages of Stress; Reacting to Stressful Situations; Support Systems/Resources; How You Can Help a Stressed Friend? ❑ Freshmen/New Student Advisory: Open Sessions; Organizational Skills; People Skills; Prioritizing Skills; Social Skills; Time Management; Various etc. 		<ul style="list-style-type: none"> ❑ Facts and Myths and Effects on Drug Use will explore > Depressants: Alcohol, Binge Drinking, Barbiturates, Benzodiazepines, GHB & Various etc. Inhalants: Anesthetics, Household, Nitrites & Various. Narcotics/Opiates: Codeine, Heroin, Marijuana, Oxycodone & Various. Over-the-Counter Products: Various. Performance Enhancers: Amphetamines, Anabolic Steroids, HGH, Pills & Various. Prescription Drugs: Various; Psychoactive: Club Drugs; Ecstasy; Hallucinogens, Ketamine, LSD, Mescaline, Meth, Mushrooms, Peyote, Shrooms & Various etc. Stimulants: Amphetamine, Caffeine, Cocaine, Energy Drinks, Energy Pills, Ephedrine, Nicotine & Various etc.
SPARK => ACTION – COMMUNITY – CULTURAL – EDUCATIONAL – EMPOWERMENT – HEALTH AWARENESS CLUBS		
1. STUY ASPIRA CLUB	2. STUY BLACK STUDENTS LEAGUE	3. STUY BUILDON CLUB
6. STUY GLASS CLUB	7. STUY GLOBAL CITIZENS CORPS	8. STUY MUSLIM STUDENTS ASSOCIATION
4. STUY CANCER SOCIETY CLUB		5. STUY FREE HUGS CLUB
9. STUY PROJECT LOVE CLUB		10. STUY RED CROSS CLUB