

I Am Me: Know Who You Are — Youth Program

Overview

Many at-risk youth face significant challenges such as low self-esteem, behavioral issues, and limited opportunities due to their circumstances. Without proper guidance and support, they may struggle to break free from negative cycles and realize their full potential. Juvenile detention centers, alternative schools, and educators working with at-risk youth often lack resources and effective strategies to address these complex needs, leading to high dropout rates, recidivism, and missed opportunities for personal growth.

The I am Me: Know Who You Are character education program offers a solution by providing comprehensive support and empowering students with essential life skills, self-awareness, respect for self and others, leadership skills and resilience to overcome obstacles and build a brighter future.

Audience:

- Students
- Adolescents
- Young adults

Participants will learn how to:

- Develop an understanding of who “I” am and how “I” am feeling relative to the world around them
- Demonstrate an awareness of the value of others
- Develop leadership and management skills to achieve school and life success

Program Details

- Pre/post program assessments
- Structured 8-week program following the IERE framework:
 - Sessions 1–2: Identity (Who am I?)
 - Sessions 3–4: Emotions (What am I feeling?)
 - Sessions 5–6: Relationships (Who am I connected to?)
 - Sessions 7–8: Environment (Is this the right environment for me?)
- Includes guided discussions, journaling, and real-life application
- Facilitator-led delivery with optional Bell’s Education support

About Bell’s Education

Bell’s Education is a leadership and organizational development company focused on character education and leadership. We provide practical, relationship-centered training that helps educators and leaders build structured, calm, and supportive environments where expectations are clear, communication is consistent, and people feel a strong sense of belonging. Through emotionally intelligent strategies, we support schools and organizations in strengthening culture, improving behavior responses, and creating spaces where individuals can succeed.

Ready to Bring This Training to Your Team?

Visit www.bellseducation.com to learn more or schedule a consultation.