

## The RIDGE Project Rites of Passage Outcomes

**PERSONAL:** Life can seem hard and unfair, but our ability to love, struggle, and overcome obstacles produces the fruit of our labor and gives us the faith to carry on.

Outcomes:

1. Enhanced self-esteem
2. Enhanced self-worth
3. Development of a personal education plan
4. Personal vision
5. Personal life plan
6. Increased discipline
7. List of personal affirmations
8. Enhanced community connections
9. Role model selection
10. Enhanced sense of empowerment
11. Enhanced sense of achievement
12. Basic understanding of cultural and ethnic origin
13. Identify a personal support network
14. Enhanced personal relationships
15. Enhanced knowledge of unresolved personal issues
16. Mentor selection

**MENTAL:** Obtaining knowledge is a life-long and life enriching process. We must develop the thirst and the skills for the acquisition of knowledge.

Outcomes:

1. Enhanced study skills
2. Knowledge of personal learning styles
3. Enhanced problem solving skills.
4. Enhanced decision making skills
5. Increased knowledge of culturally appropriate thinking
6. Enhanced appreciation for books and reading
7. Increased critical and analytical skills
9. Continue in self-inventory
10. Acceptance of learning as a life-long process
11. Enhanced positive attitude toward learning
12. Development of a plan to obtain a High School diploma
13. Knowledge of colleges available and application/admission processes

**PHYSICAL:** Your health, nutrition, hygiene, and physical activities determine how you will live and how you grow.

Outcomes:

1. Enhanced understanding of bodily functions
2. Enhanced understanding of good nutrition
3. Enhanced understanding and appreciation of physical exercise

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4. Informed of other drugs and definition of drug abuse
5. Enhanced food management skills
6. Enhanced drug and alcohol resistance skills
7. Enhanced knowledge of the harmful effects of tobacco
8. Enhanced understanding of sexuality and sexually transmitted diseases/infections
9. Enhanced knowledge of risks of sexual activity outside of marriage
10. Increased commitment to sexual abstinence until marriage
11. Enhanced knowledge of good grooming practices
12. Enhanced knowledge of personal hygiene
13. Increased awareness of stress reduction skills
14. Enhanced appreciation of the need for rest
15. Enhanced positive recreation choices
16. Enhanced awareness, appreciation, and practice of health promoting behaviors

**SOCIAL:** The world, the community, and your family should benefit—not suffer—from your presence on this earth.

### Outcomes:

1. Develop enhanced sense of community
2. Increased awareness of the need and benefits of volunteerism
3. Enhanced social networking skills
4. Enhanced knowledge of and skills to access community resources
5. Identify a social support group to join (YMCA, Sports, Clubs, etc.)
6. Evaluation of peer and family relationships
7. Enhanced knowledge of appropriate dress and behavior for various social functions
8. Enhanced knowledge and strategies to overcome social obstacles (racism, sexism, class distinctions, age discrimination)
10. Review of criteria for obtaining and keeping a valid driver's license

**EMOTIONAL:** Identifying feelings, learning the difference between responses and reactions, reinforcing emotional honesty with self and others.

### Outcomes:

1. Development of non-violent conflict resolution skills
2. Increased emotional maturity
3. Enhanced knowledge of how to initiate positive relationships
4. Enhanced knowledge of how to evaluate peer relationships
5. Enhanced skills to resist negative peer pressure
6. Enhanced skills to exert positive peer pressure
7. Enhanced understanding of emotions-their work and purpose
8. Enhanced understanding of love/sex relationship
9. Enhanced understanding of hate and its harm
10. How to express and exhibit emotions without harm to self or others
11. Enhanced skills to distinguish emotional abuse
12. How to defend oneself emotionally
13. Enhanced skills to relieve boredom

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14. Develop skills for self- motivation
15. Development of an emotional vocabulary
16. Increased anger management skills
17. Continue self inventory

**ECONOMIC:** The responsibility of establishing and maintaining a sound economic foundation is basic to becoming an adult and building a family and community.

Outcomes:

1. Enhanced money management skills
  - a. Enhanced knowledge of basic banking instruments and procedures including: savings, checking, credit cards, debit cards, certificates of deposit, and mutual fund accounts
  - b. Opening and balancing a checking account
  - c. Opening savings account with an increasing balance
  - d. Increased knowledge of the appropriate use and inherent dangers of credit card use
  - e. Enhanced knowledge of mutual funds
  - f. Enhanced knowledge of certificates of deposit
2. Enhanced consumer awareness
  - a. Develop food shopping skills
  - b. Enhanced ability to shop for clothes
  - c. Develop ability to shop for furniture
  - d. Develop the ability to shop for electronics
  - e. Develop thrift shopping skills
  - f. Enhanced knowledge and use of discount coupons
  - g. Enhanced knowledge of how to buy a car
3. Enhanced community economic development
4. Investment club development opportunities
5. Increased knowledge of diverse and non-traditional careers
6. Increased knowledge of vocationally and apprenticeship programs
7. Enhanced job search skills
8. Development of resume
9. Enhanced interviewing skills
10. Enhanced knowledge of appropriate business attire
11. Enhanced job retention skills
12. Enhanced knowledge of how the stock market operates
13. Develop knowledge of investment instruments  
(stocks, bonds, annuities, life insurance, etc.)
14. Develop apartment/house searching skills
15. Enhanced understanding of insurance

**POLITICAL:** Taking an active role in community, local, state and federal government is one of the necessary keys for self-determination.

Outcomes:

1. Enhanced understanding of political systems

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2. Enhanced understanding of the importance of political systems
3. Meeting political officials
4. Learn how to follow a bill
5. Develop skills to wield political involvement appropriately
6. Develop leadership skills
7. Develop community organization skills
8. Knowledge of local elected officials (School Board, City Council, Judges, State and Congressional Representatives)
9. Awareness of how to obtain a voter registration card
10. Develop skills to appropriately lodge a complaint with a public agency

**HISTORICAL:** Your "present" is connected to your "past." Knowledge of your heritage inspires growth and reinforces the struggle for individual and community growth.

Outcomes:

1. Knowledge of their history
2. Improved self-esteem
3. Improved sense of historical debt
4. Heightened sense of community

**CULTURAL:** Our culture is the framework for our values, perceptions and interactions in this world...

Outcomes:

1. Appreciation of positive cultural values
2. Cultural frame of reference
3. Knowledge of different cultural value systems