

The Navigate Workshop Series

The curricula for our programs are developed by a team of social workers and SEL experts and are regularly updated and rigorously field tested. Our “Navigate Series” includes:

- **Navigate K-3: STAR: *Guiding the Way Through Friendship***

This curricula is designed to be delivered as a half-day workshop for boys and girls. The focus is helping early elementary students learn how their actions impact other people. The building blocks of friendship including kindness, acceptance, and empathy and problem areas in friendships such as teasing and exclusion are explored through small group instruction, crafts, and play.



- **Navigate 4-5: COMPASS: *Finding Your Way***

This curricula is designed to be delivered as a full-day workshop. The focus is on enhancing fourth and fifth graders’ social emotional skills – including self-awareness, managing emotions, problem solving, and developing healthy relationship skills – all in a fun, engaging, and supportive environment. Separate sessions emphasize a girl’s experience and a boy’s experience and the workshops are offered as “COMPASS for Girls” and “COMPASS for Boys.”

- **Navigate Middle School: TREK: *The Next Step***

This curricula is designed to be delivered as an evening workshop for students entering middle school. The workshop features small-group breakout sessions and a high school discussion panel that address topics such as shifting friendships, inclusion and exclusion, and the use, impact, and influence of social media. Separate sessions emphasize a girl’s experience and a boy’s experience. Offered as “TREK for Girls” and “TREK for Boys.”



- **Navigate Zen: PATHWAYS: *The Journey to Self-Awareness***

PATHWAYS provides young people with a way to positively cope with stress and focus on personal growth through yoga and other mindful practices. These workshops last 1.5 hours and vary in topic and by age group.



Currently, the workshops that Navigate Adolescence delivers are held in Downers Grove and are open to all children in our surrounding communities, including Lisle, Woodridge, Naperville, Elmhurst and Lombard. Since 2014, our workshops have been delivered in Geneva, St. Charles, LaGrange, Ill., with a recent expansion to Munster, Ind. These communities utilize our curricula and deliver the programs without funding or financial support from Navigate Adolescence.

Navigate Adolescence’s programs have proven to be very successful. For example, at our February 23, 2019, Compass program that 260 fourth, fifth, and sixth grade girls attended:

- 34% of fourth grade girls reported that they felt “very able” to handle teasing and exclusion before they attended, while 62% of girls reported that they felt “very able” to handle teasing and exclusion after attending.
- 14% of fifth grade girls reported that they felt “very able” to resolve conflicts with friends before they attended, while 54% of girls reported that they felt “very able” to resolve conflicts with friends after attending.
- 14% of sixth grade girls reported that they felt “very able” to identify personal values before they attended, while 35% reported that they felt “very able” to identify person values after attending.

One program attendee shared:

“I like attending Navigate’s programs. These programs focus on making sure girls are ready to overcome different situations they may experience with friends, with bullying, and with their self-esteem. I always enjoy the friendship sessions. These sessions give me the knowledge to problem solve different situations with my friendships. I walk away from each event feeling more confident with myself. – Megan S. (6th grader)



At our January 12, 2019, Compass program that 86 fourth and fifth grade boys attended:

- 19% of fourth grade boys reported that they felt “very able” to recognize, name and manage their emotions before they attended, while 50% of boys reported that they felt “very able” to recognize, name and manage their emotions after attending.
- 23% of fifth grade boys reported that they felt “very able” to understand the difference between responding respectfully and reacting before they attended, while 42% of boys reported that they felt “very able” to understand the difference between responding respectfully and reacting after attending.

Another of our attendees shared:

"I thought that TREK [Navigate Adolescence's middle school transition program] was fun, even though I didn't want to go when my mom told me about it. I most liked learning about social media. I didn't realize how widespread and big it was and that it lasts forever. It made me realize that I need to be conscious of what I'm putting out about myself and other people. I also liked hearing from the high school boys and their experiences since they were my age just a few years ago. Usually, we just hear from adults that were in junior high 30 years ago and don't super understand what we are dealing with. It was also nice to hear it's normal that friendships don't always last forever and it's normal that people you've been friends with for years aren't as good friends with you now as they used to be. My biggest takeaway was that everything you do online or say can be found out by someone else and has an effect on others. Be careful of how you present yourself."

-- Nate F. (7th grader)

We strive to bring our exciting and impactful workshops to every child in our community by making our programs affordable or offering reductions in program fees to those in financial need. We do this by subsidizing the cost of our programs through our fundraising efforts.

Evaluation Plan

Navigate Adolescence evaluates all our programs through carefully designed SEL-based evaluation tools designed to measure the impact of each lesson. Every young person completes an evaluation at the end of each program to measure the competencies gained during the program. Evaluations are also completed by each facilitator at every program to ensure that the curricula is on target, and remains relevant in our students' fast-paced and quickly changing lives.

"My friends and I are all better friends because we're more patient with each other, more understanding, and more confident in ourselves. We've had less drama and fighting than before. I like participating every year because it's a refresher on what you've learned, and it keeps building your confidence."

Ellie K, (6th grader)