

Discover One Trusted Adult's Branch Out High School Advisory Program



About One Trusted Adult

One Trusted Adult offers research-based programs that teach the fundamentals needed to build strong connections and healthy boundaries with young people. Our goal is to ensure that every young person has the one thing that is crucial to their well-being and success: an accessible, boundaried, and caring adult. We provide materials, strategies and training, designed by experienced educators, to help build and deepen relationships between young people and adults.

Branch Out Advisory Program for Grades 9 — 12

Branching out means to embrace new opportunities, learn new skills, meet new people, and explore all that the world has to offer. The activities in our research-based Branch Out High School Advisory Program will prepare young people, and challenge them, to do just that.

Branch Out has been created to enhance an already existing advisory program that is working for you and your students, or as a stand-alone program. There are 25 specific topics that follow the same organization and can take anywhere from 25-60 minutes depending on the amount of time you have. Designed to require no prep, the activities capture the attention of students ages 14-18 with writing prompts, opportunities for reflection, group challenges, and engaging activities that address the universal needs of youth in a fun and unique way. Most distinctive is the ability for adults or students to lead the activities and discussion. The instructions are meant to be read aloud to everyone in the room, and together you will work through the information and activities. This flexible curriculum can be completed in order, or topics can be chosen based on a current need or interest.

Included:

- Branch Out Facilitator Training recorded webinar, 30 minutes
- Digital Branch Out Program (pdf) for use at one school, includes activities and discussion prompts for 25 meetings

Also Available:

- Branch Out Advisor Professional Development Training: in-person, virtual live or asynchronous online modules
- One Trusted Adult: How to Build Strong Connections & Healthy Boundaries with Young People by Brooklyn Raney, book and reader's guide to facilitate community-wide discussion with adults on building trust, establishing boundaries and creating culture

Branch Out Advisory Program for Grades 9 – 12

Activities & discussion prompts to build connection and community

Branch Out has been designed to enhance your youth-serving program by assisting in building connection and community through activities, discussion, and fun!

A flexible program, Branch Out can be used with:

- Advisory and small group settings
- Large group classes and teams
- Student leadership and peer mentoring programs



Branch Out encourages young people to invest in, care for, and pay attention to themselves, others, and their communities as a whole. Branch Out is an upstream approach to preventing risky behavior through the development of healthy relationships with trusted adults and peers. It ignites conversations relevant to the lives of young people today while supporting advisors and facilitators to remain within the scope of their expertise (in other words, it does not ask the adult to play the role of counselor or therapist). The topics focus on characteristics of healthy community, and the actions of individual community member to contribute in positive ways.

Topics include: Community, Friendship, Mindset, Trust, Energy, Belonging, Learning, Mentorship, Contribution, Decision Making, Responsibility, Priorities, Courage, Problem Solving, Goal Setting, Communication, Collaboration, Feedback, Conflict, Boundaries, Compassion, Leadership, Influence, Reflection, Gratitude

Why Do We Need Branch Out?

Branch Out prompts discussion of important life skills with trusted adults. Embedded throughout the Branch Out curriculum are these core principles:

- Preventing risky or concerning behaviors begins with connection.
- Teaching young people how to contribute to their communities—and how to seek opportunities for becoming a part of communities—leads to their greater social, mental, physical, and emotional wellness.
- Academic engagement is directly correlated with feelings of safety and belonging.
- Consistent and proactive conversations about life skills lead to healthier choices.
- Young people benefit from learning—and seeing models of—collaboration over competition.
- Young people benefit from learning—and seeing models of—how to treat themselves and others with dignity.
- Young people benefit from learning how to be a mentor and how to seek mentors.
- Meaningful conversations between young people and adults encourage trusted relationships, which serve as the greatest preventive and protective factor a young person can experience, influencing them away from risk and toward greater resilience, stronger engagement, and improved physical and emotional wellness.



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