

Youth Changes

H.E.R.E. Program (Help Everyone Receive Education)

Updated Program Curriculum Overview - Modules 1-7

The Youth Changes H.E.R.E. Program curriculum provides development and enrichment through practical life skills, mentoring, communication, decision-making, and digital literacy. The curriculum helps youth identify personal strengths, build healthy relationships, communicate effectively, resolve conflict, make informed decisions, and develop the digital skills needed to navigate school, work, community life, and an increasingly AI-shaped world.

Core Curriculum

Module 1 - Self-Development

- Lesson 1 - Discovering Your True Self
- Lesson 2 - What Is My Personal Brand?
- Lesson 3 - Bullying & Gangs

Module 2 - Relationship Building

- Lesson 1 - How to Build Healthy Relationships
- Lesson 2 - Rebuilding Broken Relationships
- Lesson 3 - Why Relationships Matter

Module 3 - Conflict Resolution

- Lesson 1 - What Is Conflict?
- Lesson 2 - Skills for Resolving Conflict
- Lesson 3 - Why It Is Important to Resolve Conflict

Module 4 - Effective Communication

- Lesson 1 - What Is Communication?
- Lesson 2 - What Is Effective Listening?
- Lesson 3 - How to Give and Receive Feedback

Module 5 - Decision-Making Skills

- Lesson 1 - What Is Effective Decision-Making?
- Lesson 2 - What Factors Drive Your Decisions?
- Lesson 3 - How Do I Make Good Decisions?

Module 6 - Digital Literacy & Online Safety

- Lesson 1 - Digital Literacy and Responsible Digital Citizenship
- Lesson 2 - Online Safety, Privacy, Passwords, Scams, and Protecting Personal Information

- Lesson 3 - Social Media, Misinformation, and Evaluating Online Sources
- Lesson 4 - Digital Footprints, Cyberbullying, and Responsible Online Communication
- Lesson 5 - Applying Good Decision-Making Skills Online

Module 7 - Digital Literacy in an AI-Shaped World

- Lesson 1 - Understanding Artificial Intelligence and Everyday AI
- Lesson 2 - Recognizing AI-Generated Information, Images, and Media
- Lesson 3 - Critical Thinking, Fact-Checking, and Verifying Digital Information
- Lesson 4 - Responsible and Ethical Use of AI and Digital Tools
- Lesson 5 - Digital Wellbeing: Screen Time, Online Pressure, and Healthy Technology Habits
- Lesson 6 - Using Digital and AI Tools for Learning, Career Exploration, Creativity, and Positive Community Impact

Instructional Format

Each topic follows the H.E.R.E. Program's established engagement format: 15-20 minutes of concept instruction using age-appropriate materials such as videos, flash cards, presentations, demonstrations, or skits; approximately 15 minutes of open discussion where youth develop and share their own viewpoints; approximately 15 minutes of hands-on activities to practice new skills; and a closing debrief to review key points and identify individual takeaways.

Digital Literacy Expansion: Modules 6-7

Modules 6 and 7 expand the existing H.E.R.E. life-skills and decision-making framework into digital environments. Youth practice protecting personal information, recognizing scams and misinformation, evaluating the credibility of online content, communicating responsibly, and understanding how their digital choices can affect relationships, education, employment, and future opportunities.

The AI-focused lessons remain grounded in digital literacy rather than technology development. Youth learn what AI is, where they may encounter it, why AI-generated information can be incomplete or incorrect, and how to slow down, ask questions, compare sources, and use their own judgment before acting on digital information. Activities also address healthy technology habits, online pressure, responsible use, and ways digital tools can support education, careers, creativity, and community engagement.

Age-Responsive Delivery

For ages 10-12, lessons emphasize foundational online safety, trustworthy information, emotional awareness, and when to seek help from a trusted adult. Ages 13-15 build stronger skills around social media, misinformation, online pressure, AI-generated content, privacy, and responsible decision-making. Ages 16-19 explore more complex issues involving AI, identity, education, careers, relationships, ethics, digital responsibility, and independent decision-making.

Learning Outcomes

Participants will be able to identify safer digital practices; explain how online information can influence decisions; use basic strategies to evaluate sources and AI-generated content; recognize misinformation, scams, and risky online behavior; demonstrate responsible digital communication; apply H.E.R.E. decision-making skills to digital situations; and identify healthy ways to use technology for learning, career

development, creativity, and community participation.

Youth Changes | H.E.R.E. Program

Curriculum Expansion for Digital Literacy and Responsible AI Readiness