

Table of Contents

Acknowledgements	ii
POV Programs and Services	iv
Foreword	viii
Introduction	1
How To Use This Curriculum	4
Academic Standards and Assets Alignments	5
Curriculum Orientation Activity	15
Individual Module	see tab
Mind	17
Body	27
Spirit	33
Relationship Module	see tab
Family	39
Friends	49
Intimate Partners	55
Community Module	see tab
Sisterhood	65
Culture	69
Environment	75
Society Module	see tab
Past	79
Present	87
Future	91
Appendix	see tab
40 Developmental Assets [®]	104
Be Strong Curriculum Alignments	106
Be Strong Evaluation Post - Survey	111
Be Strong Key Evaluation Findings	116
Certificate of Completion	124