

The YOU CAN School Program is a Resource for Your Student Athletes



The **YOU CAN School Program** is an award-winning **free** public service offered by the Army National Guard. Delivered in classroom settings by certified presenters, the 30 dynamic presentations make effective use of video, music, and graphics, and introduce students to necessary life skills in order to let them know that they can have successful futures and accomplish great things.

The **highly motivational presentations** will help students believe that they can shape their futures—and make them want to do so. The goal is neither to tell students "everything there is to know" about a topic nor to give them a "broad-brush" understanding of the subject. Rather, our goal is to **give them an essential skill or a shift in their thinking**, which helps them make wise decisions—right now and throughout their lives.

The Army National Guard is excited about these presentations and what they have to offer students, schools, and the community. A demonstration of the materials and the audio/visual complements will show you why the Guard has put so much time and effort into this program and why it's something we think will be a benefit to all.

The 30 presentations are grouped thematically, that combines similar topic areas:

- **Health & Social Well-Being** presentations provide clear explanations and down-to-earth suggestions for staying safe and healthy, and learning how to get along with others.
- The **Life Betterment** category includes presentations that give students practical tips and suggestions for developing life skills they can use now and that they will need after graduation.
- **Discovery** presentations help students understand the American identity, and figure out how Americans relate to the rest of the world.
- The **Disaster Preparedness** series shows students what they can do to stay safe when disasters occur.

Specifically, each of the presentations are listed below:

Health & Social Well-Being	Life Betterment	Discovery	Disaster Preparedness
School Violence Prevention	Leadership I	American Flag I	Tornados
Conflict Resolution	Leadership II	American Flag II	Floods
Drugs & Alcohol	Problem solving	Freedom	Hurricanes

Communication	Goal Setting	Patriotism	Earthquakes
Diversity I	Life-Long Learning	Historic American Documents	--
Diversity II	Paying for College	National Security Awareness	--
Health & Nutrition Awareness	Budgeting Basics	National Guard I	--
--	Studying Techniques	National Guard II	--
--	Memory Power	Map Reading	--

For more information about the YOU CAN School Program and how you can bring one or more presentations to your student-athletes, please contact Todd Flournoy, CIF Director of Marketing CIF Director of Marketing at (510) 521-4447 or tflournoy@cifstate.org.