Anchored4Life has teamed up with Commander Navy Installations Command (CNIC) to bring the youth of our nation a comprehensive transition and resiliency club in accordance with the Navy School Based Programming standards (SBP Guide, Chapter 8). This club will make a significant difference in military and civilian children’s lives by offering positive support, teaching life skills, and providing resources as they face many unique challenges. Anchored4Life will provide transition and resiliency life skills to schools, home school groups, and Child and Youth Programs.

DID YOU KNOW?

Military children relocate every 1-4 years, three times more often than their civilian peers. (Harvard University – Center for Developing Child).

The most common factor for children who develop resiliency is at least one stable and committed relationship with a supportive parent, caregiver, or other adult. (Berg, 2008; Bradshaw, Sudhinaraset, Mmari, & Blum, 2010; & Hipps, 2011).

Out of 1.85 million military children, 1.2 of them falls into the K-12 educational range of 6-18 years of age. (DOD, 2010).
**CLUB POSITIONS**

**One Administrative Point of Contact**
A designated individual at a specific location who oversees the Club.

**Three Advisers**
Committed adults at the location who directly support the Team Leaders and will facilitate the Club features.

**Five Team Leaders**
6th to 8th grade youth who identify and assist transitioning youth with resiliency tools and resources.

**A4L Reps**
Youth who are identified by the Advisers to provide individualized support to transitioning youth.

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**CLUB FEATURES**

1. **Quotes**
   Provide an inspiring message to set the stage for daily positive interactions.

2. **Kits and REALTALK Activities**
   Keep youth connected and provide valuable resources during transitions.

3. **Tours**
   Provide leadership opportunities for Team Leaders to assist transitioning youth.

4. **REALTALK**
   Provides a safe place for Team Leaders to connect with transitioning youth through teaching life skills. There are ten main transition topics (i.e., moving, deployment, reintegration, bullies, making friends, homework, fear, healthy body, divorce, and grief).

5. **Service Project**
   Strengthens community ties through building connections, increasing self-confidence, making contributions, and gaining competence.

6. **Anchored4Life Showcase**
   Connects Team Leaders via webinar through showcasing how Anchored4Life is having a positive impact on their location.

7. **Training and Ongoing Support**
   Strengthens the implementation of the Club Features at the location.

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**GOALS**

1. **Teach and reinforce life skills to better connect with their peers and community during transitions.**

2. **Provide growing opportunities to increase competency and character by positively addressing setbacks.**

3. **Build confident leaders who inspire others by contributing to a caring and supportive environment.**

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Middle School Youth
**www.anchored4life.com**