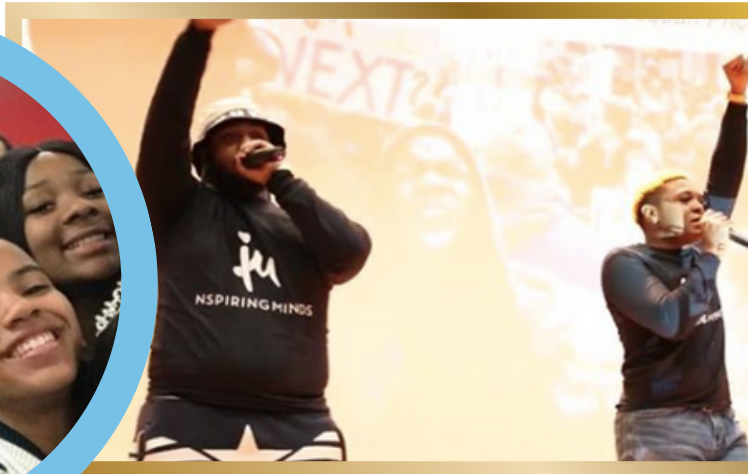


IM Leadership Institute



The IM Leadership Institute includes 3 programs that develop leadership skills in high school youth through deepening their knowledge of cultural identity & history through our Know Your History Program, understanding how to activate their power through our CIVICS program, and how to prioritize their emotional and physical well being through our Life Goal Labs. Each program can also be a stand-alone program and is implemented during the school day.

Know Your History is a literacy-based program that provides students with a culturally enriching educational experience designed to assist them in developing their sense of self and their leadership skills. Through multimedia presentations, discussions that unpack our history, and engaging activities that challenge participants to work collectively, participants will be able to make a critical analysis of the state of our current communities and how it directly ties to History.

CIVICS is a culturally responsive curriculum that provides young people with opportunities, platforms, and access to mediums for communal advocacy through the arts. Through building bridges to social justice platforms, students engage in a process that allows them to take a look at their communities and their pivotal role in their transformation and liberation. This program features investigative inquiry, prescriptive action planning, and participatory engagement as its core components.

Life Goal Labs introduces participants to foundational skills that support wellness and leadership. Participants will be challenged to consider emotional and physical well-being as their right rather than a privilege. They will also explore justice through the lens of owning their time, owning their creativity, and owning their bodies as an act of self-determination on the path to personal freedom.

Pay It Forward Internship Program



Through our Pay it Forward Internship Program, interns are provided with a platform to become agents of change within their school community and beyond. Though not required, we recommend choosing interns who completed the leadership programs as interns.

Pay it Forward is a youth-centered leadership model that positions select youth leaders in your school to assess programs, provide feedback, co-lead events/initiatives for the school community, and mentor their peers as needed. Participants host special events, present for special guests, and develop public speaking skills. Participants are paid a weekly stipend of \$60.

IMConnected is an initiative founded by our 2020 intern cohort in response to mental health needs during the pandemic. It is a call to action for teens to design programs that would bring together their peers and address an issue in their community. All students are welcome to submit their program idea, and the top 10 proposals are invited to pitch their idea to the larger community. The winners are selected to pilot their programs as part of the Inspiring Minds model during the Spring or Summer. (includes 5 pilots)

After School Enrichment Activities



Changemakers After School is a student-centered arts education after-school program rooted in Social Justice and dedicated to expanding that practice to create change in schools and communities. The Changemakers framework provides an opportunity for Teaching Artists to facilitate a process of high-quality art-making that directly responds to the critical social, economic, environmental, and political issues affecting our communities and the world. Art forms include dance, theater, culinary arts, music/poetry, and film.

Sports:

Martial Arts “Walk Like A Warrior”

‘Walk Like A Warrior’ is a Self-Defense and Anti-Bullying program where students will learn safe & effective real-world self-defense techniques, confrontation-avoidance & de-escalation strategies, and overall street-smart habits of mind.

Cadet Hoops Basketball

Youth engagement through instructional basketball-themed programs focusing on teaching the core fundamentals of the game in a fun, instructional, and semi-competitive environment. All programs utilize basketball as a vehicle to teach youth the leadership, socialization, and physical skills they need to be a better basketball player on the court by utilizing drill and station work along with full-court structured games.

IMCEO Youth-Led Programs



IMCEO is a spin-off from our IMConnected program! Several of our youth-led pilot programs are very successful and through IMCEO, the youth leaders continue to provide their services to our school partners during the school year and Summer. After two years of learning the business side of their programs with us, they are positioned to run their programs as their own business.

Gloves Up, Guns Down - Led by Arnold Ludd, participants unpack violence in their community and healthy ways to resolve conflict followed by training from a professional boxing trainer. (10 Sessions)

MBK Mentors - Led by Michael Muir, MBK fellows are selected and trained to mentor 9th graders. The program includes weekly group leadership sessions, monthly power lunches that provide a space for male professionals from the community to connect with the mentees, and a process for mentors to check in weekly with their mentees. (12 sessions) - includes stipends for mentors

Sikirat Tutors - Led by Sikirat Mustapha, is a youth-led tutoring model that trains to excel upperclassmen to tutor underclassmen or brings in college students to tutor students identified as needing academic support. Sikirat will work closely with your academic liaison to ensure our model is aligned with the academic needs of your school. \$19,500 (30 sessions) - includes stipends for 10 student tutors or 10 college students

Round Political Literacy for Teens - Round, is a youth-led program founded by Kylie Richardson to address the disconnect between teens and political literacy in underserved communities. Politics and current events are not always presented in a way that is relevant to teens which results in their lack of civic engagement on issues that affect their everyday lives. Round was created by a teen for teens, integrates youth culture, and provides a platform to debate real-life scenarios that our youth face on a daily basis. Additional topics include Bill of Rights, Critical Race Theory, Immigration, Abortion, and Gun Control. 10 sessions

Overview

The Inspiring Minds **Young Men's Empowerment Institute** utilizes a culturally-responsive approach to cultivate engagement, positive identity development, and leadership skills in young men of color. Successfully serving over 500 young men of color through Brooklyn North High Schools since 2019, our young men have received both local and national recognition for their service projects and impact in their community.



Sankofa Young Men's Rites of Passage

A weekly program that uses multi-media presentations, discussions, and activities to prepares boys to transition into manhood

Symposiums

A monthly forum that provides, engaging activities, panel discussions & workshops that allow participants a safe space to discuss critical issues with one another and other male role models from the community.

Entrepreneurial Community Projects

Participants pitch program ideas Shark Tank style for funding and the winning pitches receive the necessary resources and technical assistance to kick off their program pilots.

Professional Development

Workshop series designed to equip teachers, advisors & administrators with research-based practices and strategies to meet the unique needs of young men of color.

Email: bfavors@inspiringmindsnyc.org

Young Women's Empowerment Program

Office of Safety & Youth Development

Join us to build and connect with young ladies who are seeking to become agents of change in their communities! This 15 week experience will deepen your knowledge in the following areas:

How do I manage my life?

Health & Wellness

Goal setting, Time Management, College Preparation, Managing Stress & Anxiety

Who am I?

Cultural Identity

- Rites of Passage
- Self Identity
- Build a Sisterhood

How do I activate my power?

Civic Engagement

- Artivism (Music, Dance, Visual Arts & Poetry)
- Political Literacy
- IMConnected Shark Tank

Young women engage with experts from their community weekly for 12 weeks!

Unit 1 - Who Am I?

Session #1:

Session #2

Session #3

Session #4

Unit 1 - Life Management

Session #1:

Session #2

Session #3

Session #4

Unit 1 - Activating Power

Session #1:

Session #2

Session #3

Session #4

Brooklyn North High Schools Presents:

MBK LEADERSHIP INSTITUTE

Join us to build and connect with young men who are seeking to become agents of change in their communities! This 8-month experience will deepen your knowledge in the following areas:

Healthy Communities

- Purpose: What are we fighting for?
- Collective Work
- Advocacy Trip to Albany

Who AM I?

- Cultural Identity
- Authentic Voice
- College Tour

Activating My Power

- MBK Led Workshops
- IMConnected Shark Tank
- MBK Serves Field Day!



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Young men engage with experts from their community monthly!

Unit 1 - Nia: Who Am I?

Session #1: What is Rites of Passage?

Session #2:
Discovering your authentic voice

Unit 2 - Ujima: Healthy Communities

Session #3: Define the Issue

Session #4: Collective Work & Responsibility

Session #5: Trip to Albany

Unit 3 - Kujichagulia: Activating Power

Session #6: MBK Youth Led Workshops

Session #7: IMconnected Shark Tank

Session #8: Field Day!

COMMITMENT FORM

*Inspired by the National and State MBK Milestones

1. I will commit to attending and actively engaging in all MBK workshops and activities with an open mind to try new things.
2. I will commit to taking positive steps toward developing into a healthy and self-determining adult
3. I will commit to speaking my truth and respecting the various perspectives of others
4. I will commit to maintaining academic excellence while pursuing post secondary education and/or training
5. I will commit to working towards strengthening bonds and relationships with my brothers in the program and the larger community
6. I will commit to learning about and confronting critical issues that impact our community and using my gifts and skills to be a part of the solution
7. I will commit to engaging my family, friends and the larger community to raise awareness about MBK initiatives

Participant's Full Name: _____

Participant's Signature: _____

Participant's School Name & Grade _____

MBK Advisor's Name: _____

Date: _____

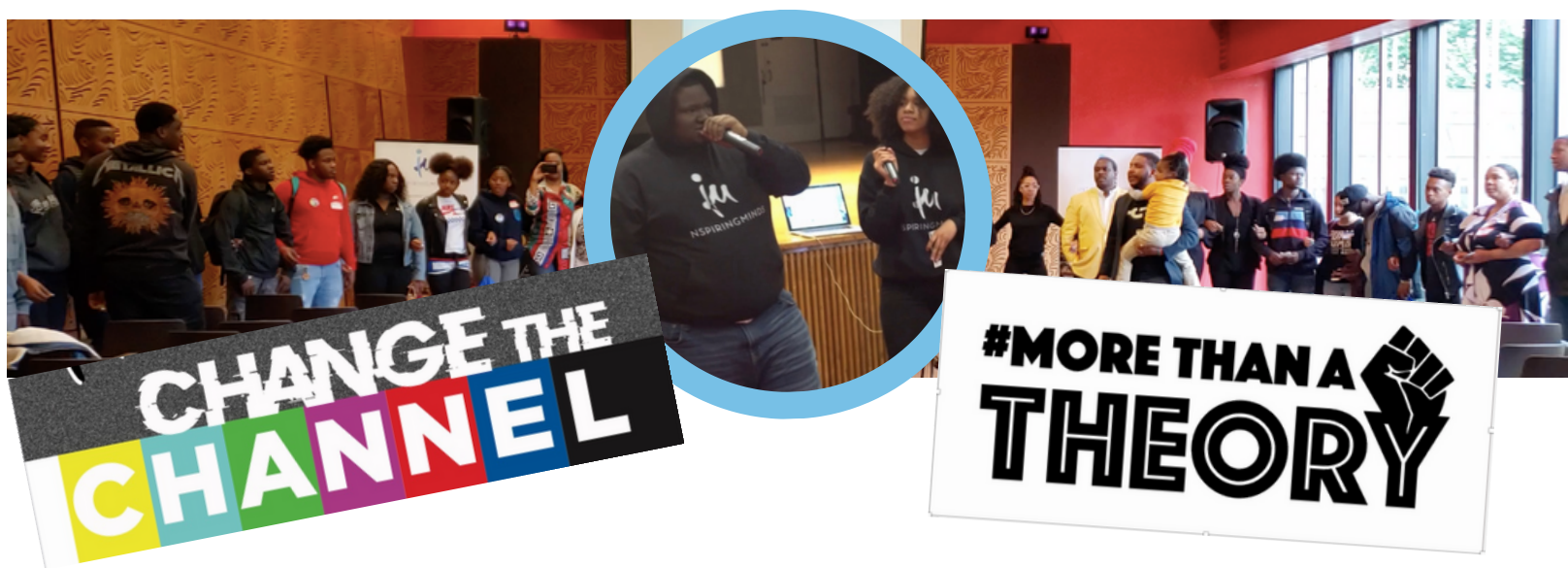
Parent's/Guardian's Signature: _____

age _____ Date: _____



INSPIRING MINDS
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Youth-Led Events



Town Halls - Youth leaders select issues along with their solutions that they share through a community forum. These thought-provoking town halls have resulted in us raising over \$30,000 for additional programming and materials for our school communities.

Youth Conferences- Serve as a culminating event for all of our programs at your school. Youth leaders support the design of the event and also serve as hosts. The event includes panels, workshops, performances, and food. Leading up to the event, youth leaders raise awareness and excitement through social media campaigns.

Athletic conference - Inspiring Minds has several former college athletes working as staff and nothing excites us more than to lead a youth conference! We will focus on leadership development, the process for transitioning to college, transferable skills from sport to career, and mental wellness.

Support for Parents & Teachers



We are able to make the most powerful impact when we are able to connect with the teachers and parents of the students we are serving through professional development or parent workshops - this way our youth are able to feel some consistency with our approach with different stakeholders. Full menu offerings can be provided upon request.

Professional Development - Led by our cohort of experts, we provide PD in culturally responsive approaches to teaching, unpacking race with your students, and how integrating SEL practices in the classroom. We can provide a full PD menu upon request.

Parent Workshops - Our parent workshop series were designed to address needs that emerged during the pandemic such as how to support the mental health needs and trauma for parents and their children caused by the pandemic, financial literacy, and how to discuss and unpack the racial tension in our country. We can provide a full description of each workshop upon request.

For more info, contact: kperou@inspiringmindsnyc.org