



Neighborhood House
OF MILWAUKEE

Community Education



Inspire. Connect. Strengthen.

2819 W. Richardson Pl., Milwaukee WI 53208
(414) 933-6161
info@nh-milw.org

A Legacy of Comm

We know that students are the future of our community, and we offer initiatives that support them.

Neighborhood House is about education.

We empower youth to develop plans for their futures.

Neighborhood House is about personal responsibility and success.

We show youth the wonders of the outdoors.

Neighborhood House is about environmental education and community ownership.



Community Education



Neighborhood House of Milwaukee has been serving children and their families since 1945 by providing childcare and family social services that strengthen the community.

In 1975 we expanded beyond our doors and attained our 93-acre Nature Center in Dodge County, 50 minutes outside of the city. Neighborhood House works with schools and groups from all over Southeastern Wisconsin in the field of Environmental Education.

More recently, Neighborhood House has added Health Initiatives that prepare at-risk youth for a successful transition to adulthood. These programs include our varied Program Services, the Healthy Youth Initiative, PREP, and STOP.

In these pages, we hope you find a Neighborhood House program that suits your student's needs. If not, please contact Amy Lentz at alentz@nh-milw.org or Cynthia Jasper at cjasper@nh-milw.org to mix and match programs.

NATURE TIME

Pre-School - 1st Grade

Two, 30 Minute Sessions Per Topic

Held in Your Classroom

Topics:

Treemendous

Learn about the importance of trees and their impact on humans and wildlife.

Forest Critters

Meet the mammals that call Wisconsin forests home.

Junior Birding

Investigate feathers and listen to bird songs and calls. Children will learn the basics of bird watching and identification.

Let It Grow

Children will learn about the plant life cycle and monitor the growth of sunflowers.



Vermicomposting

(Four, 30 minute sessions)

Learn how people use worms to break down waste and create compost. Children will get acquainted with our wiggly helpers, and help monitor a class vermicompost bin.



Each Nature
Time Topic Includes
Everything Your Students
Need for \$90!
*(Vermicomposting
experience is \$180).*

SCIENCE ADVENTURES

2nd Grade - 8th Grade

Two, 45 Minute Sessions Per Topic

Held in Your Classroom

Topics:

Forestry

Learn about the importance of trees and their impact on humans and wildlife.

Mammals

Students will be introduced to common Wisconsin mammals through the exploration of furs, skulls, and tracks.

Vermicomposting

Did you know that worms are one of the earth's natural recyclers? Students will get acquainted with our wiggly helpers and monitor a classroom vermicompost bin.

Pollinator Protectors *(Spring)*

Without the help of pollinators, humans wouldn't be able to enjoy apples, cherries, and other fruits and vegetables. Students will learn about the process and benefits of pollination. We can also work with your class to complete a pollinator service project.

Who Cooks for You?

Wisconsin is home to many species of owls. Students will learn about owl adaptations and will understand their digestive systems by dissecting pellets.

Alien Invaders

Invasive species make it difficult for our native species to thrive. Students will be introduced to common invasive species and understand their negative impact on our environment.

Rockets

(Three sessions)

It is rocket science! Students will apply Newton's Laws to build and launch water rockets. This is a 3 tiered program where sessions can be held at your school or our Milwaukee site. This topic also includes a visit to our Nature Center!

Each Science Adventures Topic Includes Everything Your Students Need for \$65! *(Rockets experience is \$130).*

NATURE CENTER TRIPS

Pre-School - 3rd Grade

Each topic includes a 30 minute Pre-Visit held in your classroom, a 2.5 hour program at our Nature Center, and a 30 minute lunch break.

Topics:

Sense of Wonder

(Fall, Winter, Spring)

This is a wonderful experience for first time hikers. By using their senses, students will discover the natural world around them.

Explore the Forest Floor

(Fall, Spring)

Children will get down and dirty as they flip over logs to find “creepy crawlies” and examine fungi. Learn about the complex process of decomposition and how it plays an important role in all ecosystems.

For the Birds *(Fall, Winter, Spring)*

Bird watching is a great way to observe nature up close. We will learn the basics of birding by strapping on a pair of binoculars and heading out on the trails in search of a variety of species.

Animal Detectives

(Fall, Winter, Spring)

As we hike the trails students will be on the lookout for animal clues like tracks, feathers, scat and fur. Students will gain an awareness and better understanding of animal behaviors.

Whose Habitat *(Fall, Spring)*

Woodlands, prairies, and streams offer a home to birds and insects. Children will compare and explore different habitats.

Treemendous *(Fall)*

We will hike our woodland trails and identify common tree species, press leaves, and adopt a tree!



NATURE CENTER TRIPS

4th Grade- 8th Grade

Each topic includes a 30 minute Pre-Visit held in your classroom, a 2.5 hour program at our Nature Center, and a 30 minute lunch break.

Topics:

Community Comparison

(Fall, Spring)

Students will compare and contrast a prairie and our upper woodland habitat. We will conduct surveys on weather, flora, fauna, and soil quality.

Earth Stewards *(May)*

Why are invasive species such a threat to our natural habitats? Students will learn the difference between native and invasive species. We will work in teams to stop invasive species by removing Garlic Mustard.

Animal Detectives

(Fall, Winter, Spring)

As we traverse the hiking trails students will be on the lookout animal clues like tracks, feathers, scat and fur. Students will gain an awareness and better understanding of animal behaviors

Forestry *(Fall, Spring)*

Students will step into the role of a Forester by identifying trees and taking surveys of a woodland habitat.

For the Birds *(Fall, Spring)*

Bird watching is a great way to observe nature up close. We will learn the basics of birding by strapping on a pair of binoculars and heading out on the trails in search of a variety of species.

Each Nature
Center Topic Includes
Everything Your Students Need.
1-20 Students, \$100
21-30 Students, \$150
\$2/Extra Student
for Groups Over 30.
40 Student Max.

Scholarships
Available for All
Programs!

MAPLE SUGARING

All Ages. Available in March.

Includes a 30 minute Pre-Visit held in your classroom, a 2.5 hour session at our Nature Center, and a 30 minute lunch break. \$6 per student.

Tap into the craft of old fashioned maple sugaring. Tap a sugar maple, collect fresh sap, visit our Sugar Shack, and taste the final product!



OTHER ENVIRONMENTAL EDUCATION PROGRAMS

Team Building
Group Picnics
Birthday Parties

Retreats
Educator Workshops
Overnight Camping

For Environmental Education Inquiries, Contact:
Amy Lentz, Environmental Education Coordinator
(414) 933-6161 Ext. 173 alentz@nh-milw.org

PREP

Personal Responsibility Education Program

Neighborhood House's PREP program provides engaging, evidence-based educational programs for at-risk youth.

PREP prepares young people ages 10-19 for a successful transition to adulthood, with a focus on changing behaviors to reduce the risk of STI's, HIV, and pregnancy, and to increase educational attainment, social and communication skills, decision-making abilities, financial literacy, and self-esteem. PREP targets youth in geographic areas with high teen birth rates, come from racial or ethnic minority groups, are homeless, or in foster care.

The PREP Curriculum involves a maximum of 30 hours and includes sessions on financial health, physical health, emotional health, educational attainment, and family planning.

Implementation planning is based on the number of days in the school per week, and subject to staff availability. Written parental permission is required for youth to participate.

PREP projects are in partnership with the State of Wisconsin Division of Public Health. NH was showcased by the US Department of Health and Human Services as a leader in the area of financial literacy.



Healthy Youth Initiative: *Reducing the Risk*

*A Curriculum Focusing on Preventing Teen Pregnancy,
HIV/STD Transmission, Sexual Violence, & Victimization*

The Healthy Youth Initiative is a United Way of Greater Milwaukee & Waukesha County's Focused approach to improving the health of young people of all genders and our community.

The curriculum used, Reducing the Risks, focuses on building skills to prevent Pregnancy, STD & HIV, and it goes beyond the facts about abstinence and protection. It presents a powerful, active approach to prevention of unplanned pregnancy, HIV and other STD transmission among young people. The activities motivate students to take steps to avoid high-risk behaviors.

Reducing the Risks is a 16 lesson curriculum with students will able to:

- Evaluate the risks and lasting consequence of becoming an adolescent parent or becoming infected with HIV or another STD.
- Recognize that abstaining from sexual activity or using contraception are the only ways to avoid pregnancy, HIV and other STDs.
- Conclude that factual information about conception and protection is essential for avoiding teenage pregnancy, HIV and other STDs.
- Demonstrate effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse.

Class Topics:

- | | |
|---|--|
| 1. A) Abstinence, Sex and Protection: Pregnancy Prevention Emphasis & HIV Prevention Emphasis | 9. Knowing and Talking about Protection: Skill Integration I |
| 2. Abstinence Not Having Sex | 10. Skills Integration II |
| 3. Refusals | 11. Skills Integration III |
| 4. Using refusal Skills | 12. Prevention HIV and Other STDs |
| 5. Delay Tactics | 13. HIV Risk Behaviors |
| 6. Avoiding High Risk Situations | 14. Implementing Protection from STD and Pregnancy |
| 7. Getting and using Protection I | 15. Sticking with Abstinence and Protection |
| 8. Getting and Using Protection II | 16. Skills integration |

Stop Program: *Life Skills*

A Curriculum Focusing on Preventing Alcohol, Tobacco, Opioid, and Drug Abuse

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, opioid misuse, and violence. This comprehensive curriculum provides adolescents in grades 3 – 12 with the confidence and skills necessary to successfully handle challenging situations and realize healthy alternatives to risky behavior.

Activities are Designed to:

- Teach students the skills to resist social (peer) pressures to smoke, drink, and use drugs.
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety.
- Increase their knowledge of the immediate consequences of substance abuse.
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors.

Program Learning Objectives:

- **Personal Self-Management Skills:** Students develop strategies for making healthy decisions reducing stress and managing anger.
- **General Social Skills:** Students strengthen their communication skills and learn how to build healthy relationships.
- **Drug Resistance Skills:** Students understand the consequences of substance abuse, risk-taking and the influence of the media.



- Class sessions are tailored to the students' grade, and they run 40-45 minutes each.
- Grades 3 - 6: 8 class sessions
 - Grades 6 - 9: 10 class session plus 5 optional booster sessions
 - Grades 9 - 10: 10 class sessions

Stop Program: *Too Good for Drugs*

***A Curriculum Focusing on Social and Emotional Learning
that Builds a Foundation to Prevent Drug Use***

Too Good for Drugs is an evidence-based, skill building programs designed to mitigate risk factors and build the basis for a safe, supportive, and respectful learning environment. Too Good for Drugs cultivates positive outcomes through the development of goal setting skills, decision making skills, conflict resolution skills, effective communication skills, and social and emotional competency.

Too Good in Elementary School

Too Good for Drugs K-5 teaches the fundamental elements of social and emotional learning through developmentally appropriate activities that set the foundation for a healthy adolescence. Lessons build the skills kids need to set daily goals, identify emotions and feelings, and make healthy choices that contribute to their overall health and well-being.

Too Good in Middle School

Too Good for Drugs 6-8 empowers teens to meet the challenges of middle school life and prepares them for high school by addressing more complex emotions and situations. Lessons build on the skills introduced in earlier grades to foster confidence and resistance to substance abuse through goal setting and achievement, responsible decision making, positive conflict resolution, and healthy relationships.

Too Good in High School

Too Good for Drugs High School builds on the previously taught prevention concepts, plus it incorporates real-world challenges teens face in high school and beyond. The program explores practical guidance for understanding dating and relationships, violence and conflict, underage drinking, substance abuse, and healthy friendships. Lessons further enhance skills for responsible decision-making, effective communication, media literacy, and conflict resolution.

Program Services

Pick the Topics You Would Like in Your Classroom

- **What Are Your Values?** (1 hour)

Students will identify their personal values and the influence they have on the decisions they make.

- **That's My Bestfriend!** (1.5-2

hours) This activity will focus on relationships with friends and examining what kind of friends are worth having.

- **Who am I?** (1.5-2 hours)

Students will explore self esteem, build confidence, and accepting themselves the way they are.

- **Understanding Human Sexuality** (3 hours)

This topic will broaden understanding of human sexuality by introducing its components and subtopics including Human Development, Sexual Health, Relationships and Emotions, Sexual Behavior and Sexual Violence.

- **So Fresh and So Clean, Practice Good Hygiene** (1 hour)

Students will learn the components of personal hygiene, what are acceptable and poor personal hygiene practices.

- **The Prevention Lowdown**

(2 hours) We will cover the most common STI's and discuss symptoms, transmission, testing and treatment, and prevention methods.

- **No Babies Allowed... Yet.**

(2 hours) Learn about the many different types of birth control or contraceptives available today! We will come with examples, models, and interactive activities to get your group thinking about the many options available and for those who utilize birth control, encouraging them to find a method that works well for their lifestyle!

- **Condoms Sense** (1.5 hours)

A hands on demonstrations for condoms, plus an overview of the different types and benefits of using condoms.

- **A Penny Saved is A Penny Earned** (1-2 hours)

Introductory information on budgeting, including what it is and how to do it. Budget guidelines are given in percentages along with tips like Pay Yourself First and the Envelope System.

Program Services Cont.

Pick the Topics You Would Like in Your Classroom

• **That's Bae!** (4 hours)

This activity teaches healthy decision-making, empathy, and allows students to determine their own values in a relationship. Also introduces students to behaviors within a dating relationship that could be defined as healthy, unhealthy, or abusive.

• **You're Hot and You're Cold**

(1.5 hours) Examine the "hot" or fast system and the "cold" or slow system to determine how we process information and make decisions.

• **What Works: Reproductive Life Planning** (1-2 hours)

Reproductive Life Plans (RLPs) provide a structured format for women and men to think about their desires related to having or not having children and establish goals based on those desires. RLPs are short statements that are consistent with personal values and current life circumstances; plans can evolve as an individual progresses.

• **Just the Facts** (1-2 hours)

An overview of HIV/AIDS information, statistics, stigma, and how to protect ourselves.

• **It's Perfectly Normal** (1-2 hours)

We will discuss what is puberty, the changes to expect, and look at the differences between girls and boys.

• **Emotional Intelligence** (1 hour)

Emotional Intelligence is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions recognizing others'.

• **Goal Setting** (1-2 hours)

Getting a student to talk about his or her future can be challenging, but setting goals often helps provide direction and motivation. With the use of activities that help pinpoint attention on setting goals, it will help bring their future into sharper focus.

Grades
and Prices Vary
by Topic. Contact
Cynthia Jasper at
cjasper@nh-milw.org
to plan out the best
curriculum for your
students!

For Health Initiative Inquiries, Contact:
Cynthia Jasper, Health Initiatives Coordinator
(414) 933-6161 Ext. 134 cjasper@nh-milw.org



**Don't see the type of curriculum or topics you're
looking for? Please reach out, and we'd love to create
one for you and your classroom!**



Neighborhood House
OF MILWAUKEE

**NEIGHBORHOOD HOUSE
MAIN FACILITY**

2819 W. RICHARDSON PL
MILWAUKEE, WI 53208

**INTERNATIONAL
LEARNING PROGRAM**

639 N. 25TH ST
MILWAUKEE, WI 53233

**SAFE PLACE AT
STORY SCHOOL**

3815 W. KILBOURN AVE
MILWAUKEE, WI 53208

**NEIGHBORHOOD HOUSE
NATURE CENTER**

W2650 COUNTY ROAD MM
ASHIPPUN, WI 53059