

PeakU Mission:

To mitigate domestic and dating violence by empowering teens and young adults to build and connect to their sense of self through educational resources, workshops, and partnerships.

PeakU Curriculum:

PeakU's proprietary curriculum was developed by certified therapists and educators who have devoted their careers to improving the lives of young people from diverse backgrounds. The PeakU evidence-based curriculum is currently presented in multiple languages, and proactively helps young teens and young adults strengthen their relationship to themselves, their family, and to their community.

Concrete Deliverables:

Each course will introduce students to critical concepts, strategies and real-time implementation, and participants will take away from the training:

- An understanding of healthy relationships and how to form and nourish them
- An understanding of mindfulness strategies and effective implementations of them
- An aspirational vision of their future and concrete steps they can take to realize it
- Communication tools for actively elevating relationships to desired outcomes

Week 1 : Mount Timpanogos (Healthy Relationships): 90 Minutes

Students explore the qualities of healthy relationships (versus abusive). Students are introduced to mindfulness practice, and guided through a personalized vision of their future.

Week 2: Understanding Consent : 90 Minutes

In partnership with the Saprea Foundation, PeakU helps participants gain a clear understanding of the principles of consent, and exercises for implementing them in their lives.

Week 3 : Mt. Whitney (Personal Values): 90 Minutes

Students identify their personal values and understand how to dance with a partner's values in a relationship. Students use tools of mindfulness and acceptance to combine their values and future vision, first with themselves and in connection with their community.

Week 4 : Himalayas (Elevating Communication Skills): 90 Minutes

Students learn to distinguish communication that threatens relationships and to choose communication that safeguards relationships. They develop a deep understanding of their own communication style, aligning with their personal values and shaping their vision of the future.

Week 5 : PeakU (Creating Intimacy): 90 Minutes

Students learn how to build trust and connection. Students experiment with attachment and self-efficacy in charged conversations and set specific goals in support of their future vision.

For more information about PeakU and its work to empower young people to build healthier relationships, please contact info@peaku.org or go to www.peaku.org.