SMALL GROUP ACTION PLAN

**School Name:** Muncie Central High School  
**Group Name:** Central Moms

**Goal:** Provide support, encouragement, and assistance for teens who are either pregnant or are already parents as they learn to deal with unique challenges they may face, such as parenting, financial burdens, and responsibilities. As well as, educating young teens to build skills that will allow them to have a healthy lifestyle.

**Target Group:** High school teens who are either pregnant or who are teen parents.

<table>
<thead>
<tr>
<th>School Counselor(s)</th>
<th>ASCA Domain, Standard and Student Competency</th>
<th>Outline of Group Sessions to be Delivered</th>
<th>Resources Needed</th>
<th>Process Data (Projected number of students affected)</th>
<th>Perception Data (Type of surveys to be used)</th>
<th>Outcome Data (Achievement, attendance and/or behavior data to be collected)</th>
<th>Project Start/Project End</th>
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</thead>
</table>
| Caroline Keel & Judy Henman | Personal /Social Development  
PS:A1.2 Identify values, attitudes, and beliefs  
PS:A1.4 Understand change is a part of growth  
PS:A1.5 Identify attitudes and behaviors which lead to successful learning  
PS:A1.7 Recognize personal boundaries, rights, and privacy  
PS:A1.8 Understand the need for self-control and how to practice it  
PS:A1.11 Identify and discuss changing personal and social roles  
PS:A1.12 Identify and recognize changing family roles  
PS:A2.2 Respect alternative points of view  
PS:A2.6 Use effective communications skills  
PS:A2.7 Know that communication involves speaking, listening, and nonverbal behavior  
PS:B1.2 Understand consequences of decisions and choices  
PS:B1.4 Develop effective coping skills for dealing with problems  
PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions  
PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help  
PS:C1.6 Identify resource people in the school and community, and know how to seek their help  
PS:C1.11 Learn coping skills for managing life events | Session 1: (Introductions: Getting to Know Each Other)  
Session 2: (Community Resources)  
Session 3: (Parenting Styles)  
Session 4: (Emergency Plans)  
Session 5: (Responsibilities)  
Session 6: (Termination) | Site Supervisor, Teachers, Pens, Pencil, Index Cards, Markers, Crayons, Papers, Parenting Quiz, Community Resources, Where to Turn PDF, Pre/Post Test, Attendance Sheet, Ice Breakers, and Additional Worksheets | 8 to 10 Students | Pre-Test & Post-Test | Attendance Sheet | Start: Oct. 30, 2013 & Finish: Dec. 4, 2013 |