A model experiential training program that fosters social cohesion, inter-racial, ethnic, religious understanding and leadership among youths and adults.
Goal: To motivate and enable change of attitudes and behavior

LSBS three-pronged framework:

#1: Increased awareness and discovery of shared values and goals

#2: Learning new skills: (e.g. leadership, communication, & conflict prevention/resolution skills, peer mediation, project planning)

#3: Applying knowledge & skills through school or community projects
SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS
The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying Emotions
- Accurate Self-Perception
- Recognizing Strengths
- Self-Confidence
- Self-Efficacy

SOCIAL AWARENESS
The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating Diversity
- Respect for Others

RESPONSIBLE DECISION-MAKING
The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying Problems
- Analyzing Situations
- Solving Problems
- Evaluating
- Reflecting
- Ethical Responsibility

SELF-MANAGEMENT
The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse Control
- Stress Management
- Self-Discipline
- Self-Motivation
- Goal Setting
- Organizational Skills

RELATIONSHIP SKILLS
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social Engagement
- Relationship Building
- Teamwork
Applicability

- Schools
  - NYC-125 schools
  - Kyrgyzstan-10 schools
- Camps
  - Global Youth Village-30+ years
- Youth Centers
30 year History of LivingSidebySide®

Over 3500 alumni from over 112 cultures and countries at Global Youth Village and in other projects:

- Americans of diverse backgrounds
- Israelis and Palestinians
- Northern Irish Protestants and Catholics
- various Nigerian tribes
- Abkhazians and Georgians
- Croats, Muslims, and Serbs from Bosnia and Herzegovina
Evidence-based


Quantitative Assessment:

• Pre and Post Surveys

Qualitative Assessment:

• focus groups with teachers

• youths and family interviews.
27 Case Studies

Social Integration

Bullying

Passivity

(13)

(11)
"My neighborhood in Chicago is very drug infested… My behavior has changed… I am a better listener now…. This experience has made me a new leader and a more responsible person. I believe in myself now.” -Zilijan Jones, Chicago, USA
“I was born and grew up in Belfast, Northern Ireland...

I can honestly say it changed my way of thinking about other people’s religious beliefs, their cultures and their way of life”. Phillip Kane
I learned how to pull out facts and feelings and universal values from a conversation.
I learned how to be ‘family’ with people who are different than me and that my words impact others.
Beksultan

angry and isolated; truant from school

Transformation: chapter on ‘Stereotypes’
Mother states:

“He attends school, regularly; helps at home, stopped clashing with peers, kinder, more tolerant, more self esteem. I don’t recognize my son”.

Beksultan Toigonbaev
Beksultan

“I didn’t think the teachers could be so understanding...a person is internally enriched...I started thinking clearly & soberly.”
Aidana

- pampered; wanted to quit school
- she was closed, fearful, and silent

Transformation:
- ‘Feelings & Facts’
Aidana

“A human being becomes human with the help of others.”
Outcomes of LivingSidebySide®

Teachers stated that they were:

- applying methods among their families in addition to their students
- clarifying their roles as women
- challenging their own stereotypes
- learning experiential methods that resulted in improved learning environment
Perceived Effect is positive

Teachers stated that among their students:

- child/parent relationships improved
- a more tolerant, respectful environment was created
- increased awareness of negative outcome of conflicts
- religious & ethnic conflicts decreased
- students are less aggressive
Focus Group with Students—
Perceived effect is positive

Students stated that:
• gained a new set of conflict-resolution and mediation skills
• relations improved with family members and others
• conflicts decreased in schools
• improved academically
• refrained from “useless” arguing or judging others based on outer appearance
Unexpected Results:
Fewer problems in
- paying attention-
- completing homework-
- carrying out instructions-
<table>
<thead>
<tr>
<th>Professional Development Day Workshops</th>
<th>Complete LivingSidebySide® Program</th>
<th>Global Youth Village Bedford VA</th>
<th>University Level Training</th>
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<td>for Teachers &amp; Youth Workers</td>
<td>for School Districts and Youth serving organizations</td>
<td>for youths ages 14-18</td>
<td>All Ages</td>
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<td>Middle through High School</td>
<td>Teachers (TOT):</td>
<td>Two weeks in summer</td>
<td>Flexible scheduling</td>
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<td>• 4 day Workshops</td>
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<td>Half or full day</td>
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<td>• + 2 Day Intensive</td>
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<td></td>
<td>• Coaching</td>
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<td>Facilitator Workbook Re-certification</td>
<td>Teacher Manual</td>
<td>25 hours of LSBS certificates</td>
<td>9 hours of Dialogue training Certificates</td>
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<td>Youth Workbook</td>
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WORKSHOP #1
Relationship Building Blocks for professionals working with all ages
Workshop #1 examines how self-awareness and empathy—the ability to understand the experience and perspective of others—are fundamental to positive relationships. You will gain insight into the effects of personal identity, values, cultural competency, and communication style on daily interactions. Specific methods:
- ease tension among diverse groups
- increase self-confidence and trust
- promote respectful relationships

The training is a highly interactive exploration of social and emotional skills with group discussions, reflection, role-playing, and collaborative work.

WORKSHOP #2
Face to Face Communication for professionals working with all ages
Effective face-to-face communication requires a different set of skills from on-line interaction. Yet the soft skills supporting positive in-person communication are rarely taught in a clear, comprehensive way. This training provides a set of methods that promote awareness and skill development concerning:
- insight into how one’s words, thoughts, and body language can affect others, and
- how to reduce tensions and increase productive interactions.

WORKSHOP #3
Everyday Conflict Prevention and Resolution for professionals working with grades 7-12
Creating a peaceable environment starts with basic understandings of the mechanics of conflict. This training introduces you to:
- the elements of conflict
- what makes conflicts escalate or de-escalate
- how to find and affirm common values, needs
- techniques for hearing what is being said
- understanding conflict response styles, and
- how and when to use these new tools with youths and among colleagues.

WORKSHOP #4
Organizing youth-led Community Service for professionals working with grades 7-12
This training equips you with background philosophies and a practical outline of tasks for engaging youths in adult-organized or youth-led community service. Included are project frameworks and scripted planning activities to do with youths, youth worksheets, and post-action evaluation tools to complete the learning experience.

LivingSideBySide® creates new neural pathways in the brain that, with practice, can transform teaching and learning.1

Dialogue for Social Cohesion  
-University Level-

Equips university students with the know-how and techniques to:
• convene and lead constructive dialogue,
• navigate difficult issues, and
• establish community among diverse populations.

The workshop includes:
• training in facilitation,
• sample methods and activities, and
• tools for dealing with various discussion topics and situations.
For more information

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Legacy International www.legacyintl.org
www.globalyouthvillage.org

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