

# Social Responsibility Training (SRT®)

**Character Development Solutions for  
High Risk Youth, Parents and Families**

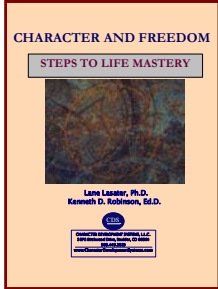


**2010 SRT WORKBOOKS**



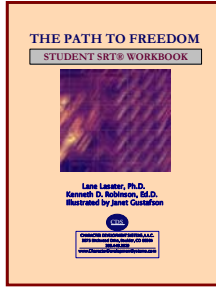
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## High School Workbooks



### 1. *Character and Freedom: Steps Life Mastery*

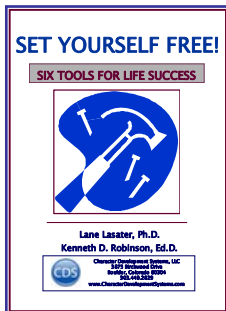
This is the SRT high school foundation participant workbook. This one-semester class contains 38 cognitive behavioral exercises students complete during the semester focusing on developing character, life skills, and problem solving skills. This workbook is at the 6<sup>th</sup> grade reading level. *Character and Freedom* is available in Spanish.



### 2. *The Path to Freedom (Second Edition)*

This SRT workbook is a one semester class that provides HS and MS students with information and tools for changing problem habits, including substance use, shoplifting, and other behavior problems. This workbook is at the 6<sup>th</sup> grade reading level.

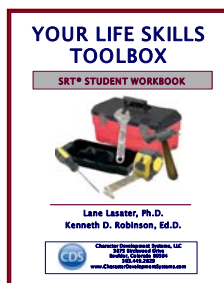
## Resource for Students on Juvenile Probation



### 3. *Set Yourself Free! Six Tools for Life Success*

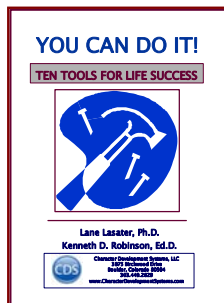
This SRT workbook contains 29 cognitive behavioral exercises designed to build self-responsibility and self-awareness in youth who have been placed on juvenile probation—grades 7-10. It can be administered in sessions twice weekly for three months. The workbook helps youth face the reality of separating themselves from troubled family systems and community environments and begin to set their own course through positive daily choices.

## Middle School and Elementary Workbooks



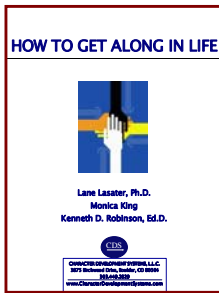
### 4. *Your Life Skills Toolbox*

This workbook is designed for 7-8th graders. This one-semester class contains 37 cognitive behavioral exercises that students complete during the semester focusing on developing character, life skills, and problem solving skills. This workbook is at the 4<sup>th</sup> grade reading level. A Coach's Guide is available.



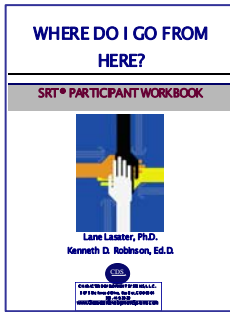
### 5. *You Can Do It! Ten Tools for Life Success*

This workbook is designed for universal application with 5<sup>th</sup>-6<sup>th</sup> graders. This class contains 25 cognitive behavioral exercises that students complete during the semester focusing on developing character, life skills, and problem solving skills. It can be used one time per week during the semester or over the school year. This workbook is at the 3rd<sup>th</sup> grade reading level. A Coach's Guide is available.



6. *How to Get Along in Life*

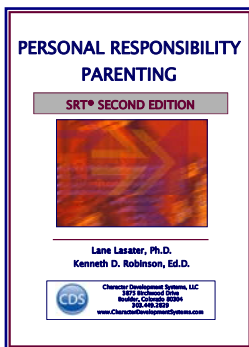
This SRT workbook for grades 3-4. This workbook contains a total of 45 sequential short lessons and exercises designed to be used in 20 minute class segments 2-3 times per week. The workbooks is written at the 3rd grade reading level. A Coach's Guide is available.



7. *Where Do I Go From Here?*

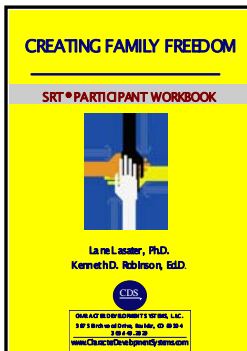
This is the Pre-SRT workbook for students grades 7-9 in short term settings such as detention, truancy court, or in-school suspension. The workbook contains 10 cognitive behavioral exercises allowing students to take stock of where they are, review their options, take responsibility, and start a positive self-change process. This book is available in Spanish.

SRT Parent and Family Workbooks



8. *Personal Responsibility Parenting*

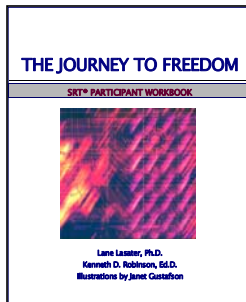
This SRT workbook is the curriculum for a parent support group for parents of middle and high school youth. It consists of 30 exercises that parents complete at their own pace and present in class. Parents can work through the exercises in approximately 26 1.5 hour sessions depending upon the class size. The material parallels SRT but also addresses a number of dilemmas faced by parents of teenagers. Getting parents involved (or those with parenting responsibility) is critically important in enhancing the impact of school and community programming for youth. Coach's Guide is available. PRP is available in Spanish. This book is also available in a criminal justice system version.



9. *Creating Family Freedom*

This SRT 20 session family workbook is designed to be utilized by a Family Coach as a class for a single family, or in a class with multiple families. In working through the curriculum, each family completes several objectives: a) establishing Family Communication Ground rules; b) taking weekly family action steps to remedy problems and challenges and enhance family strengths; c) developing a Family Agreement specifying responsibilities, benefits and consequences for each family member; and d) developing individual action plans to meet family responsibilities. A Coach's Guide is available.

## SRT Adult Workbooks



### 10. *The Journey to Freedom (Adult Substance Abuse)*

This SRT® (Social Responsibility Training) workbook is a structured cognitive behavioral curriculum for substance abuse treatment as well as the development of critical recovery skills. The curriculum covers awareness, recovery tools, and relapse prevention. The structured 153 page curriculum contains 40 exercises that participants complete and present in class, including three class testimonies. The curriculum can be used in combination with other SRT® curricula from CDS in substance abuse, drug court, social services and correctional settings. A Coach's Guide is available.



### 11. *Tools for a Fresh Start (Life Problem Solving)*

This SRT® (Social Responsibility Training) workbook is an adult life skills and problem solving curriculum. It contains 42 cognitive behavioral exercises that participants complete at their own pace and present in class. Participants can work through the exercises in approximately 26 1.5 hour sessions depending upon the class size. It addresses personal history, development of personal problem solving skills, resilience, and requires the development of skills necessary for work readiness. This curriculum can be used in combination with *The Journey to Freedom* and *Personal Responsibility Parenting*. A Coach's Guide is available.

## SRT Training and Student DVDs

### 12. SRT Coach Training on DVD

This five-hour SRT provides participants with the theoretical and research foundations for SRT, and foundation principles for class facilitation. The series provides SRT Coaches with explicit instruction on how to facilitate the class and conduct the 38 SRT® cognitive behavioral exercises.

### 13. SRT Student Exercises on DVD

This series of twenty-four 15 minute classes explains and demonstrates all SRT student exercises. These segments are designed to be used directly with youth who are working through the SRT high school or middle school curricula.