

THE DANDELION FAMILY CURRICULUM

Where Courage Blooms

September Youth Curriculum

High School | Grades 9–12

Self-awareness, agency, courageous decisions, and community impact

GROW TOGETHER Four weekly lessons designed to help children and teens explore the same pillars as the adults in their family—at a pace and depth that fits their stage of development.

Name: _____ September: _____

A guide for caring adults

This workbook helps young people participate in the same monthly conversation as the adults in their family. It is educational and reflective. It does not replace therapy, medical care, legal advice, crisis intervention, or school support services.

CHOICE & SAFETY A child or teen may pass, pause, draw instead of write, request privacy, or ask to speak with a trusted adult. Do not require disclosure of painful experiences.

How to use each weekly lesson

1. **Connect:** Begin with the story or scenario and invite observations without forcing personal sharing.
2. **Learn:** Review the three key ideas and clarify unfamiliar words.
3. **Practice:** Complete the activity and one real-life skill rehearsal.
4. **Reflect:** Let the young person write, draw, discuss, or pass.
5. **Grow Together:** Use the shared family practice with the adult lesson for that pillar.

Support and safeguarding

If a young person describes abuse, danger, self-harm, or another serious safety concern, stay calm, listen, avoid promising secrecy, and follow applicable safeguarding and reporting requirements. In the United States, call or text 988 for immediate mental-health crisis support; call 911 for immediate danger.

September family rhythm

Week 1 — HEALING: My Story, Safety & Self-Compassion

Week 2 — GROWTH: Patterns, Resilience & Healthy Boundaries

Week 3 — EMPOWERMENT: Worth, Voice & Courageous Choices

Week 4 — COMMUNITY: Healthy Relationships & Support

Week 1 • HEALING

My Story, Safety & Self-Compassion

THIS WEEK'S TRUTH What happened to me is part of my story, but it does not decide my worth or my future.

Begin with the story

Avery notices that criticism triggers an intense need to defend, withdraw, or prove worth. Instead of judging the reaction, Avery becomes curious about its history, grounds in the present, and chooses a response aligned with current safety and values.

What do you notice?

Three ideas to remember

- Trauma and adversity can shape beliefs, nervous-system responses, relationships, and coping patterns.
- Understanding an adaptive response creates choice; it does not excuse harm or remove responsibility.
- Healing is not a demand to disclose, reconcile, forgive, or move on before safety and readiness.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 1 Practice • HEALING

Activity

Compassionate Narrative: Describe one experience with factual language, identify the meaning you attached to it, and write a more accurate statement that honors both impact and possibility.

Pause and reflect

A response I can understand with more compassion is...

A belief about myself I am ready to examine is...

Safety and support would look like...

COURAGE IN ACTION Build a regulation menu with body-based, relational, practical, and reflective supports; test one option and record its effect.

GROW TOGETHER Create a family calm plan. Each person names one feeling, one calming choice, and one trusted person they can ask for help.

OPTIONAL FAITH CONNECTION Read Psalm 34:18 or another comforting passage. Talk about how faith can remind us that we are not alone when feelings are heavy.

Week 2 • GROWTH

Patterns, Resilience & Healthy Boundaries

THIS WEEK'S TRUTH I can notice what is not helping, learn a new response, and protect the space I need to grow.

Begin with the story

Kai repeatedly waits until exhaustion before asking for help. The pattern protects independence and avoids possible rejection, but it also creates crisis. Kai experiments with an earlier boundary: communicate capacity, request specific support, and protect recovery time.

What do you notice?

Three ideas to remember

- A pattern can be protective and limiting at the same time.
- Sustainable resilience depends on access to support, recovery, skills, and realistic expectations.
- Boundaries clarify responsibility, access, time, communication, and follow-through.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 2 Practice • GROWTH

Activity

Pattern and Boundary Audit: Analyze one recurring cycle, its protective function, its cost, what is within your control, and one boundary or skill that could change the outcome.

Pause and reflect

The need beneath this pattern may be...

Responsibility that is mine to carry is...

Responsibility I can release or share is...

COURAGE IN ACTION Run a seven-day experiment with one measurable pattern interrupt and track trigger, choice, result, and learning.

GROW TOGETHER Choose one family reset routine: pause, name the problem, choose a respectful next step, and repair when needed.

OPTIONAL FAITH CONNECTION Read Romans 12:2 or another passage about renewal. Discuss one thought or habit your family wants to practice differently.

Week 3 • EMPOWERMENT

Worth, Voice & Courageous Choices

THIS WEEK'S TRUTH My voice matters. I can make thoughtful choices, ask for help, and speak with courage and respect.

Begin with the story

Reese is deciding whether to accept an opportunity that brings excitement and pressure. Instead of choosing from fear of disappointing others, Reese evaluates values, safety, capacity, tradeoffs, support, and the right to change course as new information appears.

What do you notice?

Three ideas to remember

- Worth is inherent; achievement can be meaningful without becoming identity.
- Empowerment combines voice, information, boundaries, responsibility, and access to support.
- Courageous decisions are not always dramatic; sometimes they involve waiting, declining, preparing, or revising.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 3 Practice • EMPOWERMENT

Activity

Decision Compass: Compare options through Truth, Safety, Values, Capacity, Consequences, Community, and Courage. Identify assumptions that require verification.

Pause and reflect

The value I want this decision to reflect is...

The tradeoff I am willing—or unwilling—to accept is...

My next-sized step is...

COURAGE IN ACTION Prepare and rehearse a courageous conversation with purpose, facts, impact, request/boundary, grounding plan, and follow-through.

GROW TOGETHER Hold a family choice circle. Let each person share one decision, the facts they know, the support they need, and their next wise step.

OPTIONAL FAITH CONNECTION Read Ephesians 2:10 or another passage about purpose. Name gifts and strengths you see in one another.

Week 4 • COMMUNITY

Healthy Relationships & Support

THIS WEEK'S TRUTH Healthy connection includes respect, honesty, boundaries, repair, and room for every person to be whole.

Begin with the story

After conflict in a student organization, Nia helps the group move beyond blame. Members name impact, clarify responsibility, agree on changed behavior, and create a way to revisit trust over time. Repair is treated as a process, not a performance.

What do you notice?

Three ideas to remember

- Healthy relationships include consent, mutuality, honesty, boundaries, accountability, and freedom from coercion.
- Belonging should not require shrinking your values, voice, safety, or identity.
- Community impact grows through consistent contribution, responsible use of influence, and systems of support.

YOUR PERMISSION You may answer, draw, ask a question, take a break, or talk privately with a trusted adult.

Week 4 Practice • COMMUNITY

Activity

Community Connection Plan: Identify where you will reconnect, contribute, receive support, protect capacity, and repeat the practice. Include one barrier and a realistic response.

Pause and reflect

The kind of community I want to help create is...

A relationship practice I will carry forward is...

My contribution can be sustainable when...

COURAGE IN ACTION Choose one community action: include someone, make a repair, request support, strengthen a resource connection, or contribute one skill without overextending.

GROW TOGETHER Build a family support map with people, places, and community resources that help each person feel safe, known, and encouraged.

OPTIONAL FAITH CONNECTION Read Ecclesiastes 4:9-10 or another passage about support. Discuss what it looks like to help without controlling or judging.

September Family Celebration

Where Courage Blooms

CARRY THIS WITH YOU Growth is not perfection. It is the courage to notice, practice, ask for support, repair, and begin again.

My four-pillar reflection

HEALING — Something I learned about feelings, safety, or compassion is...

GROWTH — A pattern, boundary, or resilience skill I want to keep practicing is...

EMPOWERMENT — A strength, value, or courageous choice I recognize in myself is...

COMMUNITY — A relationship or support practice I want to carry forward is...

Our family courage commitment

As a family, we will make room for honest feelings, respectful boundaries, brave choices, healthy support, and new beginnings. We will listen without forcing, help without controlling, and keep growing together.

Young person: _____ Caring adult: _____

Date: _____