



# I AM 1:1 Clinical Toolkit: Building a Healthy Male/Female Identity

The I AM: Empowerment Project 1:1 Clinical Toolkit is designed to serve as a toolbox for clinicians who are working with adolescents on an individual basis. The toolkit is a 10 session curricula for both Healthy Male and Healthy Female Identities for youth ages 13-21.

#### GOAL:

- Foster a clinician-youth dialogue around issues that can be barriers in creating a healthy sense of self and ultimately healthy decision making.

#### PROVIDES:

- Space to address critical issues through engaging activities and discussion on the following topics:
  - peer group inclusion
  - violent masculinity
  - gang involvement
  - media influence
  - action impact
  - bullying
  - sexual assault and consent
  - sexual exploitation and trafficking

#### OUTCOMES:

- build clinician-youth partnership
- develop skills in decision-making
- identify protective factors
- increase protective capacities
- enhance resiliency
- identify ongoing needs
- continue therapeutic exploration and target areas that require further intervention and action
- a safe place to explore possible victimization

#### QUALIFIED FACILITATORS:

Clinical staff who have been trained by PCA-NJ to facilitate the I AM 1:1 Clinical toolkit and who wish to expand their methods of educating about and preventing commercial sexual exploitation among the youth they serve beyond the standard group-based program setting.



Questions? Contact Victoria Spera at: [vspera@preventchildabusenj.org](mailto:vspera@preventchildabusenj.org) or 732-246-8060.

