

MK IN YOUR COMMUNITY

MORAL KOMBAT (MK) is growing by leaps and bounds. Many community groups are asking how to bring **MK** to their area. All **MK** programs are administered and facilitated by local individuals and organizations certified through FLP (Foundations for Life Principles). This certification is a requirement for the utilization of **MK**. We host all trainings, publish required materials, and act as a continuous line of support for all our **MK** family.

If you are interested in becoming a **MK** provider and / or facilitator, or if you wish to inquire about certification training, or for any other questions, please contact our **MK** office at (423) 262-0180 ext. 102.

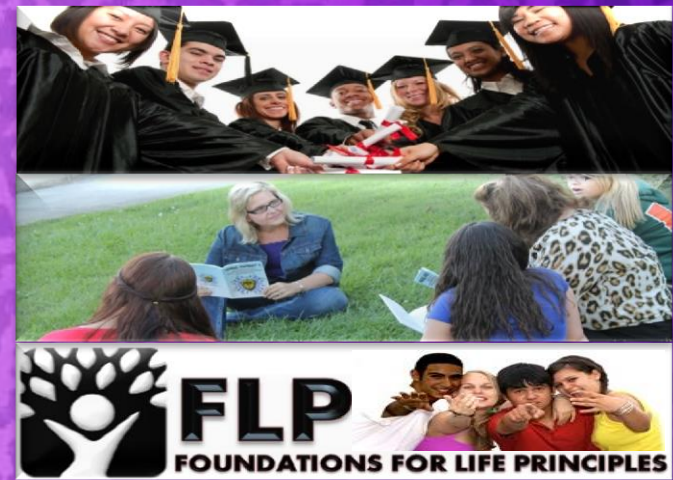
"Felt good to hear other people talk about their problems, lets you know you're not alone. It helps to know your child is not the only one who does wrong and it's not always your fault. Very good experience, everyone was really nice. I'm thankful other people care." **Sherry B., Parent**

"I thought the class was cool and help with how to control my anger. It help show me I don't have to always finish my battles and I can actually stay out of trouble." **Adam F., Teen**

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MORAL KOMBAT
P.O. Box 5815
Johnson City, TN 37602

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EDUCATION, INTERVENTION &

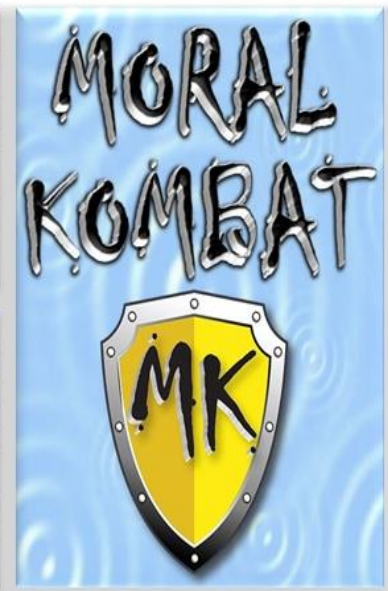
AWARENESS PROGRAMS FOR

YOUTH & FAMILIES

FACILITATOR'S MANUAL

MORAL KOMBAT (MK) utilizes the nation's best practices in all ten (10) of the **MK** programs including **CHARACTER COUNTS!**® or **The Six Pillars of Character**®, **R.E.B.T. (Rational Emotive Behavioral Therapy)** or **Logical Thinking**, and **C.B.T. (Cognitive Behavioral Therapy)** approaches, facilitation, coaching and mentoring, experiential and service learning, collaborative groups, and many more. Although the purchase of a **MK** Facilitator's Manual is required for all those who intend to facilitate in a group setting, it only provides basic information. Those who wish to become National **MK** certified facilitators are required to attend training in the specific approaches at one of the Foundations for Life Principles (FLP) training locations. Call or visit the training page on our website to find the training locations that suits your needs. Also, for your convenience, training can be brought to your organizations. At the **MK** training, facilitators will get an insight of the pedagogical methodologies, each of the curricula which is designed to meet the specific needs of today's youth and families, and strategies within the many experiential learning activities. Getting **MK** training is strongly recommended. Certification will not occur unless **MK** training is obtained through FLP. Please call (423) 262-0180 ext. 102 or go to our website at <http://moralkombat.com> or <http://moralkombat.net>.

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WHO WE ARE

FLP (Foundations for Life Principles) is a multifaceted company focused on ethical practices in everyday life, business, education, and the community. The foundation of our organization is built around the principle of outstanding ethical decision-making and striving to offer high quality ethical and character-based education, intervention, and training programs nationwide. Three of our main programs includes **MORAL KOMBAT**, **EPIC Evolutions (Anti-Bullying)**, and **In-Home Family Services**.

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Carrie Davis Marchant, M.A., Founder & President of **Foundations for Life Principles (FLP)** has vast experience with curricula design, facilitation, training and hands-on work with youth. She is the author of **MK**, a National faculty member of **CHARACTER COUNTS!**®, and is often the featured speaker at conferences, trainings and events across the nation. She provides parenting education and works with children and youth at risk as part of FLP's In-Home Family Services. She has also served as an adjunct faculty for the Criminal Justice / Criminology Department at Northeast State Community College in Blountville, TN and East Tennessee State University in Johnson City, TN. Carrie considers her greatest joy her 5 wonderful children whom are her inspiration and heart.

MORAL KOMBAT
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<http://moralkombat.com>



AN ETHICS-BASED CONTINUUM



The heart of FLP is **MORAL KOMBAT (MK)**, an evidentiary-based, character education, early intervention initiative for youth. MK was developed in response to the unfulfilled needs of regional courts, schools, and youth services organizations in Northeast Tennessee.

CHARACTER COUNTS!® The Six Pillars of Character® (trustworthiness, respect, responsibility, fairness, caring, and citizenship) and ethical decision-making strategies, along with C.B.T. (Cognitive Behavioral Therapy) and R.E.B.T. (Rational Emotive Behavior Therapy) strategies and approaches provide the foundation for all ten (10) of the MK programs. In MK, participants begin to recognize and identify with universal values as well as their application in ethical decision-making. Using C.B.T. / R.E.B.T. approaches, participants recognize and stop “perfectionistic” demanding behaviors. They learn to cease thinking of themselves, others, and the world around them as existing in a paradigm filled with absolutistic “*shoulds*” and “*musts*.” In a group setting, participants learn to dispute and upset their own dysfunctional / irrational beliefs and take charge of their lives, thereby promoting profound philosophic, emotive, and behavioral changes.

MK1: INTENSIVE CHARACTER EDUCATION & ETHICAL DECISION-MAKING STRATEGIES

C.B.T.— and R.E.B.T.—based strategic approaches and **CHARACTER COUNTS!®** The Six Pillars of Character® build the foundation of the MK1 program. Youth internalize these values while gaining an understanding of how to apply intensive character education and ethical decision-making models and strategies to their lives.

MK2: SURVIVING LIFE: JOB, LIFE, & RELATIONSHIP SURVIVAL SKILLS

The focus of the MK2 program is on life, job, and everyday survival and relationship skills for youth. In Surviving Life, youth receive a reality crash course in character education, personal relationships, teen parenting, emotion control, budgeting, and how to get and keep a job. This is an intensive program both in content and duration.

MK3: HELPING PARENTS SURVIVE & THRIVE WITH TODAY'S YOUTH

MK3 is a support guide for parents and caregivers of youth who are currently enrolled in a MK program. However, it can also be utilized with parents to help resolve some difficult parenting issues and to give extra support along the tumultuous path to raising a teenager. Also included is helpful information for parents of students with chronic school attendance and discipline issues.

MK4: EMOTION CONTROL. TRYING TO HANG ONTO THE RAGGED EDGE OF LIFE

MK4 helps troubled youth gain the skills to deal with the turbulent emotions and stress which often lead to more serious problems. **EMOTION CONTROL** addresses the powerful emotions stemming from rejection, failure, criticism, frustration, confusion, and disappointment which many times culminate into anger and rage. Stuffing emotionally volatile kids into anger management programs intended for developmentally mature adults, in the hopes it will make a difference is, at best, unrealistic, and at worst, downright dangerous. In **EMOTION CONTROL**, anger management techniques are addressed after the emotional issues are effectively dealt with.

MK5: 2LIVE4: DRUG & ALCOHOL EDUCATION, AWARENESS & INTERVENTION

MK5 works with teens who do not have a serious alcohol or drug problem. The program is intended to be an education, early intervention, and awareness course. It is not intended as a therapeutic method. Instead, it is meant to provide guidance and insight to teens whose A&D experimentation has created problems in their lives.

MK6: ZMUCH 2LO\$E: THEFT, SHOPLIFTING & BAD CHECK WRITING

MK6 guides teens through an educational process to help with self-control issues, particularly in the areas of theft, shoplifting, dealing with credit and debit cards, and writing bad checks. This mission is to help put an end to disruptive behaviors and to build solid respectable futures based on a foundation of ethical decision-making and the genuine desire to facilitate youth to make right choices, for the right reasons, for the well-being of themselves, their families, and communities.

MK7: ZMUCH 2LIVE4: PREVENTIVE & DEFENSIVE DRIVING FOR TEENS

The number one cause of death and devastating injuries for teens between the ages of 16 to 19 is from motor vehicle crashes. Studies indicate that teens in this age group are four times more likely than older drivers to crash. MK7 utilizes role-playing techniques and preventive guidance for teens to develop good decision-making skills and personal self-control to help make up for a lack of driving experience. This helps keep them, their passengers, and others they meet on the road safe and alive. Determined to make a difference for the loss of their son and his good friend to a motor vehicle crash, Judge Robert Cupp and the Johnson City, TN Juvenile Court Director, Diane Cupp, joined us in *Dustin's Komбат 4 Life Campaign* as a vital component of this program.

MK8: FAMILY REUNION: PARENT & TEEN COMMUNICATION, CONFLICT RESOLUTION AND FAMILY AGGRESSION INTERVENTION

During adolescence, a teens need of independence grows and asserts itself in many ways. This often leads to very stressful and conflict-producing relationships with their parents. This program is a hopeful solution to help reestablish balance to this parent-teen relationship. Family Reunion is a parent and teen communication and conflict resolution program. It is designed to give both parents and teens the skills they need to communicate more effectively and to understand each other's unique needs, while helping resolve the conflict that is inherent in the parent-teen relationship.

MK9A/B: MAKING CHOICES COUNT! TRUANCY INTERVENTION

Truancy is one of the leading causes of teens not graduating school, living in poverty, and ending up in prison. Kids are truant for a variety of reasons: Friends, poor relationships with teachers, a disconnectedness from school, lack of interest in class topics, being bullied or teased, low self-esteem, drug or alcohol use, language barriers, lack of adequate social skills, lack of parental support, etc. In this program, we educate youth with eye-opening insight into the laws and regulations which, in many states, charge parents with Class C Misdemeanors for each day a child misses school. The program empowers youth to succeed by giving them specific options for overcoming their fears and insecurities, by offering ethical decision-making strategies that work, by teaching them (through a facilitated, mentored environment) proven communication, conflict resolution, and negotiation skills. This curriculum is divided for use as either a shorter- or longer-duration curriculum.

MK10: SMOKEFREE4ME: TOBACCO EDUCATION AWARENESS & INTERVENTION PROGRAM

The Surgeon General warns that about 3,800 kids start using tobacco products daily (as of 2014). Because tobacco is so addictive, we know once kids start, they are not likely to stop on their own. MK10 is designed to educate youth, not only about the health risks and dangers of this addiction, but also about the most effective methods to combat these addictions, including R.E.B.T. (Rational Emotive Behavioral Therapy). This education, awareness, and intervention program was developed specially to combat the highly addictive nature, glamorization, and commercialization of smoking, e-cigarettes, and the use of smokeless tobacco from both a health and legal perspective.