



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 uproot 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: 2MUCH 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: 2MUCH 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 Kombat 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 teen's 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.