



## Three Universal Truths and Top Five Practices

Imagine examining, over seven years, the best research from the fields of psychology, education, sociology, recreation, criminology, social work and medicine then synthesizing all the knowledge into *Three Universal Truths* which, if adopted, could support the success of all children, without exception.

Furthermore, imagine conducting an additional eight year study to determine the five most powerful and forceful practices that support the three universal truths.

These overall findings led to Kids at Hope, an evidenced based, strategic-cultural model which reverses the “youth at risk” paradigm by establishing a holistic methodology that engages an entire school, youth organization and/or community.

### **Three Universal Truths:**

1. **BELIEVE** - Children succeed when they are surrounded by adults who believe they can succeed, no exceptions.
2. **CONNECT** - Children succeed when they have meaningful and sustainable relationships with caring adults.
3. **TIME TRAVEL** - Children succeed when they can articulate their future in four domains rather than one, (which is generally Education and Career): Home and Family; Education and Career; Community and Service; and Hobbies and Recreation.

### **Top Five Practices (in reinforcing the Three Universal Truths):**

1. **Belief** - surrounding children with adults who believe *all children can succeed, without exception.*
2. **Pledge** - demonstrating and practicing the power of *positive self talk.*
3. **Report Card** - validating and documenting the multiple intelligences of children which leads to developing their full **POTENTIAL.**
4. **Passport to the Future** - offering all children the opportunity to “*mental time travel*” to the future through four domains which leads to HOPE for their future.
5. **Aces Tracking** - validating and documenting that all children are indeed connected to a caring adult(s) in a *meaningful and sustainable manner.*

**Deliverables** (Based on eight university led independent evaluations-see the “*Science Behind Kids at Hope: Research Synthesis*”)

**By adopting the Kids at Hope cultural strategic framework the following will be achieved:**

- Children become much more optimistic
- Children not only understand the concept of hope, they can model it
- Children learn and practice the power and self-fulfilling prophecy (belief system) of positive self talk (Kids at Hope Pledge)
- Children learn about personal strength based inventory and practice it
- Children’s academic and emotional achievement matures
- Adults learn and practice the power of the self-fulfilling prophecy to support a child’s achievement
- Adults learn and practice how to measure a child’s potential, not just their behavior (Kids at Hope Report Card)
- Adults learn and practice how to instill hope in every child without exception (Passport to the Future)
- Adults learn and practice the types of meaningful and sustainable relationships needed by children (Aces)



OVER

Two Roosevelt University doctoral dissertations have been published focused on environmental factors that influenced collective efficacy within a public school leading to breakthrough student achievement gains. In both studies principle investigators Dr. Annette Acevedo and Dr. Mark Parrish identified Kids at Hope as a significant strategy responsible for the school and student success.

Kids at Hope's efforts have been published in two research journals as well as a highly acclaimed book on classroom management.

- *Women & Criminal Justice*: Bernat, Frances P. (2009) "Youth Resilience: Can Schools Enhance Youth Factors of Hope, Optimism and Success"
- *Journal of Physical Education, Recreation and Dance*: Tipps, Christine R. (2006) "Kids at Hope-All Children Are Capable of Success, No Exceptions!"
- Specialized Classroom Management (2011) S. Lamke; D. Pratt; A. Perhamus, Boys Town Press

**Also the *American Academy of Pediatrics*, in a book it published entitled Building Resilience in Children and Teens, by Dr. Kenneth R. Ginsburg, endorsed Kids at Hope as *one of four initiatives in the country that effectively uses positive youth development to transform families, schools and communities*.**

**Kids at Hope at a Glance** (to date)

- ✓ KAH focuses on children/youth ages 3-18
- ✓ Approximately 60,000 adults have experienced KAH training
- ✓ Ten different Professional Development sessions/trainings offered
- ✓ 600,000 children served in KAH schools, organizations and communities daily
- ✓ 450 Partners/Projects supported<sup>1</sup>
- ✓ 20 states are engaged in KAH practices
- ✓ KAH is practiced in the US and Canada
- ✓ Two books and two comic books have been published about Kids at Hope – "Youth Development from the Trenches", "Kids at Hope: Every Child Can Succeed", and "The Adventures of the Time Traveler" and "The Time Traveler featuring Kenny Dobbs."
- ✓ Annual Youth Development Master's Institute
- ✓ The Arizona Supreme Court has adopted Kids at Hope as part of its evidence based practices model

<sup>1</sup> A Partner/Project is defined as a school, youth organization/community based group/department where Kids at Hope has sponsored training(s) and some level of Kids at Hope principles and practices are implemented.

**Mission:** Kids at Hope inspires, empowers, and transforms families, organizations serving youth and entire communities to create an environment where all children experience success, NO EXCEPTIONS!

**Vision:** Kids at Hope's vision is that every child is afforded the belief, guidance and encouragement that creates a sense of hope and optimism, supported by a course of action needed to experience success at life's four major destinations: Home & Family; Education & Career; Community & Service; and Hobbies & Recreation.

**Kids at Hope's definition of HOPE:** *The ability to visit your future* (four domains-home and family; education and career; community and service; hobbies and recreation), ***return to the present and prepare for the journey.*** ©

**Where to find us:**

**Website:** [www.kidsathope.org](http://www.kidsathope.org)



<http://www.facebook.com/kidsathope>

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