

# Financial Literacy

## Money Smart

Designed by the FDIC, Money Smart provides participants with knowledge regarding:

- Proper use of financial institutions
- Spending plans
- Distinguishing between wants and needs
- Credit and borrowing money responsibly
- Financial rights and consumer safety
- Preparation for large investments, such as college, cars, and property

## Soft Skills to Pay the Bills

Developed at the U.S. Department of Labor, this program helps participants develop the elements of communication, enthusiasm, attitude, teamwork, networking, problem-solving, critical thinking, and professionalism that employers desire in employees. This program also involves exploring future plans, such as colleges, scholarships, and grants, as well as establishing healthy money-management goals.

# Contact Us

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[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)



Breakthrough Youth is made possible through DCP's partnership with



# DISCOVER



A program of



## What We Do

Breakthrough Youth empowers 14- to 24-year-olds in Hancock and Washington counties to make informed decisions that support them in reaching their goals and maintaining their health and well-being for a lifetime.



## Our Focus Areas

The Breakthrough Youth program focuses on four areas:

- Promoting participants' financial literacy
- Encouraging participants not to use alcohol or use/misuse drugs
- Promoting self-confidence and healthy relationships, including safe sex practices
- Planning for career next steps

## Substance Use

### Prime for Life

Designed to address the issues of alcohol use and drug use/misuse, this program seeks to accomplish the following:

- Steer participants away from alcohol use by changing their risk assessments
- Reduce alcohol- and drug-related problems later in life
- Highlight the impacts of substance misuse, whether drugs or alcohol

## Become a Participant

Breakthrough Youth participation is available both in-person and via Zoom by contacting our Youth Navigator.

### 1:1 Sessions

One-on-one sessions are available but in-person may be limited depending on the availability of public or community meeting space.

## Sexual Education

### Making Proud Choices

This program aims to build participants' confidence in their identity, capacity for consent, ability to participate in healthy relationships, and ability to make healthy sexual choices, especially related to safe sex practices that will reduce the incidence of teen pregnancy and sexually transmitted diseases.



Participants in this program have access to the following:

- Overall sexual health knowledge
- Evidence-based information on sexuality and the risks of unprotected sex
- Information on minors' rights to healthcare
- Resources on gender identification, sexuality, and workshops on learning about your loved one
- The opportunity to connect with others in statewide advocacy groups