

Capabilities Statement

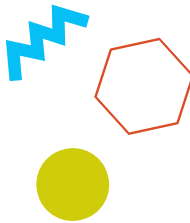
"I learned how to tell a happy healthy relationship from a unhealthy relationship."



- Zha'Rya Ward

Choose to DO, Inc. builds confidence and esteem for underserved black youth 12-17 years old, to embrace healthy mental development by introducing them to applicable skills and resources that foster socioemotional well-being.

CORE COMPENTENCIES

Choose to DO, Inc. helps predominately black youth meet their personal development objectives by teaching them social emotional learning to grow their skills related to the following:



-  **SELF-AWARENESS**
-  **SELF-CONTROL**
-  **SOCIAL AWARENESS**
-  **RELATIONSHIP SKILLS**
-  **RESPONSIBLE DECISION MAKING**

PROGRAMS

- Breaking the Cycle
- Internship Program
- The Mindfulness Project
- Young Authors in the Making Project
- The Self Discovery Project
- YouTube Self Help Classes
- Self Care + Food Project

PROGRAM IMPACT

- 51% GIRLS BEFORE**
Believed they are beautiful
- 84% GIRLS AFTER**
Believed they are beautiful
- 50% BOYS BEFORE**
Believed they are happy with who they are.
- 80% BOYS AFTER**
Believed they are happy with who they are.

FEATURED SUPPORTERS



KENDRA SCOTT



Frost

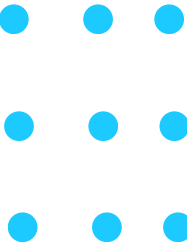
Lonza



DOW



H-E-B



Choose to DO, Inc. Programs

50% of all lifetime mental illness begins by age 14, and 75% by age 24. Read how Choose to DO, Inc. addresses this issue below.

BREAKING THE CYCLE

5 week program, 1 hour a week

Our flagship program represents our founder's journey and steps to becoming a better version of oneself. This program consists of 5 classes, in partnership with like-minded individuals and organizations, that promote socioemotional well-being among black teens through activities such as vision board mapping, healthy grooming, and volunteerism. (Program is run with boys and girls separately)

THE SELF DISCOVERY PROJECT

5 week program, 1 hour a week

The Self Discovery Project teaches young adults how to express themselves through various art disciplines, using self-esteem-building activities to acknowledge each other's differences while working together as a team.

THE MINDFULNESS PROJECT

5 Week Program, 1 hour a week

The Mindfulness Project is a collaborative effort where Choose to DO, Inc. invites yoga and meditation instructors that volunteer their time to educate young adults on alternative methods of creating balance in their lives.

YOUNG AUTHORS IN THE MAKING PROJECT

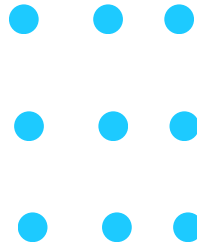
7 week program, 1 hour a week

The Young Authors in the Making Project is an initiative that walks young adults through becoming an author by getting them to work together for a common cause on topics that can educate and help others.

THE SELF CARE + FOOD PROJECT

One off class, held for 1 hour

The Selfcare + Food Project gives Choose to DO, Inc. the opportunity to deliver self-care packages to locations and institutions interested in having their kids participate in our YouTube Self Help Classes.



Choose to DO, Inc. Programs

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YOUTUBE SELF HELP CLASSES

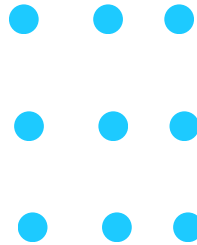
Volunteers teach our YouTube Self-Help Classes with professions in health and wellness, self-esteem building, leadership building, and youth development. The purpose is to teach caregivers ways to improve their relationship with young adults and for young adults to learn ways to improve their relationship with themselves. Subjects: Health and Wellness, Self-esteem, Leadership and Youth Development.

LET'S TALK MENTAL HEALTH

The "Let's Talk Mental Health with Youth Series" recruits BIPOC teens to volunteer their time to teach an online class about topics surrounding mental health. Subjects: Health and Wellness, Self-esteem, Leadership, and Youth Development.

INTERNSHIP PROGRAM

Choose to DO, Inc.'s internship program is for middle school, high school, college students, and working adults. Positions are remote, and students can receive course credit as an incentive based on their institution.



Volunteer Opportunities

VOLUNTEER INSTRUCTOR

Work 1 shift per program

Our instructors use their personal or professional experiences to teach a designated lesson plan from one of our programs. They educate our youth on how to use these lessons to navigate their issues. Exposing them to individuals with diverse backgrounds profoundly impacts youth typically not exposed to these unique environments.

VOLUNTEER MENTOR

Work 1 or more shifts per program

Our volunteer mentors provide a relationship with our youth (in a group setting) to engage with them, build positive, supportive relationships and have fun in a calm and nurturing environment. They help with greeting and signing in participating youth, organize and pass out supplies (yoga mats, snacks, paper, markers, etc.), and assist with the program's interactive personal and professional development activities with our youth under the direction of the program instructor. Additionally, through participation, volunteer mentors also learn the benefits of incorporating the lessons taught to help relieve personal-related stresses and learn new skills to obtain a work-life balance while contributing to a positive atmosphere for our youth participants.

VIRTUAL VOLUNTEERS

Our virtual volunteers are volunteers interested in lending their professional skills to fill a remote position within Choose to DO, Inc., such as the Digital Marketing Assistant, etc. These individuals have entry to expert level skills and are also open to developing new skills in marketing, fundraising, IT, grant writing or social media, etc. Volunteers should be able to commit to a minimum of 6 months with at least biweekly virtual meetings, and the volunteer schedule is typically flexible.

CORPORATE VOLUNTEERS

Our corporate volunteers are employees of businesses that participate in A Day of Service through Choose to DO, Inc. A Day of Service is when a group of volunteers works on a community project that benefits our youth. Corporate volunteers could sign up their employees to work a scheduled program as volunteer instructors or mentors as a group or, for a few hours, assist with a community project such as assembling program supplies, etc. Our corporate volunteers get to make a difference in the lives of our youth, help Choose to DO, Inc. with organizational support, and potentially receive incentives from their company.