

**THE WELLNESS PROGRAM**

**YOU  
MATTER!™**

**freezoneworld.com**

**Tel: 305=532-6161**

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## The Youth Self-Respect Project



# Teaching Youth To Live Like They Matter!

### **FREEZONE WELLNESS PROGRAM**

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The Youth Self-Respect *Project*  
A NON-PROFIT ORGANIZATION

**DEFINED PROBLEM:** Suppressing societal conditioning

Imposed boundaries: Physical, mental, emotional, intellectual, professional, and economical.

**THE CAUSE:** Inaccurate conditioning and development

Inaccurate conditioning and youth development training: Most children are raised in the world without a choice of personal freedom. Children are conditioned and trained by the ignorant environments they exist in. These environments are families, society, schools, and religious institutions.

**THE EFFECT:** Uncontrollable violence and self-abuse

Lack of self-respect, self-esteem, and control over one's mental and emotional processing. Teen-agers using destructive means to deal with depression, disappointment, insecurity and doubt. Lack of understanding and education among teen-agers on the benefits, beauty and outstanding learning advantages of diversity.

**CLIENT POPULATION:** The future generations

Children of all ages and grade levels.

**DEFINED GOALS:** Issues focussed on

- 1) To defuse violence and self-abuse in schools and communities within all societies.
- 2) Assisting children in reaching their true potential.
- 3) Empowering children to realize their individual worth and the worth of others within all societies.

**3 SELECTED ACCOMPLISHED GOALS:**

- 1) Troy Academy Community Schools, (court sentenced youth offenders)  
Violence decreased 100%. See principal endorsement letter.
- 2) Miami Beach Senior High School  
Increased self esteem and quality of life. See student testimony.
- 3) Big Brother Big Sisters Organization  
Increased level of Self worth among seminar attendees. See organization letter of praise.

**ACTION:** Youth multimedia educational seminars, youth self-respect adult facilitator certification programs and youth classroom lesson plan modules on self respectful thoughts, decisions, and actions.

- 1) A course implemented to aid and empower children in their thought process, offering them the ability make sound, self-respecting decisions.
- 2) To ensure all children are educated, regardless of gender, race, religious beliefs, or sexual orientation on positive, accurate viewpoints when dealing with themselves, others, and life's situations. (Race adversity, sexual, physical, and verbal abuse, negative competition, addiction, sexuality, rejection, and self-imposed doubt.)
- 3) To educate children on the amazing value of diversity.
- 4) To educate children on their unconditional value and self-worth.

**RESULT:** Empowering social conditioning

Expanded boundaries: Children of all ages developing the mental skills needed to successfully increase self-esteem enabling them to become healthy, productive, self-reliant, law abiding members of society.

**VISION:** Global intent

All Countries, in all languages implementing youth self respect programs.

- 1) Youth self respect educational guidance seminar programs.
- 2) Adult self respect training certification courses.
- 3) Youth self respect classroom training module programs.
- 4) Partnerships with existing youth programs.

# FREEZONE YOUTH SELF-RESPECT PROJECT



The FREEZONE Wellness Program is a guide to Personal Freedom. Freedom from personal doubt, worries and insecurity through an honest and realistic way of looking at life. Described as an Inner Peace, the concept or the passion of the FREEZONE Wellness Program is to guide the world, one person at a time to "LIVE IN THE FREEZONE". This personal process starts by reminding each and every person of the FREEZONE Motto Statement, YOU MATTER.

Developing self esteem from the beginning of life is critical to a child's future. This is especially important for the formative young minds beginning to step out into the world as adults. **That is the purpose and the intent of the Freezone Youth Self-Respect Project, to insure children & youth have an opportunity to be exposed to a positive self esteem program.** This is not always taught in the home, and it is increasingly more the duty of our schools to insure all growing human beings are exposed to principles of thought that prove that they matter. The FREEZONE Youth Self Esteem Development Program will be visiting schools across Dade and Broward counties in 1999 to help schools instill these important values in our future generations.

The FREEZONE Wellness Program is for all people, any age. Even though today our focus is on youth. We have enclosed a FREEZONE recipe called "A Child Is Born" for the students to give to their parents, as a reminder that their child matters, and that parents need to actively participate in nurturing this process of growth. We also want to encourage parents to live in the FREEZONE, so they can develop thinking habits that best support self esteem, because everything they do affects their children.

If asked, most people think they matter, but if you truly matter, you need to believe, live and maintain your life like you matter. That may be a different story... once MATTERING it is presented in this way, you may find out that you have forgotten you matter or that you have never really been taught how to matter., now it is time to believe that you matter. The truth is, when you live like you matter you make decisions to think and act in a way that supports mattering. It's a very simple yet very profound recipe for personal freedom.

The FREEZONE Wellness Program was written and designed to reeducate, recondition and reprogram the mind to practice and become an expert in:  
MAKING THE NEXT RIGHT DECISION...THINKING THE NEXT RIGHT THOUGHT... AND TAKING THE NEXT RIGHT ACTION TO PROVE TO YOURSELF THAT YOU WANT TO LIVE LIKE YOU MATTER.

...AND LIFE IN THE FREEZONE WILL BEGIN

FREEZONE ASSIGNMENT: THE NEXT OPPORTUNITY YOU GET TO PROVE TO YOURSELF THAT YOU MATTER, **DO IT!**

FOR MORE INFORMATION, CHECK OUT THE FREEZONE WEBSITE: [freezoneworld.com](http://freezoneworld.com)  
TELL A FRIEND!

YOU MATTER, EVERYONE MATTERS, OUR YOUTH MATTERS

SCOTT SCHREY  
& BRIAN BOWLIN

Our website is designed for everyone,  
to assist a healthy, positive way of thinking  
1999 • [freezoneworld.com](http://freezoneworld.com)

# BEING A TEEN

3-15-99 • 11:13pm

WHAT AN AGE  
WHAT A TIME TO REMEMBER  
WHAT I THOUGHT & HOW I FELT  
SO YOU KNOW YOU'RE NOT ALONE  
THE WORD THAT COMES TO MIND  
IS PRESSURE  
UNDERLINED PRESSURE  
FROM ALL SIDES

NO ONE KNEW, I WAS GOOD AT HIDING IT  
BUT INSIDE I WAS UNDER PRESSURE  
PRESSURE TO HAVE A GIRLFRIEND  
PRESSURE TO LOSE MY VIRGINITY  
PRESSURE TO MEASURE UP

MOSTLY PRESSURE I PUT ON MYSELF  
I WAS A LATE BLOOMER  
I GREW SLOW  
AND I THOUGHT LESS THAN OF MYSELF, SO I FELT LESS THAN  
I WAS WEARING A MASK, THE "EVERYTHING'S OKAY" MASK  
BUT IN MY MIND I WAS AT WAR WITH MY THOUGHTS  
I DIDN'T KNOW I COULD TALK ABOUT IT, I WAS STUCK  
I THOUGHT EVERYONE WAS PASSING ME BY  
I THOUGHT THEY WERE BETTER THAN ME  
EVEN THOUGH I WAS ONE OF THE MOST POPULAR  
EVEN THOUGH, I'M SURE OTHER KIDS THOUGHT I WAS BEST  
.....

IN SOME WAYS I WAS PASSED BYE  
THEY HIT PUBERTY FIRST  
BUT I WAS STILL ME, PERFECT IN MY WAY, IN MY TIME  
NO BODY ELSE'S  
THE PROBLEM WAS MY THINKING,  
I THOUGH WE WERE ALL THE SAME  
I THOUGHT WE WERE SUPPOSED  
TO GROW, MATURE, AND EXPERIENCE EVERYTHING  
AT THE SAME TIME  
NO ONE TOLD ME WE ARE ALL DIFFERENT  
THAT IT'S OKAY TO BE ME, AT MY OWN PACE  
THAT I WAS PERFECT IN MY WAY

NO ONE TOLD ME THAT I MATTER  
THAT MY WANTS MATTER  
THAT MY THOUGHTS MATTER  
NO ONE TOOK A RISK TO TELL ME THAT  
NO ONE POINT BLANK TAUGHT ME HOW TO MATTER  
NOBODY REINFORCED MY SELF ESTEEM  
SO IT WAS LOW  
.....

NO ONE SHOWED ME TO CARE FOR MYSELF MENTALLY  
SO I DIDN'T AND INSECURE ISSUES WERE FORMED  
PERSONAL INSECURITIES DEVELOPED AND HAUNTED ME  
THE INSECURITIES TOLD ME I WASN'T GOOD ENOUGH  
I FINALLY HAD TO TELL SOMEONE WHAT I THOUGHT

THAT WAS THE AMAZING START  
BECAUSE I WAS FINALLY TOLD THE TRUTH  
THE TRUTH THAT I AM GOING TO TELL YOU NOW  
THAT HELPED FIX MY THINKING  
TO SEE MYSELF AS THE GOOD KID I WAS  
JUST FOR BEING ME  
TO THINK POSITIVE ABOUT EVERYTHING  
TO LEARN THERE IS A HALF FULL VERSION  
NOT HALF EMPTY  
MY THOUGHTS BECAME GOOD THOUGHTS  
AND MY LIFE GOT BETTER  
THE ONLY THING IS, IT TOOK ME SO LONG TO GET HELP  
I WAS 24, THAT'S ALMOST 10 YEARS OF LOW LIVING  
THAT IS WHY I WRITE THIS TO ALL YOU  
THE TIME HAS PAST; I'M 30 YEARS OLD  
NOW I KNOW BETTER  
WHAT I WORRIED ABOUT AS A TEEN MEANS NOTHING NOW  
SO THAT MEANS I WORRIED FOR NOTHING, SEE MY POINT?  
THAT'S THE REASON I WRITE, TO SPARE YOUR WORRIES

TO HELP YOU CHANGE YOUR MIND  
TO TELL YOU THE TRUTH I MISSED FOR SO LONG  
THINGS LIKE THIS:  
THERE IS NO COMPETITION, YOU DON'T HAVE TO COMPETE  
YOU DON'T HAVE TO TAKE ANYTHING PERSONAL  
KIDS HAVE THEIR OWN ISSUES, THEIR OWN INSECURITY  
THAT'S WHY SOMETIMES THEY'RE MEAN...  
SO IT'S NOT YOU  
YOU CAN SAY NO, YOU CAN SAY THAT'S NOT COOL,  
YOU CAN SAY DON'T TREAT ME THAT WAY  
YOU CAN TOTALLY TELL ANYONE TO STOP  
YOU CAN TELL A TEACHER ANYTHING YOU WANT  
YOU CAN STAND UP FOR YOURSELF  
PROVE YOU MATTER, BECAUSE YOU DO  
DON'T WORRY, IT WON'T GET WORSE  
YOU WILL BE PROTECTED AND THE ABUSE WILL STOP  
YOUR SELF ESTEEM WILL RISE  
AND YOU WILL SHINE BRIGHT AS THE SUN

YOU CAN MAKE NEW FRIENDS, NICE FRIENDS, GOOD FRIENDS  
FRIENDS THAT DO THE RIGHT THINGS  
DOING THE RIGHT THINGS MEANS: YOU MATTER

BY THE WAY, IN CASE YOU DIDN'T KNOW  
THE PERFECT OUTFIT IS THE ONE YOU LIKE BEST  
WHAT YOU THINK MATTERS  
NOT WHAT SOMEONE ELSE THINKS

TRUTH IS, WHAT SOMEONE ELSE THINKS, DOESN'T MATTER  
IF SOMEONE LIKES YOU GREAT  
IF SOMEONE DOESN'T IT'S OKAY  
BECAUSE NO ONE IS LIKED BY EVERYBODY  
IT'S JUST THE WAY IT IS  
IT'S CALLED LIFE  
DON'T TAKE IT PERSONAL LIKE I DID BECAUSE  
I SUFFERED, I FELT NO GOOD, WHEN I WAS GOOD  
JUST DO THE RIGHT THINGS AND LET YOUR LIFE UNFOLD  
IF YOU ACCEPT WHAT HAPPENS, HOW THINGS HAPPEN  
YOU WON'T SUFFER

HERE'S THE TRICK TO NOT SUFFER... READY?  
...LET'S SAY YOU WANT TO GO OUT WITH SOMEONE  
YOU ASK THEM OUT AND THEY SAY NO  
INSTEAD OF TELLING YOURSELF  
YOU'RE NOT GOOD ENOUGH, SIMPLY CHANGE YOUR MIND  
TELL YOURSELF THAT IT JUST MEANS IT'S THE WRONG FIT  
THAT YOU'LL GO OUT WITH SOMEONE BETTER FOR YOU  
THE BEST SOMEONE  
IT MAY TAKE SOME TIME TO FIND THAT PERSON  
BUT YOU WILL, YOU ALWAYS WILL, I PROMISE  
TRY IT, TEST OUT A FREEZONE CHANGE OF MIND  
IT TOTALLY WORKS  
AND YOU WON'T SUFFER  
YOU MATTER WAY TOO MUCH TO SUFFER

WHAT I WORRIED ABOUT AS A  
TEEN MEANS NOTHING NOW...  
SO THAT MEANS I WORRIED FOR  
NOTHING

LIFE IS NOT TO SUFFER  
LIFE IS MEANT TO BE FREE AND  
TO HAVE PERSONAL FREEDOM AT ANY AGE  
ESPECIALLY AT A YOUNG AGE  
BECAUSE YOU'RE SETTING THE MENTAL PATH  
FOR YOUR WHOLE LIFE, YOUR FUTURE MATTERS  
THINGS THAT HAPPEN NOW DON'T MATTER  
WHAT YOU THINK ABOUT THEM DOES  
YOU GOT TO BE YOUR OWN BEST FRIEND  
TO LIVE IN THE FREEZONE  
REMEMBER YOU MATTER  
IT'S YOUR BIRTH RIGHT  
PROVE YOU MATTER TO YOURSELF BY  
PRACTICING WHAT I KNOW NOW...  
BEING A TEEN

- SCOTT SCHREY

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# THE FREEZONE YOUTH SELF-RESPECT PROJECT

## THE CONCEPT:

GUIDING YOUTH TO LIVE IN THE FREEZONE.

## THE MISSION:

TO DEFUSE VIOLENCE AND SELF-ABUSE IN SCHOOLS AND COMMUNITIES  
BY TARGETING LOW SELF-RESPECT COMBINED WITH  
AN EDUCATION ON THE VALUE OF UNITY AND DIVERSITY.

## THE VISION:

GUIDING YOUTH TOWARDS SELF-ESTEEM AND PERSONAL FREEDOM, WHILE ASSISTING THEM TO DEVELOP  
THE MENTAL SKILLS NEEDED TO SUCCESSFULLY DEAL WITH THEMSELVES, OTHERS, AND LIFE.  
LEADING ALL CHILDREN REGARDLESS OF GENDER, RACE, FAITH, OR SEXUAL ORIENTATION  
USING A LIVE MOTIVATIONAL PERFORMANCE AND CLASSROOM LESSON PLAN MODULES TO INSPIRE TODAY'S YOUTH  
TO BECOME HEALTHY, PRODUCTIVE, SELF-RELIANT, LAW ABIDING MEMBERS OF SOCIETY.

Developing true self-respect is crucial to a child's future.

The purpose of the FREEZONE Youth Self-Respect Project is to provide today's youth with  
a positive, accurate, view point. This is not always taught at home, and is becoming more the duty  
of our schools and youth environments to insure that all children at any age know

**"THEY MATTER"**

The project visits schools and youth establishments to Assist children in reaching their true potential  
and to realize their individual worth in society.

The FREEZONE Youth Self-Respect Project is committed to guiding youth  
**"TO LIVE LIKE THEY MATTER"**

Reaching the mass population in a single performance that deals with issues of:

**Race Adversity, Abuse, Negative Competition, Addiction,  
Sexuality, Rejection, and Self-imposed Doubt.**

The program educates, with a fun, multi media production using  
live skits, music, dance, and motivational speaking.

The Project's performance delivers a  
clear-cut, easy to understand guidance on  
healthy thoughts, healthy decisions, and healthy actions  
on what has happened,  
what is happening,  
and what might happen  
in a child's life.

**FREEZONE LIVING NOW!**

*IT MATTERS!!!*

# FREE ZONE

## PROGRAM'S FREE FLOW OVERVIEW:

### WHEN YOU LIVE IN THE FREEZONE...

"You have personal freedom"  
Life is the best it can be.  
Because without a doubt,  
Without any conditions,  
Without anyone telling you,  
Regardless of what you thought in the past...  
You know you matter,  
You know you count.

You know you mean something,  
Simply because you were born...A Birthright  
You matter, therefore you know everyone matters

#### WHEN YOU MATTER TO YOURSELF...

You want to live like you matter,  
You have a natural motivation to learn and apply helpful suggestions  
You want to do the right things  
You work for your life, not against it  
You are secure in your own talents and the talents of others  
You add to people's life not take away from it

SO...

#### YOU THINK THE RIGHT THOUGHTS:

Freezone thoughts  
Accurate thoughts,  
Honest thoughts,  
Thoughts that don't steal your self- worth,  
Thoughts that protect you from worry, doubt, and insecurity,  
Thoughts that support understanding and compassion for others.

AND...

#### YOU MAKE THE RIGHT DECISIONS:

Freezone decisions,  
I matter decisions,  
My life matters decisions,  
Everyone matters decisions,  
Decisions that support...  
Self-Respect & Self-Esteem,  
Consideration for yourself,  
Consideration for others,

ALSO...

#### YOU DO THE RIGHT THINGS:

Freezone actions,  
Actions that don't create chaos and unmanageability in your life,  
Actions that enhance your life and the life of others,

#### YOU MATTER AND YOU PROVE IT BY...

Wanting and striving for The best possible life you can have.

AND YOU...

Support everyone having the best possible life they can have.

### "FREEZONE THE HUMAN KINDNESS MOVEMENT"

For you...For me...For everyone

y o u   M A T T E R . . . I   M A T T E R . . . E V E R Y O N E   M A T T E R S ! ! !

**ZONE'**

THE POETIC REASONS:

## CHILDHOOD

4-26-99/8:40 am

MY CHILDHOOD  
YOUR CHILDHOOD  
EVERYONE'S CHILDHOOD

BEING A CHILD  
IS LIKE BEING A DRY SPONGE  
YOU SOAK EVERYTHING UP  
THE GOOD, THE BAD  
, THE TRUTH, THE LIES

YOUNG MINDS  
ARE IMMATURE MINDS  
IMMATURE MINDS  
LIKE A BLANK COMPUTER CHIP  
ARE WAITING TO BE PROGRAMMED  
CHILDHOOD IS THE PROGRAMMING CENTER

THE ENVIRONMENT-HOW WE LIVED  
THE PEOPLE-WHO WE LIVED WITH  
THE EXPERIENCES-WHAT WE WENT THROUGH  
WERE THE PROGRAMMERS

AS CHILDREN WE WERE PROGRAMMED  
WE NEEDED SOMETHING TO BELIEVE  
SO WE DID  
THERE WAS NO CHOICE  
LIKE AN INNOCENT BYSTANDER  
IN SOME WAY OR ANOTHER, WE TOOK A HARD HIT

IT MIGHT HAVE BEEN SOMEONE ELSE'S ACTIONS  
OR IT MAY HAVE JUST BEEN OUR YOUNG, IMMATURE PERCEPTION  
BUT WE DOWNLOADED INACCURATE INFORMATION  
WE TOOK EVERYTHING PERSONAL  
WHAT A CHILD WILL BELIEVE, YOU NEVER LOVED ME

EVERY WORD WE HEARD  
EVERY TONE WE FELT  
EVERY ACTION WE SAW  
PROGRAMMED A BELIEF IN OUR MIND  
THAT GAVE BIRTH TO FEELINGS WE HAD  
WHAT WE THOUGHT AND FELT  
WAS WHO AND WHAT WE BECAME

ONCE THE PROGRAM WAS ENTERED  
WE LIVED WITH IT  
NOT KNOWING ANY BETTER  
WE WERE KIDS THAT'S TO BE EXPECTED

NOW IS THE TIME TO SECURE A CHILD  
WITH THE EDUCATION TO HAVE  
SELF-RESPECT AND SELF-WORTH  
TO MAKE SURE THE CHILD'S THOUGHTS AND VIEWPOINTS ARE  
HELPFUL NOT HARMFUL  
TO PROVIDE GUIDANCE ON  
HEALTHY THOUGHTS  
HEALTHY DECISIONS  
AND HEALTHY ACTIONS  
FOR A CHILD'S TRANSITION INTO BEING  
A MATURE, PRODUCTIVE ADULT  
MAKING THE BEST TRAINING GROUND OF A...CHILDHOOD

—Scott Schrey, M.C., A.M./freezoneworld.com

EDUCATION  
TRAINING  
CONDITIONING  
PRODUCES...  
MATURITY

READING  
WRITING  
ARITHMETIC  
HISTORY  
SCIENCE  
IS ALL GOOD  
BUT... NOT GOOD ENOUGH

IT WILL NOT LEAD YOU  
TO HEALTHY RELATIONSHIPS  
WITH YOURSELF  
WITH OTHERS  
OR WITH LIFE

WHAT WILL IS...  
SELF-RESPECT  
SELF-ESTEEM  
SELF-WORTH

AN EDUCATION ON...  
HEALTHY THOUGHTS  
HEALTHY DECISIONS AND  
HEALTHY ACTIONS  
WILL COMPLETE AN EDUCATION FOR A MANAGEABLE LIFE

GIVE SOMEONE A NEW THOUGHT..."YOU MATTER"  
THAT WILL LAST A LIFE TIME  
THAT WILL HELP THEM INTO PRODUCTIVE HEALTHY LIVING  
THAT IS THE MISSING PIECE  
OF THE EDUCATIONAL PUZZLE

FRACTIONS  
I WILL NEVER DO AGAIN  
MAKING PERSONAL DECISIONS  
I WILL DO EVERY DAY OF MY LIFE  
EVERY DAY I WILL THINK ABOUT  
ME, YOU,  
AND HOW LIFE WORKS

IF WE DON'T EDUCATED ON HEALTHY THOUGHTS  
THEY DON'T HAVE A CHANCE  
LET'S GIVE THEM A CHANCE

LET'S FULLY PREPARED SOMEONE FOR A HEALTHY FUTURE  
LET'S NOT MISS THE BOAT WITH OUR INTENT  
LET'S COVER ALL AREAS OF  
AM... EDUCATION

-Scott Schrey/[freetoneworld.com](http://freetoneworld.com)



/// **ZONE WELLNESS PROGRAM**  
1440 Euclid Avenue, Suite #1  
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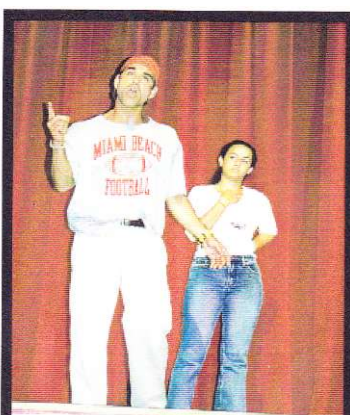


# THE FREEZONE'S YOUTH SELF-RESPECT PROJECT'S GUIDANCE SEMINAR PRODUCTION

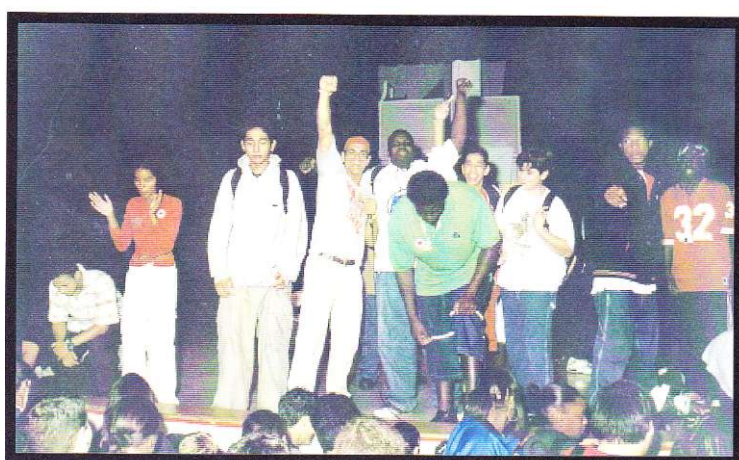
## MIAMI BEACH SENIOR HIGH SCHOOL



SCOTT SCHREY'S FREEZONE INTRODUCTION, "SELF-RESPECT"  
STARTS WITH YOUR THOUGHTS. FREEZONE LAW OF CAUSE AND  
EFFECT: "HOW YOU THINK IS HOW YOU FEEL".  
I MATTER, YOU MATTER, EVERYONE MATTERS.



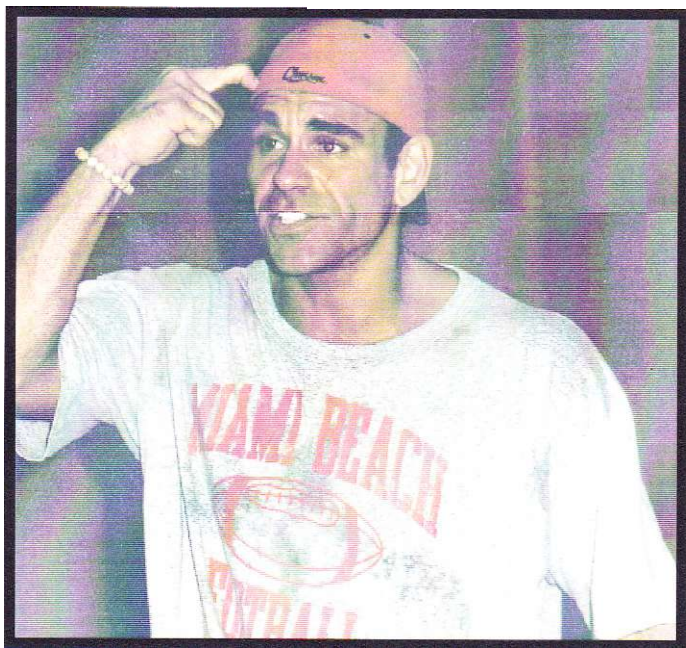
LORI GLUCK INTRODUCING FREEZONE MENTAL  
REDESIGN "CHANGE THE WAY YOU THINK ABOUT  
YOURSELF" YOU MATTER!



SEMINAR FREEJAM FINALE ATTENDEES FREE DANCE ON STAGE  
AND SIGN I MATTER COMMITMENT BANNER.



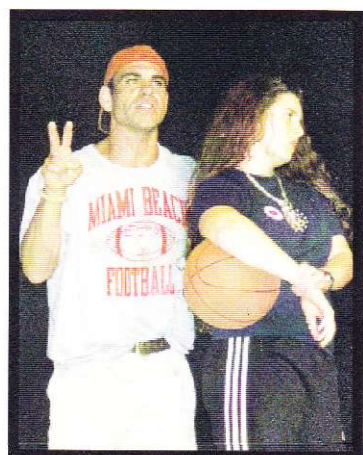
"FIGHT DOUBT" DANCE DRUM CELEBRATION.



SCOTT SCHREY'S FREEZONE INTRODUCTION, "SELF-RESPECT"  
STARTS WITH YOUR THOUGHTS. FREEZONE LAW OF CAUSE AND  
EFFECT: "HOW YOU THINK IS HOW YOU FEEL".  
I MATTER, YOU MATTER, EVERYONE MATTERS.



LORI GLUCK INTRODUCING FREEZONE MENTAL  
REDESIGN "CHANGE THE WAY YOU THINK ABOUT  
YOURSELF" YOU MATTER!



"FIRST STRING, SECOND STRING" SKIT  
SECOND STRING DOESN'T MEAN YOU'RE NO GOOD.  
BASKETBALL HAS NOTHING TO DO WITH SELF-WORTH.

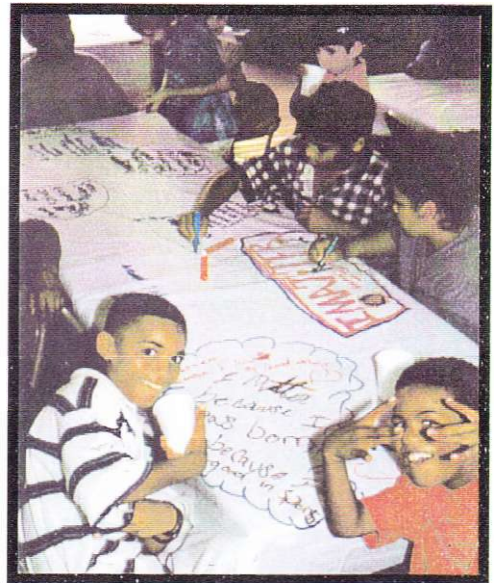
**FREEZONE NOW... YOU MATTER!**



# THE FREEZONE YOUTH SELF-RESPECT PROJECT'S NATIONAL TOUR BOSTON, MASSACHUSETTS



FREEZONE YOUTHFUL RUNNERS



WALNUT STREET CHURCH  
ELEMENTARY SCHOOL



CAMP MASSASOIT MIDDLE SCHOOL



BOYS AND GIRLS CLUB DAY CAMP



PROJECT SOS BROCKTON HIGH SCHOOL



WEST BRIDGEWATER DAY CAMP

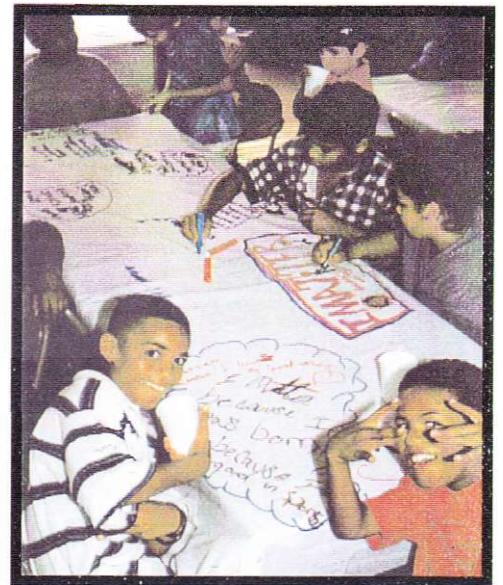
FREEZONE NOW». YOU MATTERS



# THE FREEZONE YOUTH SELF-RESPECT PROJECT'S NATIONAL TOUR BOSTON, MASSACHUSETTS



FREEZONE YOUTHFUL RUNNERS



WALNUT STREET CHURCH  
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CAMP MASSASOIT MIDDLE SCHOOL



BOYS AND GIRLS CLUB DAY CAMP



PROJECT SOS BROCKTON HIGH SCHOOL



WEST BRIDGEWATER DAY CAMP

FREEZONE NOW». YOU MATTER!

# Teen program promotes holistic living

BY CORINNA MULLIN  
For The Herald

After two years of fastidiously thinking, rethinking, planning, organizing and writing, Miami Beach resident Scott Schrey is finally able to enjoy the fruits of his labor.

It is not money that this native Floridian is being rewarded with, but rather seeing confidence and self-respect in the teenagers he has worked with.

Schrey is the founder of "The Freezone Program," a holistic self-help curriculum for kids, which aids them in the development of their emotional, physical and mental well-being. Its themes are simple: Treat yourself and others with respect and learn how to deal positively with your emotions.

Freezone has been launched successfully at Miami Beach High, and is under consideration for implementation at other schools.

The ease in which Schrey addresses his young audience and the fluidity in which he speaks about the importance of respect, responsibility and self-assuredness might make it appear as if he has been a youth counselor and community organizer all his life. But Schrey speaks from his own reality: overcoming self-doubt, insecurity and fear.

Schrey said he went from a shaky adolescent, which included unhealthy and destructive behavior, to a seemingly stable adulthood, where his true passions, writing and working with kids, were neglected.

"I definitely grew up living in the fear zone, living like I didn't matter," said Schrey, whose relationship with his stepmother was strained.

Describing the root of his feelings of worthlessness to participants in his workshops, Schrey often quotes a line from an Alanis Morissette song that says, "we needed something to believe in, so we did."

"When people don't understand the reasons for another person's actions, they create their own explanation and believe it because that is all they have," said Schrey.

Schrey said he spent nine years selling computer chips, following in his father's foot-

## GET TO KNOW

### Scott Schrey

**I Personal:** Single and 31, Schrey lives in Miami Beach.

**> What He Does:** Schrey is the force behind "The Freezone Program," a program that helps teens in their emotional, physical and mental well being.

**» Quote:** "Kids need to be reminded of how important each and everyone of them are. Just being human makes them special."

steps. Although he was financially successful, he knew there was something important missing from his life.

His earlier intentions were to create a program for WAMI, the Miami Beach broadcasting station, in which he would interview various successful individuals about their success. He also wanted to develop an unstructured dance and aerobic program for the South Beach gym Crunch.

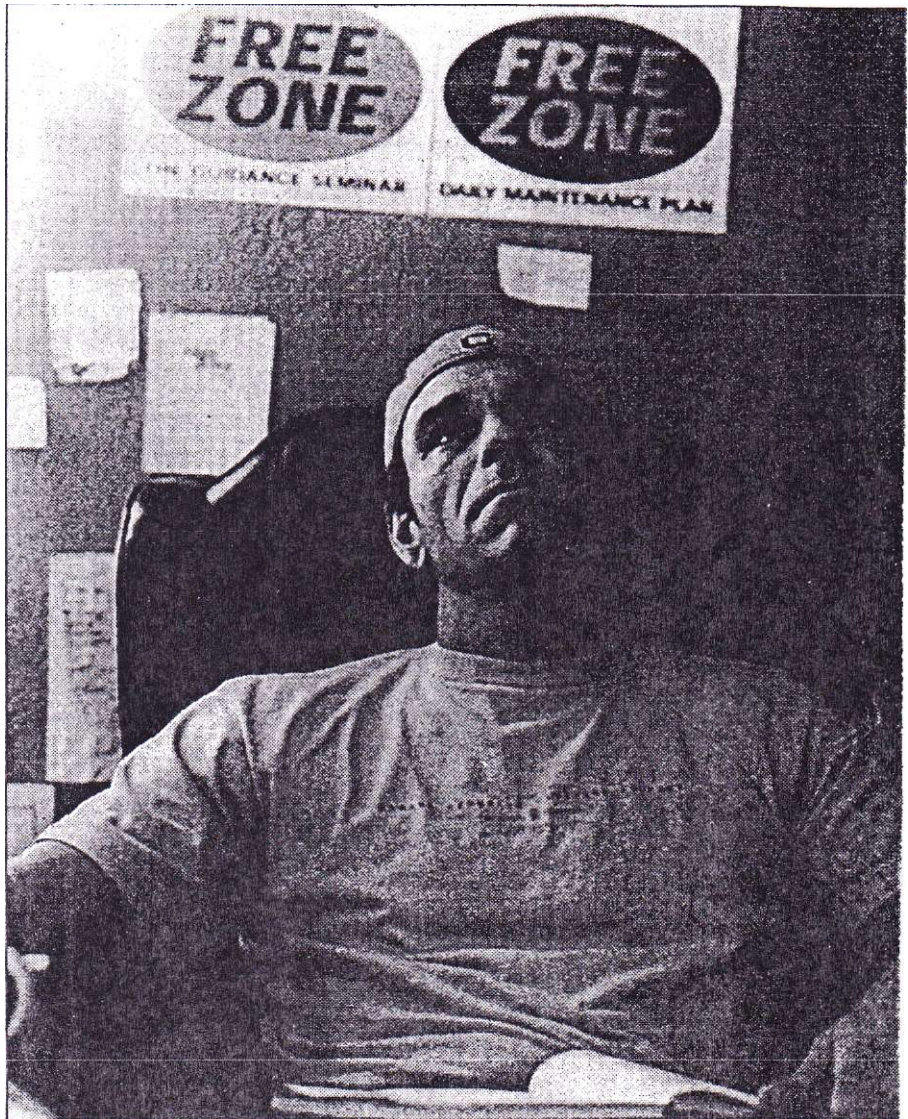
"It was after I made a proposal to Crunch for a new exercise program that I realized I wanted to promote a program that was more comprehensive program designed to help people deal with life on life's terms," said Schrey.

He first explained the Freezone program to youngsters last summer during Career Day at Doolin Middle School in Miami, where he had been invited to talk about his career as a writer.

Throughout his discussion, Schrey found himself focusing more on the principles of Freezone thinking than espousing the importance of a career. "The two [Freezone thinking and career choice] are so interconnected," said Schrey. "If you believe you matter, then the career you choose has to reflect that."

Soon, Schrey was invited to Troy Academy, a Miami-based school for at-risk youth, to develop a summer Freezone program. It was there, that Schrey's youth development program was born.

"The program started taking off without me being sure of the direction in which it was going," he said. "It hit me one day, as I watching television at



**FINDING FOCUS:** Scott Schrey wants to help teens escape what he calls the fear zone.

the school that was airing live coverage of the Atlanta school shootings, that there was a need for a wellness program among youth."

In August, Schrey was invited by the National Night Out Against Violence program to hold a series of workshops at public summer school programs throughout Boston.

Upon his return to Miami, Schrey devised a program geared toward ninth-graders. After finishing the conceptual groundwork, he proposed the project to AYUDA, a nonprofit community and family development organization, aimed at ninth-grade students through-

out Miami

AYUDA enthusiastically took Schrey on board. With its help, the logistics involved in incorporating Freezone into Miami Beach High's ninth-grade curriculum were solidified.

"As soon as we met with Scott, we knew this program would be perfect for Miami students," said Lisa Egozi, director of operations for AYUDA. "Freezone is great for ninth-graders who are just entering high school, and are probably full of fears and insecurities about their new environment"

Schrey's future plans include incorporating the Freezone

program into all of Miami high schools, and, eventually getting the self-respect curriculum into schools nationwide

"My goal is to see as many kids helped by this affirming confidence building thinking possible," said Schrey. "could solve so many of the problems in this country if only took the time to teach kids how important each a every one of them really is."

**» FREEZONE PROGRAM HELPS TEENS, 30**

# Free Your Mind

After nine years as a successful computer-chip salesman, Scott Schrey had what he describes as his most difficult year. In the last two years, among the benefits of Schrey's labors are apparent: The Free/one Program is a self help curriculum that helps teenagers achieve mental, physical and emotional well-being through a daily

maintenance plan, exercise and affirmations. The goal: To learn to live and make decisions "like you matter," says Schrey, who already has accumulated more than \$30,000 in credit-card debt to support the program. It is a sound holistic — and even a hit move — but the program already has been incorporated into Miami Beach High's ninth grade curriculum. Schrey intends to get Free/one implemented in schools across the country; he also like to air a one-hour version of his seminar on national television, and is now in talks with producers of the *The Oprah*

Freezone founder Scott Schrey (in red) with Miami Beach High students.



*Winfrey Show* and *The Rosie O'Donnell Show*. "My purpose is to teach kids that we are born with freedom — self-doubt is something we learn," says Schrey. "If we can get them before they establish a [negative] mindset, then we don't have to go back and retrain them as adults."

# EDUCATION

i-5-oc}/6:45am

EDUCATION  
TRAINING  
CONDITIONING  
PRODUCES...  
MATURITY

READING  
WRITING  
ARITHMETIC  
HISTORY  
SCIENCE  
IS ALL GOOD  
BUT... NOT GOOD ENOUGH

IT WILL NOT LEAD YOU  
TO HEALTHY RELATIONSHIPS  
WITH YOURSELF  
WITH OTHERS  
OR WITH ~~W~~<sub>+</sub>~~I~~<sub>></sub>~~F~~<sub>+</sub>E

WHAT WILL IS...  
SELF-RESPECT  
SELF-ESTEEM  
SELF-WORTH

AN EDUCATION ON...  
HEALTHY THOUGHTS  
HFALTHY DECISIONS AND  
HEALTHY ACTIONS  
WILL COMPLETE AN EDUCATION FOR A MANAGEABLE LIFE

GIVE SOMEONE A NEW THOUGHT..."YOU MATTER"  
THAT WILL LAST A LIFE TIME  
THAT WILL HELP THEM INTO PRODUCTIVE HEALTHY LIVING  
THAT IS THE MISSING PIECE  
OF THE EDUCATIONAL PUZZLE

FRACTIONS  
I WILL NEVER DO AGAIN  
MAKING PERSONAL DECISIONS  
I WILL DO EVERY DAY OF MY LIFE  
EVERY DAY I WILL THINK ABOUT  
ME, YOU,  
AND HOW LIFE WORKS

IF WE DON'T EDUCATED ON HEALTHY THOUGHTS  
THEY DON'T HAVE A CHANCE  
LET'S GIVE THEM A CHANCE

LET'S FULI Y PREPARED SOMEONE FOR A HEALTHY FUTURE  
LET'S NOT MISS THE BOAT WITH OUR INTENT  
LET'S COVER ALL AREAS OF  
AN...EDUCATION

Scott Schrey/freezoneworld.com

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**,ZONE,**

**FREEZONE WELLNESS PROGRAM**  
1440 Euclid Avenue, Suite #1  
Miami Beach, FL 33139

# ZONE

## PROGRAM'S FREE FLOW OVERVIEW:

### WHEN YOU LIVE IN THE FREEZONE...

"You have personal freedom"  
Life is the best it can be.  
Because without a doubt,  
Without any conditions,  
Without anyone telling you,  
Regardless of what you thought in the past...  
You know you matter.  
You know you count,  
You know you mean something,  
Simply because you were born...A Birthright  
You matter, therefore you know everyone matters  
WHEN YOU MATTER TO YOURSELF...  
You want to live like you matter,  
You have a natural motivation to learn and apply helpful suggestions  
You want to do the right things  
You work for your life, not against it  
You are secure in your own talents and the talents of others  
You add to people's life not take away from it

SO...  
YOU THINK THE RIGHT THOUGHTS:  
Freezone thoughts  
Accurate thoughts.  
Honest thoughts,  
Thoughts that don't steal your self- worth,  
Thoughts that protect you from worry, doubt, and insecurity,  
Thoughts that support understanding and compassion for others.

AND...  
YOU MAKE THE RIGHT DECISIONS:

Freezone decisions,  
I matter decisions,  
My life matters decisions,  
Everyone matters decisions.  
Decisions that support...  
Self-Respect & Self-Esteem,  
Consideration for yourself,  
Consideration for others,

ALSO...  
YOU DO THE RIGHT THINGS:  
Freezone actions,  
Actions that don't create chaos and unmanageability in your life,  
Actions that enhance your life and the life of others,  
YOU MATTER AND YOU PROVE IT BY...  
Wanting and striving for The best possible life you can have.  
AND YOU...

Support everyone having the best possible life they can have.  
**"FREEZONE THE HUMAN KINDNESS MOVEMENT"**

# THE POETIC REASONS:

## CHILDHOOD

4-26-99/8:40 am

MY CHILDHOOD  
YOUR CHILDHOOD  
EVERYONE'S CHILDHOOD

BEING A CHILD  
IS LIKE BEING A DRY SPONGE  
YOU SOAK EVERYTHING UP  
THE GOOD, THE BAD  
THE TRUTH, THE LIES

YOUNG MINDS  
ARE IMMATURE MINDS  
IMMATURE MINDS  
LIKE A BLANK COMPUTER CHIP  
ARE WAITING TO BE PROGRAMMED  
CHILDHOOD IS THE PROGRAMMING CENTER

THE ENVIRONMENT-HOW WE LIVED  
THE PEOPLE-WHO WE LIVED WITH  
THE EXPERIENCES-WHAT WE WENT THROUGH  
WERE THE PROGRAMMERS

AS CHILDREN WE WERE PROGRAMMED  
WE NEEDED SOMETHING TO BELIEVE  
SO WE DID  
THERE WAS NO CHOICE  
LIKE AN INNOCENT BYSTANDER  
IN SOME WAY OR ANOTHER, WE TOOK A HARD HIT

IT MIGHT HAVE BEEN SOMEONE ELSE'S ACTIONS  
OR IT MAY HAVE JUST BEEN-OUR YOUNG, IMMATURE PERCEPTION  
BUT WE DOWNLOADED INACCURATE INFORMATION  
WE TOOK EVERYTHING PERSONAL  
WHAT A CHILD WILL BELIEVE, YOU NEVER LOVED ME

EVERY WORD WE HEARD  
EVERY TONE WE FELT  
EVERY ACTION WE SAW  
PROGRAMMED A BELIEF IN OUR MIND  
THAT GAVE BIRTH TO FEELINGS WE HAD  
WHAT WE THOUGHT AND FELT  
WAS WHO AND WHAT WE BECAME

ONCE THE PROGRAM WAS ENTERED  
WE LIVED WITH IT  
NOT KNOWING ANY BETTER  
WE WERE KIDS THATS TO BE EXPECTED

NOW IS THE TIME TO SECURE A CHILD  
WITH THE EDUCATION TO HAVE  
SELF-RESPECT AND SELF-WORTH  
TO MAKE SURE THE CHILD'S THOUGHTS AND VIEWPOINTS ARE  
HELPFUL NOT HARMFUL  
TO PROVIDE GUIDANCE ON  
HEALTHY THOUGHTS  
HEALTHY DECISIONS  
AND HEALTHY ACTIONS  
FOR A CHILD'S TRANSITION INTO BEING  
A MATUR PRODUCTIVE ADULT

YOUTH  
GUIDENCE  
SEMINAR

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INBOX: YOUTH SEMINAR-WORKSHOP Outline (1 of 2295) fis

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From: Ghary Bowlin <gharyb@mac.com> #  
To: paulpoint@aol.com Ш  
Cc: scottl @cleverpromotionsnyc.com #  
Subject: YOUTH SEMINAR-WORKSHOP Outline

The FREEZONE YOUTH SEMINAR-WORKSHOP Outline

Frequency: to be determined by need.  
Duration: 2-3 hours with extensions and breaks determined by group vote.  
Format: Interactive

The workshop is an interactive, multimedia, ground breaking event. Coined the biggest self-help chat in the world. It breaks all the rules, because there are no rules!

The workshop?s motto is everyone matters. With this concept as it?s foundation, the workshop?s first intent is to set a very comfortable environment. Attendees are urged to dress in sweat suits, socks and sneakers to alleviate any grooming pressure. The set design for the seminars stage is modeled after a traditional country home, solidifying a visually pleasing comfort.

The Freezone Youth Seminar-Workshop was written and designed with the intent to plant seeds that sprout personal freedom. The seminar delivers a very simple yet very profound message sowing the seeds of change. Wanting to matter, as we all do is the key to this extremely clear-cut game plan. Wanting to matter is human nature and a birthright. With this desire in mind, the workshop profoundly points out the difference between wanting to matter and acting like you matter. Simply put, if you want to matter and believe you deserve to matter you will think and act that way. You will talk the talk as well as walk the walk: i.e. prove you matter by how you think and act. This is where the workshop takes off and creatively guides attendees with Freezone suggestions and Freezone assignments that motivate thoughts, decisions, and actions that directly support living like you matter. The difference between wanting to matter and living like you matter is in ?action?. Taking action both mentally and physically is the amazing difference. It is with this awareness that each attendee begins on the path towards the personal responsibility needed to enter and maintain life in the Freezone.

Since everyone matters and each attendee connects in different ways, the seminar will use a variety of familiar, easy to understand methods to plant its powerful seeds. The methods incorporated are: words, phrases, quotes from sports and entertainment personalities, popular music and lyric reading, freezone healthy living recipes, sports analogies, live skits, and interactive props.

The workshop sets the stage for attendees to prove to themselves that THEY MATTER. By practicing and applying the workshops suggestions and assignments, attendees reeducate, recondition, reprogram and retrain their thinking. Guaranteeing a new way of life, never before thought possible, living in the FREEZONE.

# PROGRAM ENDORSEMENT

# **The Brown Schools™**

## **TROY COMMUNITY ACADEMY**

**. (A BROWN SCHOOLS FOUNDATION PROGRAM)**

**"I don't believe a child is lost as long as one person in the world has faith in him."**

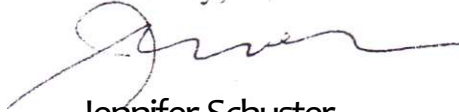
**-BERT P. BROWN, FOUNDER, THE BROWN SCHOOLS**

To Whom It May Concern,

I had the pleasure of observing a transformation at my school this summer session. TROY Community Academy, TROY Community Academy is a school/Program for youth who have failed or at risk of failing in the traditional school setting and are also involved in the juvenile justice system. Students at the school run the TEEN COUSINE restaurant located within the Miami-Dade County Juvenile Justice Center, attend school and an after-school program on weekdays. Youth also participate in special weekend activities, community service projects and field trips. The school was started by Judge Thomas K. Petersen in 1993 based on a modified normative peer culture model in which youth develop empathy and a positive work ethic while receiving remedial and vocational education as well as work experience. This approach has proven to be very successful with repeat juvenile offender, therefore contributing to the overall public safety of this community. We still have had our share of problems with our students. These young people need to be reminded that they are important, and they count.

I brought the FREEZONE YOUTH - YOU MATTER- SELF RESPECT into our school this past summer. Through the efforts of the Freezone coach, faculty and staff and students our school provided an experience that enriched all of our lives. Teachers, students faculty and staff became one and bonded under the simple principle that everyone matters. The examples of heart-warming stories are endless. Most important, we had no fights during the summer session. Students and teachers bonded in such a heart-warming way that the learning experience became more fruitful and positive. Students communicated, became aware of their own self worth, and became to believe that they are important, and deserve to be counted. We would like to see this program expanded. It could change the face of our educational future in this country. Thank you for your time and consideration.

Sincerely,



Jennifer Schuster  
Principal

14680 Harrison Street  
Miami, Florida 33176  
August 16, 1999

To Whom It May Concern:

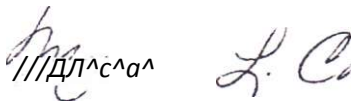
As a veteran teacher of English for 20 years, I can truly say I have had a unique experience at Troy Community Academy this summer. Although this was my second opportunity to work with the students at Troy, this summer school session was much more challenging than my first. The session began as usual; being a different and new face to many of the students, it was my trial by fire. How could these students be any different from the middle school students I was accustomed to dealing with? Little did they know, I was not going to be easy to get rid of. I could be as much of a pest as any student dared to try with me. One thing that made it easier for everyone this summer was a program called FreeZone.

Again, something new to balk at, FreeZone was a little shaky in getting off the ground with certain students. But before long, knowing that each individual mattered almost became second nature to these students who often feel as though they are invisible to the adults in their world. Of course it was not the latest video craze or rap song on the top ten chart, but it had a significant impact as a whole. There were no physical fights during the entire six weeks that FreeZone was in place. Students had a sense of freedom to talk about whatever was important for at least thirty minutes each day. As teens do, they grumbled about things that were different and could not see the immediate positive outcome of this program, but there was evidence of its effectiveness several times during the six weeks.

It was nice and endearing to have students compliment you as a teacher, and a person every once in a while. It was endearing to be told, "Mrs. Wright, you matter!" It made my time all the more enlightening to be a part of Troy Community Academy again. A bond has been created for me. I intend to make certain parts of this program a part of my classroom environment this fall when I return to my regular school.

Thank you for a wonderful program, FreeZone!

Respectfully yours,

The image shows a handwritten signature in dark ink. The signature is stylized and appears to read 'Marcia L. Carter-Wright'. There are some additional markings below the signature that look like '///ДЛ^с^а^'.

Marcia L. Carter-Wright  
English Teacher

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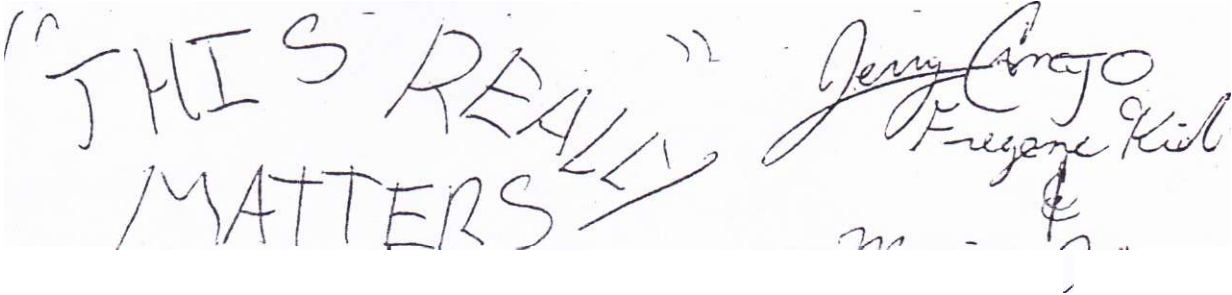
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# CLASSROOM LESSON PLANS

# DESIGN FREEZONE STUDENT COACH FOLDER SELF-ESTEEM DEPOSIT ENVELOPES

Student coaches in training take their folders and decorate with personal versions of FREEZONE LOGO AND WHAT MATTERS TO THEM.

Supplies needed: folders, large envelopes, markers, pens,

FREEZONE Coach class observation notes and suggestions for Next semesters FREEZONE Student Coach Training classes.

Pros:

Cons:

FREEZONE COACH SIGNATURE

date

# SELF-RESPECT PERSONAL BANK ACCOUNT DEPOSIT AND WITHDRAW CLASS

**\* FIRST PHASE: FREEZONE COACH STARTS CLASS BY GIVING EACH STUDENT A SELF-RESPECT DEPOSIT (A COMPLIMENT). AS THE DEPOSIT IS GIVEN THE FREEZONE COACH WRITES IT DOWN ON THE FREEZONE DEPOSIT SLIP AND GIVES IT TO THE STUDENT TO DEPOSIT INTO THEIR DECORATED DEPOSIT ENVELOPS.**

**\*SECOND PHASE: STUDENTS GIVE THEMSELVES AND ONE OTHER STUDENT A SELF-RESPECT DEPOSIT SLIPS (A COMPLIMENT).**

**\*\*REMIND STUDENT THAT THROUGHOUT THE WEEK THEY CAN GIVE THEMSELVES DEPOSITS AT THE BEGINNING OF EACH DAYS CLASS WHEN THEY SHARE HOW THEY PROVED TO THEMSELVES THAT THEY MATTERED AND CAN ALSO GIVE OTHER STUDENT DEPOSITS EACH DAY TOO.**

**(THE FREEZONE ASSIGNMENT FOR THIS CLASS IS IF YOU HAVE SOMETHING NICE TO SAY...SAY IT!)**

**\*\*\*COACHES, ALSO REMIND THE STUDENT ANYTIME THEY ARE THINKING AND FEELING LOW THEY ARE TO GO TO THEIR SELF-RESPECT ENVELOPES AND MAKE A WITHDRAW TO REMEMBER THE COMPLIMENTS THAT THEY HAVE BEEN GIVEN TO GET BAKE INTO THE FREEZONE.**

# FREEZONE DICTIONARY CLASS

## WORDS OF THE DAY:

(FREEZONE COACH PLEASE WRITE ON CHALK BOARD ONE WORD AND DEFINITION AT A TIME IN THE BELOW ORDER, ASK QUESTIONS TO STUDENT COACHES AFTER EACH WORD AND DEFINITION FOR OPEN DISCUSSIONS.)

MATTER, BIRTHRIGHT, RIGHT, POSSESSION,  
ENTITLED, BIRTH

MATTER- TO BE OF IMPORTANCE, TO COUNT,  
TO MEAN SOMETHING, TO BE MEANINGFUL

BIRTHRIGHT- A RIGHT, OR A POSSESSION TO WHICH  
A PERSON IS ENTITLED BY BIRTH.

RIGHT- THAT WHICH IS CORRECT

POSSESSION- TO HAVE AND/OR OWN

ENTITLED- A STATE OR CONDITION GIVEN AND DESERVED.

BIRTH- THE ACT OF COMING INTO LIFE.

AFFIRMATION- A POSITIVE CLAIM AND/OR STATEMENT

Supplies needed: FREEZONE Folders, pens & paper.

# FREEZONE

## SECRET ASK-IT BASKET CLASS

FREEZONE COACH PASSES OUT QUESTION FORMS TO STUDENT COACH TRAINEES AND THEN PASSES AROUND BASKET TO COLLECT QUESTIONS. ONE BY ONE EACH QUESTION IS ANSWERED TO ENTIRE CLASS. TO INSURE NO RIDICULE FROM STUDENT THIS IS NOT AN OPEN DISCUSSION.

**\*\*\*REMEMBER THESE QUESTIONS ARE ANONYMOUS AND THERE ARE NO RIGHT OR WRONG QUESTIONS.**

PLEASE STRESS THIS TO THE CLASS.

SUPPLIES NEEDED FREEZONE BLANK QUESTIONNAIRES, FREEZONE ASK-IT BASKET AND PENS.

# LESSON 13

## FREEZONE CRAFTS DAY

STUDENTS CREATE BEDROOM/HOME POSTERS

**MATERIALS NEEDED:** CONSTRUCTION PAPER, GLUE STICKS, VARIETY OF STICKERS, FREEZONE CREDO'S PRINTED AND CUT OUT, MARKING PEN'S, CRAYONS AND COLORED PENCILS. FREEZONE LOGOS AND MOTTOES.

**5 MINUTES:** STUDENTS RECTTE WITH TEACHER THE FREEZONE CREDO'S. LOUD AND CLEAR AND WITHOUT EDITORIALIZING. AS SOON AS THE CREDOS ARE RECITED WITH VIGOR AND ENTHUSIASM. MOVE ONTO NEXT SECTION'

**8 MINUTES:** WHAT YOU DID TODAY TO PROVE THAT YOU MATTER TO YOURSELF. EACH STUDENT TELLS CLASS ONE THING THEY DID THAT THEY DID THAT DAY TO PROVE THEY MATTER TO THEMSELVES.

**12 MINUTES:** STUDENTS PICK OUT MATERIALS THEY WILL USE TO CREATE THEIR POSTER. THEY THEN BEGIN TO WORK.

WHAT IS NOT FINISHED IS TO BE COMPLETED THE NEXT DAY.

**PROS:**

Lesson Plan! MISTAKES  
TALK ABOUT HOW MISTAKES ARE GOOD  
CAUSE YOU LEARN FROM THEM - AND  
GAIN WISDOM TO APPLY TO BE WISER - and

# **FREEZONE POSTER DAY**

**STUDENTS CREATE POSTERS RELATING TO THE FREEZONE  
CREDOS and FREEZONE STATEMENTS.**

**MATERIALS NEEDED: CONSTRUCTION PAPER, GLUE STICKS,  
VARIETY OF STICKERS, FREEZONE CREDO'S PRINTED AND CUT  
OUT, MARKING PEN'S, CRAYONS AND COLORED PENCILS.**

LESSON PLAN!  
THANKS  
TO DO

LESSON 14

MATERIALS NEEDED: Same as lesson 5.  
Students recite credos as before.  
Students tell class what they did to prove that they matter for that day.

Students finish posters.  
POSTERS ARE FOR STUDENT TO TAKE HOME AND HANG ON  
BEDROOM WALLS.

Pros:

Cons:

MAKE A List  
of people to  
thank... talk  
to them.

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•~ thank  
them.

FREEZONE COACH SIGNATURE

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the thank

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# DICTIONARY WORD GAME DAY

WORD THAT WERE USED ON DICTIONARY DAY ARE USED IN  
HANG MAN AND WORD SCRAMBLE STYLE GAME ON BLACK BOARD  
THIS IS DONE FOR PRACTICE.

-2-2-00

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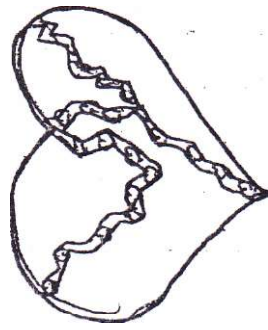
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sorry Audrey

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7.19

Letter

I have been good from the day I got here  
to this school. I never missed a day of school  
and this is the kind of respect you give me.  
I think that you should not be so rude  
and I don't appreciate why you talked  
me. Mrs. Gloria I trust you  
here and do what I go to  
school. Also

4

17

me cause you  
school board  
do anything ^ ^ ^  
or a success

C i M j t

Ajl<sup>jffj» /</sup> ^ W K Ы<sup>ЖА</sup> ^ Л Ч ^ л

I told you that I can never hate you for  
any like this.

Sincerely

*X Love rhcf Se-//?*

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*г/c/T%*

*&rff)*

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YOU  
MATTER  
CUZ  
YOU  
MATTER

## MATTER

Because when you have good  
manners people will have  
manners for you and also respect.  
Respect is one of the mind  
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how

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teach me manners  
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"Tv^ex^S fILQC^5 AЛx-j ar\d cjO. tk i i ^ a ^ u i f j c j

TEACHING  
YOUTH  
TO LIVE LIKE  
THEY MATTER!!



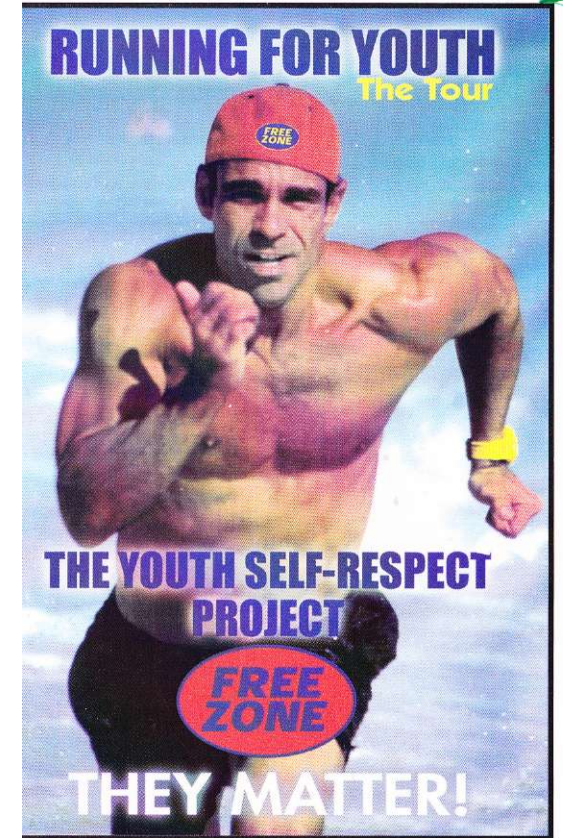
THIS  
REALLY  
MATTERS!



VISIT:  
[freezoneworldxom](http://freezoneworldxom)



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THE WELLNESS PROGRAM

## THE CONCEPT:

### GUIDING YOUTH TO LIVE IN THE FREEZONE

Developing self-respect is everything to a child's future. The purpose of the FREEZONE Youth Self-Respect Project is to provide today's youth with a simple yet profound positive view point on themselves, others, and life. This is not always taught at home, and is becoming more the duty of our schools and youth environments to insure that all children at any age know "THEY MATTER". The project visits schools and youth establishments to instill empowerment values to our future generation.

The Youth Self-Respect Project is committed to guiding youth "To Live Like They Matter". A fun, multi media education and training on healthy thoughts, decisions, and actions for every day life scenarios.

## COMMUNICATION:

- Multimedia Guidance Seminars
- Pep Rallies
- Workshops
- Customized Classroom Programs
  - ~ CSI
  - ~ ESC
- Internet Activities



THE WELLNESS PROGRAM

## TEAM FREEZONE CERTIFICATION:



- FZ Coach Training
  - Administration/Staff
- FZ Youth Coach Training
  - 30 Day Lesson Plan Program
- Leadership Awards:
  - FZ Coach
  - FZ Youth Coach

## TRACKING:

- Pre & Post Self-Respect Testing
- Monthly Self-Respect Maintenance Quizzes
- Question/Answer Email Program
- FZ Coach Conference Call Sessions

## EFFECT:

- Personal Freedom From Fear, Doubt and Insecurity
- Thinking and Feeling and Acting Like They Matter
- Accepting Diversity and Change
- Gaining Hope and Direction for Their Future
- Consideration for Themselves and Others
- Learning Forgiveness

## CONFLICT RESOLUTION:

- Youth To Youth
- Staff To Youth
- Staff To Staff
- Youth To Family Unit

## THE CREED:

WE ARE ALL BORN OF THE SAME KIND,  
THE HUMAN KIND.  
NO ONE IS BORN BETTER THAN ANYONE ELSE.  
REGARDLESS OF OUR RACE, RELIGION,  
ECONOMICAL STATUS OR  
SEXUAL ORIENTATION.  
WE ARE STILL THE SAME, JUST PEOPLE.

THE TRUTH IS WE ARE BORN FREE, GENUINE, PURE, LOVING  
AND UNTAINTED.  
WE ARE HUMAN BEINGS WITH HUMBLE NEEDS AND  
WORTHWHILE DESIRES.  
WE ALL MATTER

IN LIFE, DON'T COMPETE, THERE IS ROOM FOR EVERYONE.  
TO SUCCEED IN THEIR OWN TIME, AT THEIR OWN PACE.  
CELEBRATE ALL SUCCESS AND BE SUPPORTIVE.  
GIVE OF WHAT YOU CAN,  
BUT NOT OF WHAT YOU CANT.  
IT'S OK TO SAY NO.  
EVERYONE MATTERS, BUT YOU MATTER FIRST.

FIGHT DOUBT  
MAKE PEACE WITH ANY OUTCOME,  
AND YOU ARE FREE TO TAKE RISKS.  
DO THE NEXT RIGHT THING.  
AND THE RIGHT THINGS WILL HAPPEN.  
WHAT PEOPLE ARE THINKING IS NOT YOUR BUSINESS.  
DON'T STRESS...  
IT'S NOT ABOUT YOU, IT'S ABOUT THEM.

THINK THIS AND YOU WILL HAVE FREEDOM.  
PRACTICE THIS AND YOU WILL LIVE IN  
**THE FREEZONE.**

... Scott Schrey Program Director

## CONTACT:

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