



## Ten2One Teens Program Overview (For Kids Aged 13 - 17)

We believe when youth and law enforcement work together, communities flourish, and lasting change is achieved.



### TEN2ONE TEENS PROGRAM FOCUS

- ✓ **Breaking the Cycle:** Combats youth recidivism by pairing teens aged 13–17 with mentors through a structured engagement model rooted in martial arts, discipline, and reflection.
- ✓ **Empowerment Through Mentorship:** Builds trust between teens and law enforcement by fostering personal growth, resilience, and mutual respect through bi-weekly mentoring sessions.
- ✓ **Skill Building for Life:** Equips participants with critical life skills—leadership, communication, and decision-making—to support their reintegration into school, family, and community life.

Ten2One Teens pairs police officers with youth aged 13–17 in an immersive bi-weekly mentorship experience that combines the discipline of martial arts with real-world life skills to break cycles of reoffending and build pathways to success.



**TEN2ONE**

Humanize  
and  
Harmonize

### ENSURING THE COMMUNITY'S WELL-BEING

Ten2One is a program built on the founding principle of humanizing and harmonizing police-community relationships.

Offering structured mentorship and frequent meaningful engagement for prosperity in a positive, supportive environment.



### TEN2ONE FOUNDATION

Canadian Not-for-Profit Corporation

Website: [www.ten2onefoundation.org](http://www.ten2onefoundation.org)

Email: [admin@ten2onefoundation.org](mailto:admin@ten2onefoundation.org)

Phone : (416) 712-1742



## Ten2One Teens Monthly Programming



### Month 1



#### **Session 1: Martial Arts Introduction**

- Activity: Foundational martial arts drills & breathing
- Focus: Confidence, mental clarity, physical control

#### **Session 2: Financial Literacy Basics**

- Activity: Budgeting 101 and financial goal setting
- Focus: Budgeting, saving, money awareness

### Month 2



#### **Session 1: Martial Arts for Perseverance**

- Activity: Drills that emphasize repetition and resilience
- Focus: Endurance, mindset, goal persistence

#### **Session 2: Job Readiness Workshop**

- Activity: Resume building and mock interview practice
- Focus: Confidence, professionalism, communication

### Month 3



#### **Session 1: Martial Arts & Mindfulness**

- Activity: Slow, controlled techniques & breathing
- Focus: Emotional regulation, calmness, self-awareness

#### **Session 2: Know Your Rights Workshop**

- Activity: Real-world scenarios and legal Q&A
- Focus: Legal literacy, respectful interactions, empowerment

### Month 4



#### **Session 1: Martial Arts for Resilience**

- Activity: Obstacle-based martial drill & challenges
- Focus: Adaptability, creative thinking, persistence

#### **Session 2: Mental Health Awareness**

- Activity: Recognizing stress signs and coping strategies
- Focus: Emotional wellness, support-seeking, resilience

## Ten2One Teens Monthly Programming



### Month 5



#### **Session 1: Martial Arts for Self-Discipline**

- Activity: Repetition drills and posture control
- Focus: Consistency, focus, confidence building

#### **Session 2: Effective Communication Skills**

- Activity: Role-playing respectful dialogue & conflict scenarios
- Focus: Listening, de-escalation, expressing needs

### Month 6



#### **Session 1: Martial Arts for Teamwork**

- Activity: Partner mirroring and coordination exercises
- Focus: Collaboration, trust-building, awareness

#### **Session 2: Goal Setting & Time Management**

- Activity: SMART goal writing and time blocking
- Focus: Planning, motivation, execution

### Month 7



#### **Session 1: Martial Arts for Confidence**

- Activity: Confident posture & vocal assertiveness drills
- Focus: Self-belief, presence, emotional courage

#### **Session 2: Leadership & Problem-Solving Workshop**

- Activity: Leadership simulation & problem-solving
- Focus: Decision-making, initiative, team leadership

### Month 8



#### **Session 1: Martial Arts for Boundary Setting**

- Activity: Voice control and confidence stance training
- Focus: Self-awareness, assertiveness, safety

#### **Session 2: Financial Literacy 2.0**

- Activity: Real-world budgeting and saving strategies
- Focus: Financial confidence and goal planning

## Ten2One Teens Monthly Programming



### Month 9



#### **Session 1: Martial Arts for Adaptability**

- Activity: Reaction drills & adaptation challenges
- Focus: Quick thinking, calm under stress, solutions

#### **Session 2: Career Readiness Workshop**

- Activity: Careers, resume tweak, and mock interviews
- Focus: Job preparedness and real-world application

### Month 10



#### **Session 1: Self-Defence Training**

- Activity: De-escalation, and situational awareness
- Focus: Self-protection, confidence under pressure

#### **Session 2: Emotional Resilience Workshop**

- Activity: Coping strategies and group reflection
- Focus: Mental strength / management and inner calm

### Month 11



#### **Session 1: Martial Arts for Mutual Respect**

- Activity: Partner synch drills & support challenges
- Focus: Trust, shared effort, respectful collaboration

#### **Session 2: Gratitude & Community Giving Workshop**

- Activity: Gratitude tree and community impact ideas
- Focus: Appreciation, civic responsibility, kindness

### Month 12



#### **Session 1: Martial Arts for Mindful Reflection**

- Activity: Guided meditation, and reflection circles
- Focus: Mindfulness, closure, self-recognition

#### **Session 2: Vision & Goal-Setting Workshop**

- Activity: Vision boards and goal planning
- Focus: Self-direction, motivation, long-term planning