



## Habitudes for Middle and High School Students

The Habitudes system is so much more than a school leadership program. The Habitudes curriculum helps to instill valuable life skills into middle and high school students and prepares them to be authentic leaders.

CHARACTER  
EDUCATION

COLLEGE AND  
CAREER  
READINESS

LEADERSHIP  
CURRICULUM

### About Habitudes for High School & Middle School

Habitudes for middle and high school students trains up the next generation of leaders by equipping educators to speak the language of today's middle and high school students, kick-starting conversations and inspiring memorable experiences that instill valuable leadership and life skills. Tailored specifically to resonate with today's teens and grounded in research, the Habitudes middle and high school curriculum utilizes real-life imagery and stories to engage students in a creative and relevant way. This flexible, research-based curriculum is adaptable for any school's program and has been proven to spark a positive shift in the school's overall culture.

#### HABITUDES FOR SECONDARY SCHOOLS WILL HELP YOUR STUDENTS:

- Break free from peer pressure and influence others in positive ways.
- Experience greater empathy and minimize bullying among students.
- Embrace a growth mindset that values hard work and resilience.
- Capitalize on personal strengths to be career-ready upon graduation.
- Develop critical thinking skills that produce better life choices, such as choosing healthy friends, improving study habits and setting goals.