

# Bennie Baek, MA, SRAS



Bennie has dedicated over twenty-five years in education training students, teachers, and parents. Through research, she has found a correlation between early sexual debut, early childhood trauma, and health risks that follow. Living in a hyper-sexualized culture laden with so many social pressures, students, teachers, and parents need tangible skills to navigate toward a hopeful path. She brings solutions by teaching life skills that build willpower, way power, and goal setting that will build a healthy self, healthy relationships, and a healthy future. She is excited to bring evidence-based programs to communities so the youth can have a risk-free, success-driven life.

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## Healthy Relationship Training for Students

Please go to the link to preview the programs we offer to students. Each 50-minute instruction costs \$150.

The price includes the curriculum fee, personality tests, incentives, all teaching materials, and copies of handouts. If there's an unanticipated change in the number of participants, the host will have to provide copies.

## VIEW PROGRAM LESSON TOPICS

### Healthy Relationship Training for Parents

Each topic is covered in 25-30 mins of instruction and costs Trauma and how it impacts emotional, physical, and social health.

- **Healthy vs Unhealthy relationships**
- **Science of Hope: Willpower, Waypower, Goals**
- **Understand your child: 9 hidden challenges**
- **Ways to connect with your child: Empathy, Awareness, Compassion**
- **Building internal and external assets for your child**
- **The Success Sequence Research**
- **Learn the ways hormones play a part in your child's romantic interests**
- **Primary prevention education on STIs, HIV, unplanned pregnancies**
- **Teens in US and sexual patterns**
- **Addictions including pornography and its' impact on the brain**
- **Ways to protect and monitor unhealthy exposures online**
- **How to converse with your child regarding healthy sexuality**
- **How to converse with your child about gender issues**
- **Tools to nurture a whole-brain child**

