

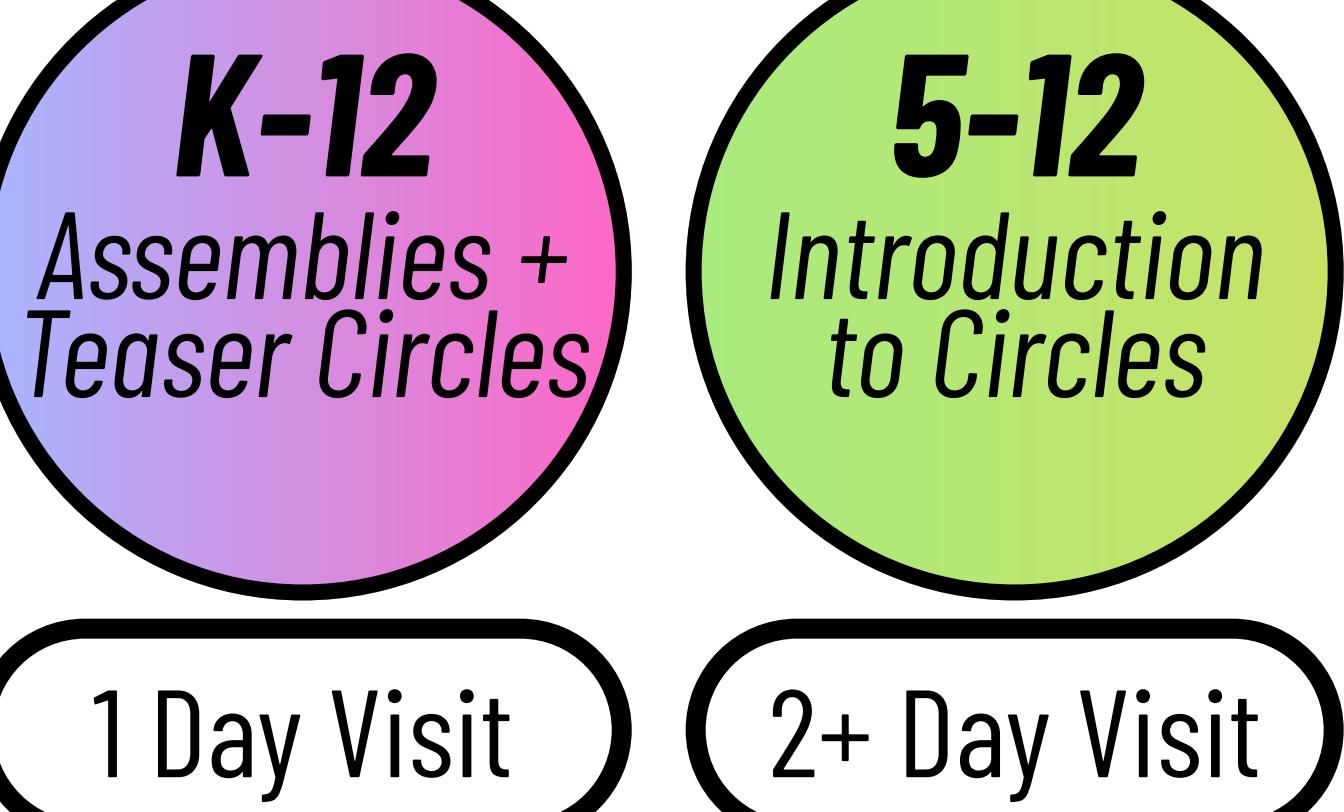
Sweethearts & Heroes empowers individuals to give **H.O.P.E. (Hold On, Possibilities Exist)** through **Action**, building a **Circle Culture** and shepherding them in our **BRAVE Role Model System**.

HOPE & Action

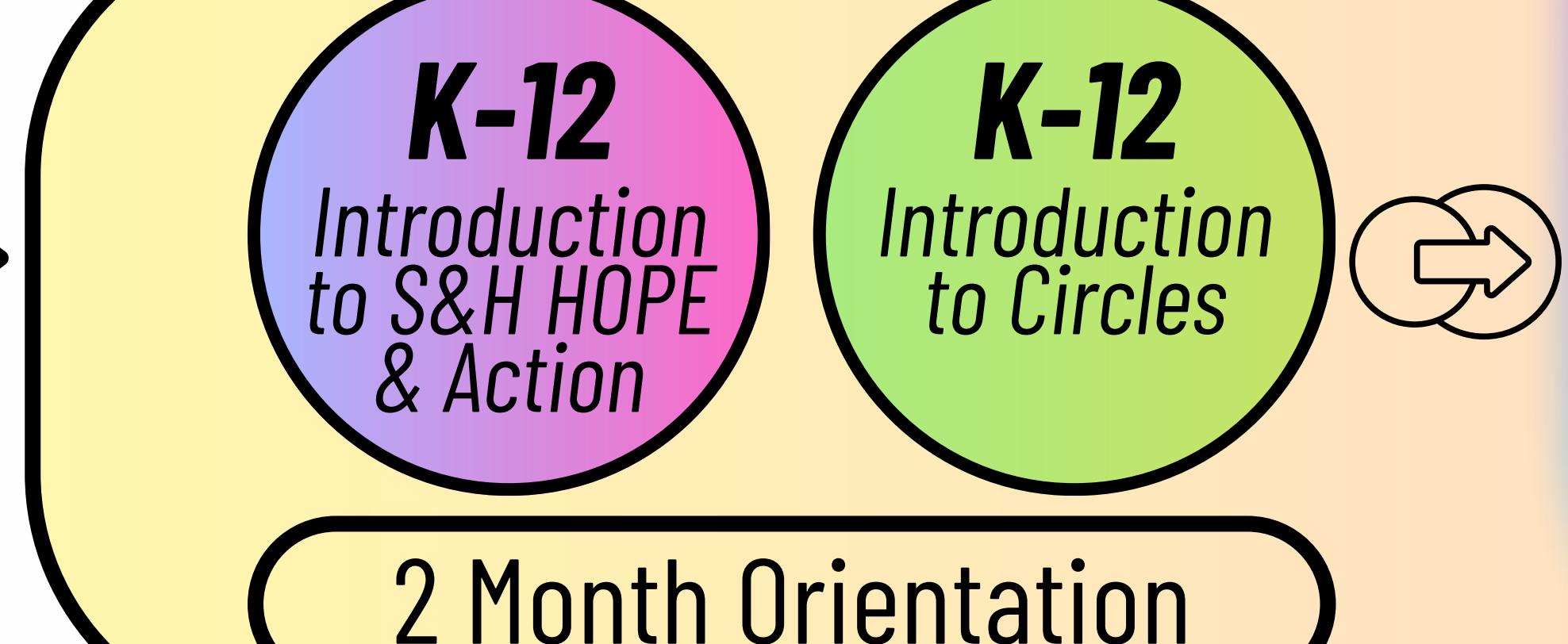
Circle Culture

BRAVE Leadership

PHASE 1



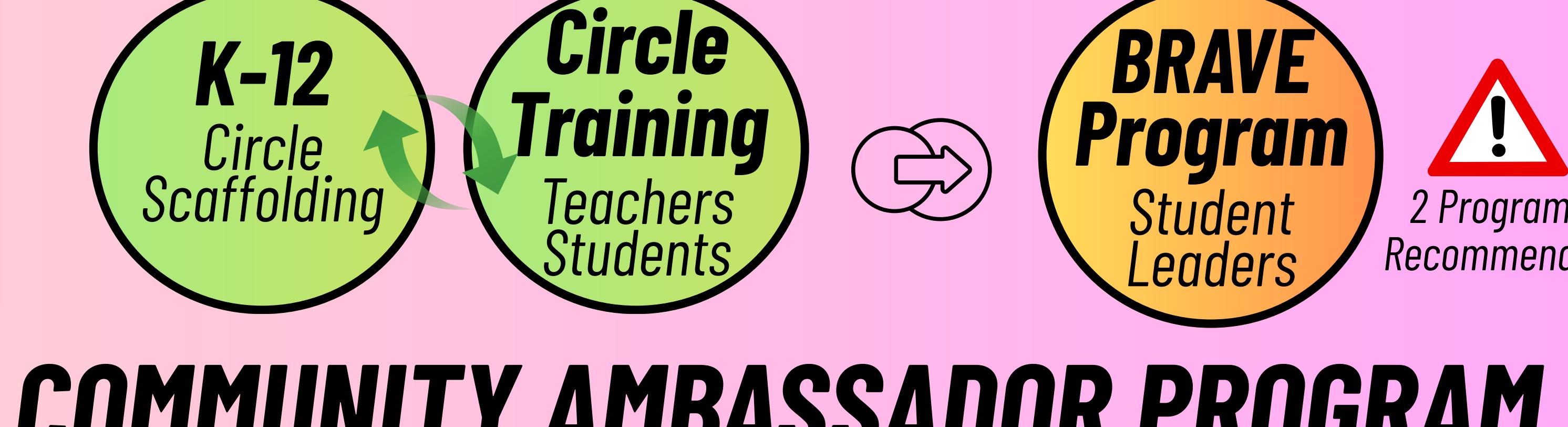
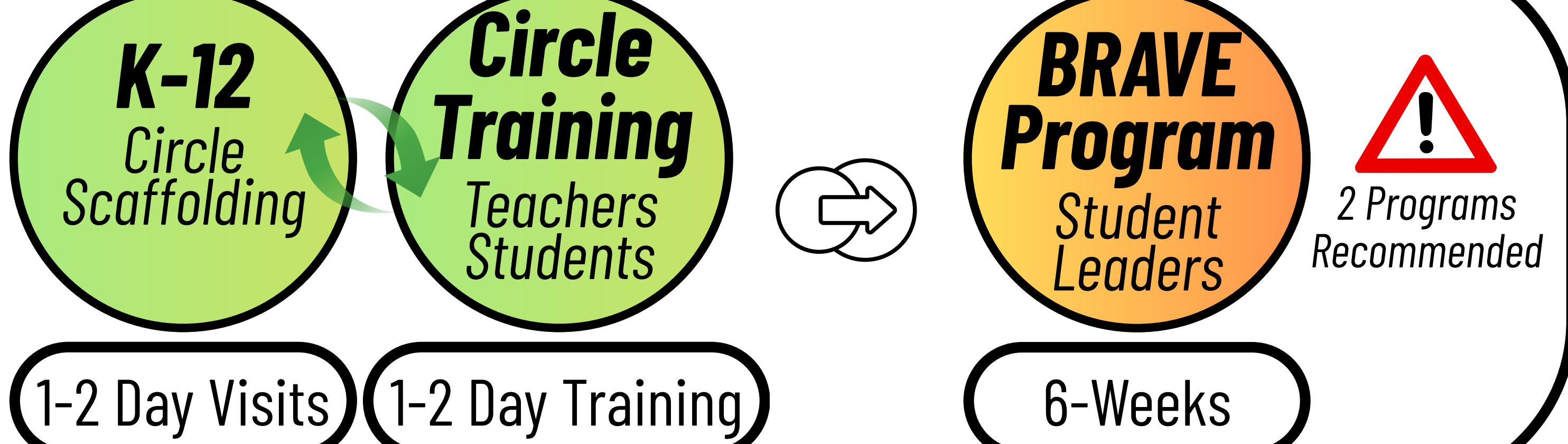
START



SUSTAINABILITY PLATFORMS



PHASE 2



COMMUNITY AMBASSADOR PROGRAM

CHAMPION TEACHERS TO ATTEND THE INSTITUTE

TRANSITION TO INTERNALIZATION OF PROGRAMS

BRAVE INSTITUTE

3 DAY TRAINING ON

- ★ Mini-Circle Training & WQT
- ★ The BRAVE Class System & Online Learning Platform
- ★ The Student-Teacher Empathy Program (STEP)

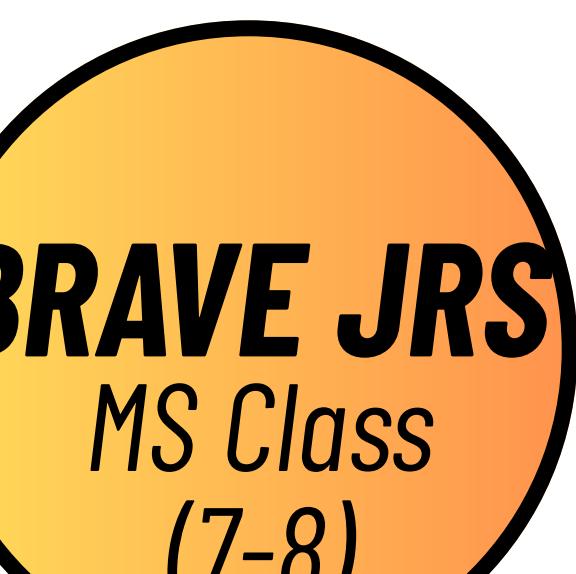
PHASE 3 & BEYOND

Trained Champion Teachers become S&H Community Ambassadors and restart your cycle

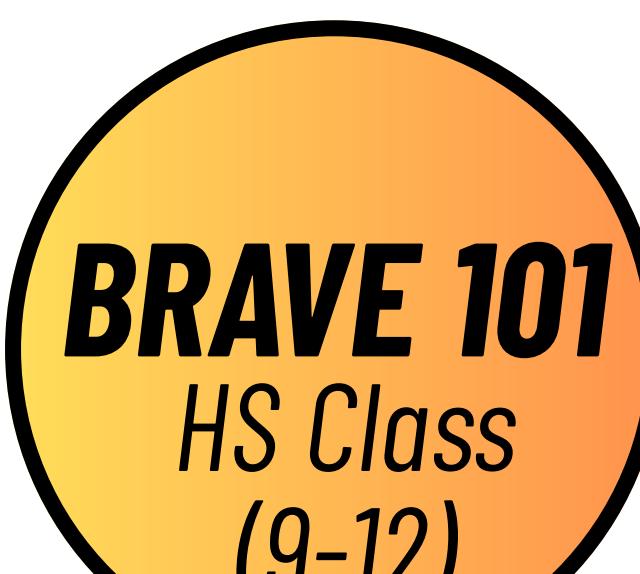
! Vital for onboarding new staff in S&H Circle Practices

OPTIONAL 3 DAY TRAINING

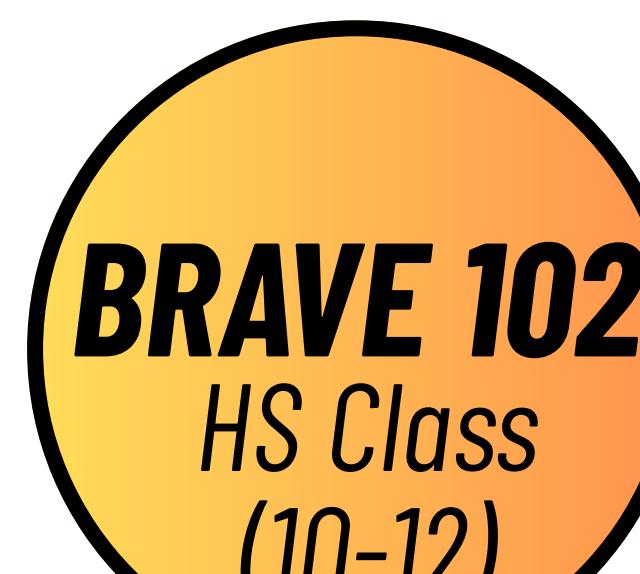
Train the Trainer Circle Training
(Requires completing a 2-day Circle Training & 20+ Circles facilitated)



Yearlong



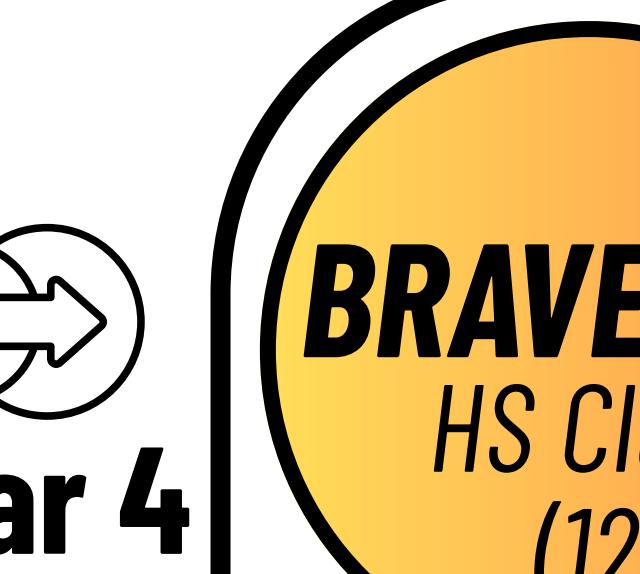
Yearlong



Yearlong



Yearlong
Includes STEP



Yearlong
Includes STEP 2

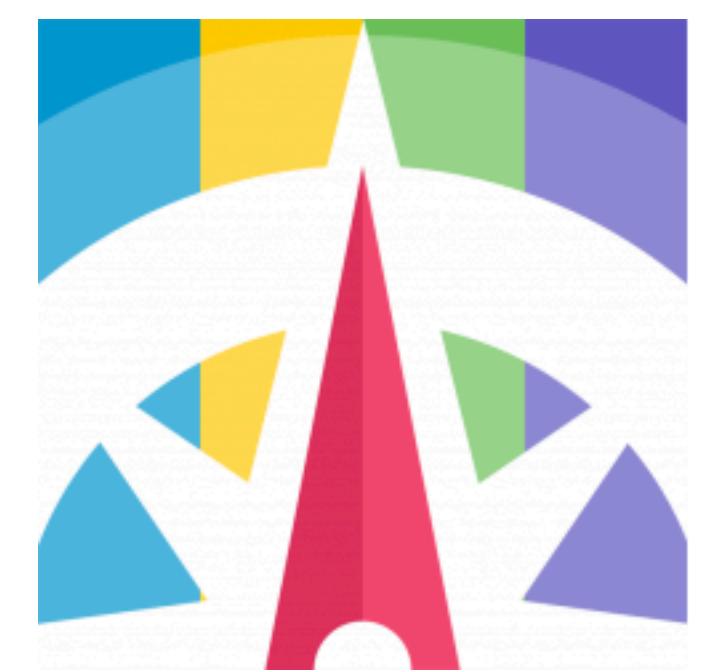


Yearlong
Standalone Class

\$ GRADUATE \$
OPPORTUNITY FOR
S&H EMPLOYMENT



PORTRAIT OF
A GRADUATE



Thrively

Base Package

Our Base Package includes an electrifying lineup of **15 standalone courses** for K-12 students!

Sweethearts & Heroes has teamed up with Thrively – a **strength-based online platform** founded on the core philosophy that every child deserves to thrive. Discover your student's strengths, understand their well-being, and manage hope in your classroom like never before.

[LEARN MORE](#)

Premium Package

Our Premium Package includes all courses plus access to our yearlong **BRAVE & STEP classes!**



SWEETHEARTS & HEROES

Featuring 3 Signature Masterclasses on Circle!

Dive into the World of Circle and unlock the secrets to building a culture of belonging. You'll access the full Sweethearts & Heroes suite of Circle tools and resources to learn, grow, and sustain your Circle journey.

[LEARN MORE](#)

Can utilize textbook funds for either platform.

K-12 Assemblies 1-3-Day Experiences

*Every student has the power to become a Sweetheart and Hero.
Let's change YOUR culture and bring the power of H.O.P.E.
(Hold On, Possibilities Exist) and Action to your school today!*

K-2 Assembly | 40 Mins

Our early elementary presentations use play and engaging Bully Drills to teach students the basics of bullying, how to intervene, and the importance of accepting others who are seen as 'different.'

3-5* Assembly | 60 Mins

Our late elementary presentation uses the "Stop, Drop, and Roll" of Bullying to help students recognize bullying, practice intervention through role-playing, and Jump into Action to bring H.O.P.E. to others.

6-12 Assembly | 90 Mins

Our Middle/High School presentation restores empathy, empowers students to take action, and inspires them to become Sweethearts who give H.O.P.E. and Heroes who help those in need.

***Also suitable for 6th**

Visits Include

An Introduction to Circles (5-12)

Q&A and A Bridge Named Amos Readings with Rick (K-5)

After School Educator Wrap-Up

Optional Add-Ons

*HOPE Classroom Base Package

*Circle Classroom District Access

LEARN MORE 

***Included with in-person visits at reduced price.**

Community-Building Circles

*Circle is undoubtedly the MOST IMPORTANT work we do. It is a transformative practice rooted in ancient traditions, designed to bring people together, encourage active listening, and break down barriers of vulnerability. **This work includes:***

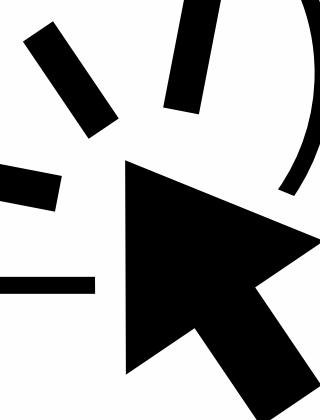
K-12 Students & Educators

Special Interest Groups

Admin, BOE & Other Staff

Cross-School Collaboration

After School Circle Education

LEARN MORE 

Best completed in 1-2-Day Visits on a Monthly to Weekly Basis

Circle Training

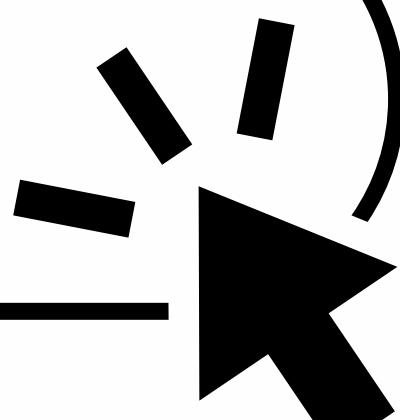
Our Circle Trainings help educators, administrators, students, and school teams to bring the "Magic of Circle" to their classrooms, school buildings, and community.

1-2-Day Options

Educators & Admin Training

Student Training

Train the Trainer Training

LEARN MORE 

BRAVE Role Model System

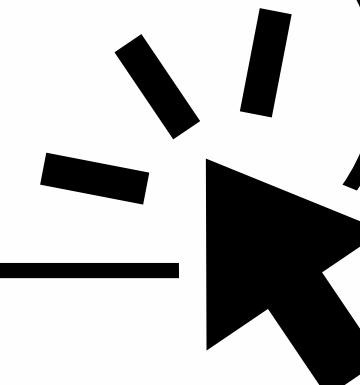
The Sweethearts & Heroes B.R.A.V.E. Programs and Classes are a peer-to-peer, age-mixed, role model system that builds student empowerment, empathy activation, and leadership skills.

BRAVE 6-Week Program

A youth leadership teaser that introduces students to Circle and our age-mixed play scenarios, Bully Drills. We'll practice the core axioms of Sweethearts & Heroes and plant the seeds for a self-directed, self-controlled, and student-led learning environment.

Upper Elementary, Middle, & High School

LEARN MORE



BRAVE Institute

*The B.R.A.V.E. Institute offers a professional development deep dive into teaching our yearlong classes at the middle and high school level. **During a 3-day training, we'll cover:***

Circle & *WQT Training

Curriculum/Syllabus Review

S&H Ambassador Training

Thrively Platform Overview

Multi-Year Scope & Sequence

***The Wonder Question Technique**

BRAVE Yearlong Classes

In B.R.A.V.E., students collaborate across ages, with older students leading younger peers, creating a school-wide movement to become each other's "Sweetheart & Hero."

BRAVE JRs

7-8 Grade with K-2

B.R.A.V.E. JRs is all about FUN, using play build empathy, leadership, curiosity, and connection with Circle, age-mixed play, and our signature Bully Drills.

BRAVE 101

9-12 Grade with 1-5

B.R.A.V.E. 101 uses play, Bully Drills, and Circle skills to strengthen leadership values and launch students into a multi-year journey of positive culture change.

BRAVE 102

10-12 Grade with 5-8

B.R.A.V.E. 102 deepens everything, using advanced practices to strengthen emotional intelligence and equip students to lead younger peers.

BRAVE 103

11-12 Grade with K-9

B.R.A.V.E. 103 launches our Studnet-Teacher Empathy Program (S.T.E.P.), training students to deliver elementary presentations on H.O.P.E. and Action.

BRAVE 104

12 Grade with K-12

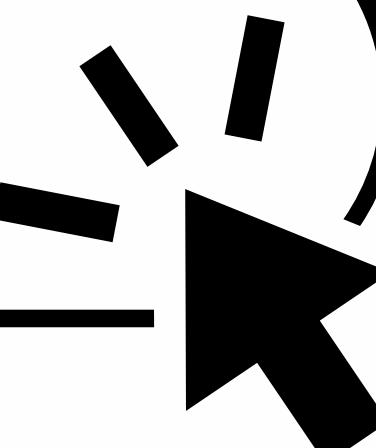
Our B.R.A.V.E. 104 independent study offers a variety of options seniors are able to select from, from advanced Circle work to furthering their presentation skills.

The Kennedy Columbus Student-Teacher Empathy Program

The Kennedy Columbus S.T.E.P. takes our foundational K-2 and 3-5 elementary grade messages and trains middle & high school students to deliver them in a small group classroom format.

Yearlong Class
For Middle, & High School Presenters

LEARN MORE



Who was Kennedy Columbus?



In S.T.E.P.'s inaugural year, Kennedy, a student from the Chazy CRS in NY, became one of the program's top presenters and advocates.

Tragically, on June 20, 2025, Kennedy passed away in a car accident after a tree branch fell on her vehicle.

After her passing, we renamed S.T.E.P. to honor Kennedy's spirit as the foundation of this program.

Community Ambassador Program

C.A.P. involves placing one of our team members at your school to work alongside your team as a **yearlong partner** to a variety of components of our work, largely focusing on a Circle Culture.

HOPE & Action

Our work always begins with our message of HOPE & Action. Our foundational assemblies introduce the world of Sweethearts & Heroes. However, if your students haven't seen this message, our Community Ambassador will bring this to your students in a variety of ways, including K-6 Classroom Presentations or the 6-12 HOPE Series and 3-5 Intro to HOPE Series on The HOPE Classroom.

Circle Culture

One of the primary goals is to build your district into a Circle Culture. Circle is the **MOST IMPORTANT** practice we do and is at the heart of our work. Throughout the year, we'll facilitate Circles and help train your students and staff, starting with a 2-month orientation process that will orient your community to the practice while helping us understand your specific community needs and strengths.

Role Model System

Depending on your school's progress and needs, we will also look to implement our B.R.A.V.E. Role Model System to help guide your youth influencers to connect with and lead their younger peers in age-mixed, play-based learning. Attaching a Champion Teacher or two to these programs will ensure sustainability after we're gone to facilitate this process without our supervision.

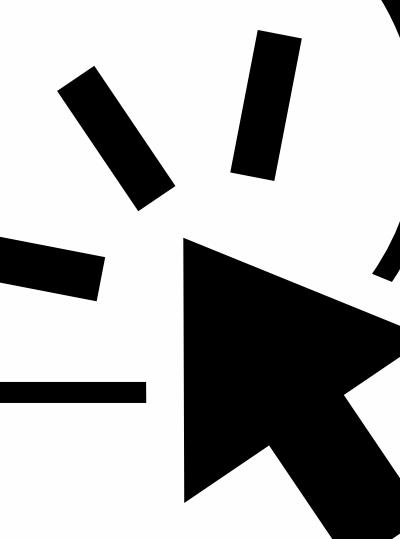
This Yearlong Program can be implemented:

Weekly (estimated **30-36 in-person visits**)

Bi-Weekly (estimated **18 in-person visits**)

Monthly (estimated **9 in-person visits**)

LEARN MORE





PORTRAIT OF A GRADUATE

The Sweethearts & Heroes BRAVE & STEP classes meet a variety of standards across multiple educational and developmental domains, including *Portrait of a Graduate*, Character and Social-Emotional Development (CSED), Social-Emotional Learning (SEL), and the Brain Health Initiative (BHI) pillars.

Academically Prepared

Creative Innovator

Critical Thinker

Effective Communicator

Global Citizen

Reflective and Future-Focused

Self-Awareness

Moral Character

Emotional Well-Being

Self-Management

Performance Character

Stress Resilience

Responsible Decision-Making

Intellectual Character

Social Connection

Social Awareness

Civic Character

Meaning & Purpose

Relationship Skills

Cognitive Stimulation

\$ Graduate Employment \$



Students who have been actively working in our Circle practices and trained to facilitate Circle through our BRAVE classes are uniquely positioned to continue this work beyond high school. After graduation, these students can step into the role of Circle Liaison, bringing with them firsthand experience, a deep understanding of Circle practices, and a strong connection to the values of the program.



Students who have completed STEP and who enjoy presenting our message to K-5 students can step into an employment role, bringing this message to other schools! This is how we sustain HOPE and Action perpetually – by having those students impacted by this message hand it down to the next generation of young people, creating future Sweethearts & Heroes to do the same.



The ultimate employment opportunity is our Community Ambassador Program. After high school graduation, trained leaders can step into this role, performing and training our HOPE & Action presentations through STEP, helping establish and sustain a Circle culture as a Weaver, and implementing our youth leadership role model system, BRAVE, to transform school communities.