



RESET 360* Teen Center is a grassroots nonprofit teen center in Miami Township Ohio that was designed around the needs and interests of high school teens living in communities on the east side of Cincinnati. At RESET 360* we love teens. We know teens are our future and believe if we want to change the world we must be willing to invest in a child. Changing the world also requires simplicity- keep it simple so others can duplicate!

Our mission is to provide free programs during after-school and unsupervised hours where high school teens can develop mentally, physically, emotionally and spiritually in a safe environment. We're resetting teens emerging social phenomenon, setting the standards of acceptable social norms. Investing in teens in hope for a brighter future... changing hearts, changing lives, changing communities one act of random kindness at a time.

Our motto is "Be the change you want to see in your own city and watch how it changes you!"

Teens are fun, creative, energetic, intelligent, quick witted, wired and frustrated the world is so messed up. At RESET 360* we equip high school teens with the tools it takes to be successful adults after they graduate high school. We teach teens life skills, business skills and leadership skills through volunteer projects and harness their awesome energy and unleash it on causes teens are passionate about.

The Bible tells us that God created us all in His perfect image and equipped us at birth for a purpose. We believe balance comes when we discover our gifts, strengths and purpose. Purpose creates balance and harmony which ignites self value. Pride comes from accomplishment, power comes from pride. We've found that once a teen discovers their purpose it's like flipping on a light switch and becomes a powerful discovery. We like to use volunteer opportunities as our biggest tool to help teens through this process, it's free training and it gives one a sense of importance, value and builds self esteem. We believe we have the solution to help reduce teen anxiety, self harm, obesity, bullying, teen suicide, pregnancy, drug/alcohol abuse, after school crime, teen gun violence and high school dropouts. In the end, our goal is to help teens discover their purpose and set a firm foundation equipping them for life after high school as adults.

We must have balance to feel whole or complete, struggle comes when our bodies become out of balance. In the book "Living with Intent" the author Mallika Chopra talks about a balance wheel and that we must have these 7 concepts in order to lead a healthy, balanced life:

- 1) Spirituality & Sense of Purpose
- 2) Rest & Sleep
- 1) Good Nutrition
- 2) Relationships, Family, Friends, Community.
- 3) Work, Financial & Career
- 4) Intellectual Stimulation
- 5) Creativity & Play

Did you know that there are 4 chemicals in our bodies that are called the Happy Chemicals:

- Dopamine
- Serotonin
- Endorphins
- Oxytocin

These chemicals can be triggered all the time, even by mundane events. But rather than thinking we have no control over them, scientists have proven that we can intentionally boost them and being in a good state of mind is important for happiness, health and success.

One simple way to hack our positive neurochemicals is by helping others.

Studies have shown that being helpful to others activates certain regions of the brain associated with social connection, pleasure and trust. A boost of endorphins caused by being generous has been coined as "helper's high". Volunteering, assisting your friends or family and giving to your favorite charity are some good examples.

Our organization is designed to develop healthy, well rounded, hometown heroes and broken down into three buckets:

Transformers

We love teens they're smart, creative, active, wired and frustrated that our world is so messed up. RESET 360* harnesses that awesome energy and releases it on causes teen care about. Lives change, cities change and we can even impact the world when we step up to be the change. We would love to create a program like Ugive.com where teens can be matched with volunteer opportunities right here in their own neighborhood with just a click of a mouse to fit their personalities and schedules. "Be the change we all want to see in the world and watch how it changes you!"

There are many volunteer opportunities on and off campus.

On campus opportunities:

- Whiz Kids Program- High School Teens tutor Jr. High and Elementary kids in afterschool programs. Free Hot dinner is served at 5pm.
- Grandparents Gone Wired- Program provided by dosomething.org and Intel. Lives become impacted when two generations collide to share love and wisdom. It's crazy to believe in our huge world of technology 40% of seniors don't use the internet. That can leave many feeling depressed and isolated from loved ones. To improve their quality of life teens partner with seniors and teach them things like:

* Order dinner or groceries online

* Order items on Amazon

- * Schedule doctors appointments and check medical My Chart
- * Schedule Uber or taxi
- * Use apps on their smartphones or tablets.
- * Use social media.
- * Create a playlist online.
- * Use video chat to connect with someone far away.
- * Sign up for an email newsletter.
- * Organize their phones
- * Understand their smart tv and remotes

At RESET 360* we partner teens with elders 50+. Teen volunteers meet after school to be a blessing to them, teaching them new technology but in the end it's the teens that are most rewarded. Our goal is to build self confidence, learn core values and morals from their forefathers and enjoy the bonding as a grandparent relationship.

Off campus opportunities:

- Kingdom Warriors
- Mercy Works Food Pantry
- Matthew Ministries
- Hands Against Hunger
- Anthony Munoz Foundation
- Milford Miami Ministries
- Cinderella's Closet
- Aeropostale's Jeans For Teens
- Go Local
- Give Back Cincinnati Fall Feast
- Thanksgiving Food Drive
- Adopt a Family for Christmas
- DoSomething.org

Healthy Heroes

We believe you must consider the whole being when trying to become healthy.

Bring awareness to healthy habits in a well rounded, balanced way. Teens set goals for change and RESET 360* offers a fun environment, tools and trained advocates/life coaches to encourage and ignite change and hold teens accountable. "Leadership is influence. No more. No Less." John Maxwell

2020 has changed our perspective on how we can teach virtually through Zoom inviting what was once a tool used in the office is now an acceptable norm in the classroom so we plan to utilize this to the fullest.

Programs we plan to use along with many motivational speakers:

- John Maxwell Discovering Your Purpose
- John Maxwell Sometime You Win... Sometimes You Learn for Teens
- Nick Vujicic
- TEDx Talks
- Masterclass.com
- Leadercast.com
- Antjo

- Fidelity- how to invest in the stock market- Teacher Gloria Medvedec
- Dave Ramsey's Financial Peace Jr.
- Ocean's Genesis program for teens- Live Entrepreneurs tell their story.
- 7 Habits of Highly Effective Teens by Sean Covey
- Living with Intent by Malika Chopra
- Vision Boards
- Diet- Child Obesity is rising in the USA, we offer trained advocates to teach healthy habits and portion control and provide an environment for teens to participate in creative exercise programs making exercising fun but challenging.
- Yoga
- Cize dance workout exercise- teach teens dances they can use at our social events
- Healthy Cooking with 5 ingredients
- Drug & Alcohol awareness
- CPR Training