A stylized illustration of a person in silhouette, reaching upwards with one arm towards a cluster of yellow stars against a blue, textured background. The person is positioned on the left side of the frame. The background is composed of several rectangular sections with different textures and colors: a central blue section with stars, and surrounding sections in shades of brown, tan, and orange with various patterns like dots and grain.

**Raising
youth leaders,
developing
good character,
teaching
and modeling
the benefits
of sexual
abstinence**

URBAN LIFE TRAINING

**Urban Life Training
& Reality Assessment
Teen Choice**

www.urbanlifetraining.org 202 558-5550

A letter from the co-founder and executive director

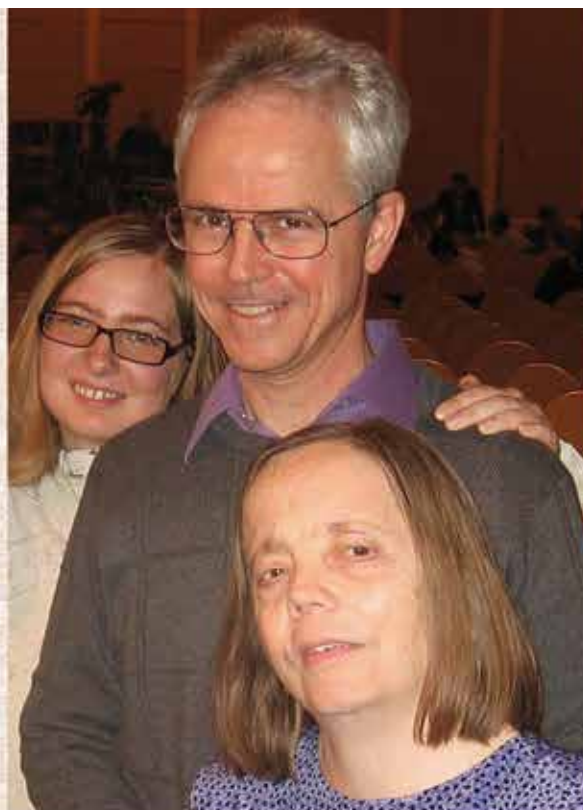
In 1997 I had a dream one night that I was back in high school. I realized that if I were in high school now I could easily be making bad decisions, including getting involved in sex. My journey to help today's youth avoid these pitfalls began in earnest when I attended a training and became certified to teach relationship intelligence as well as HIV and pregnancy prevention curricula. I have personally given over 10,000 hours of service as a volunteer to develop and implement this vision. Early on, I personally gave presentations to several schools in Washington DC's Wards 6, 7, and 8, where some 68% of all DC teen pregnancies occur. Later I began working with my local high school, Eastern Senior High School, as well as other schools. Three off-campus seminars were hosted for teens and young adults, which were led by young adults. Out of this, classroom peer counseling began. At the suggestion of Isais Tekle, an Eastern Senior High School Chemistry teacher, Urban Life Training Service Club meetings were started during the lunch period. Over the years, 250 students participated in these meetings at four different schools.

Most recently, STAR Leadership Training has raised youth leaders who are role models of good character. These youth leaders guide others in a direction that can benefit themselves, the community, and the entire nation.

Urban Life Training is unique in that our mission deals with the very root cause of all of the major youth problems of today; out of wedlock pregnancy, HIV and STD infection, violence and crime, depression, poverty, poor school performance, and many other problems. What all these problems have in common is that children growing up in safe, stable two parent families are much more unlikely to experience them than those who are not. Sexual abstinence before marriage is the foundation for building safe, stable families.

As an adult who knows the benefits of doing things in good order, I strongly believe it is my responsibility to educate and train youth to teach about the benefits of sexual abstinence before marriage.

Won't you join us in our mission to help these youth succeed and lead? Our collective conscience demands nothing less than educating and raising every youth possible to lead by an example of good character and abstinence.



Co-founders Richard and Stacey Urban with their daughter, Sarah

Our Mission

We raise youth leaders to develop good character and to model and teach about the benefits of sexual abstinence in preparation for marriage and successful family formation.

The Vision

- **Every DC youth** from middle school through high school will receive education about the benefits of abstinence, and will have the opportunity to hear from peers who believe in abstinence.
- **Accountability and peer mentoring relationships** will be set up between older youth or adults of the same sex who believe in abstinence:
- **High school youth** will be STAR Guide mentors for Middle School youth.
- **College Youth** will be STAR Guide mentors for High School youth.
- **This will greatly reduce the rate of HIV, STDs, out of wedlock births, and heartbreak.**

“Unless we work to strengthen the family, to create conditions under which most parents will stay together—all the rest: schools, and playgrounds, and public assistance, and private concern, will never be enough to cut completely the circle of despair and deprivation.

President Lyndon B. Johnson, June 4, 1965 Commencement address, Howard University, Washington, DC.

Who we serve:

- **Teenagers** and young adults in the Washington, DC area, many of whom are at risk.
- **3000** have received HIV/AIDS, pregnancy prevention and relationship intelligence training.
- **300** have participated in Urban Life Training Clubs and STAR Leadership Training.

The Present Reality:

In Washington, DC, the youth we serve face these risks:

- **1 in 16 teen girls 15 to 19 years old gets pregnant each year**, and in many DC communities, up to 60% of all teenage girls will get pregnant at least once.
- **13 % of middle and high school youth have attempted suicide, twice the national average.** A study has shown that sexually active girls are six times more likely to attempt suicide than virgins. Sexually active youth are also much more likely to use alcohol, cigarettes or marijuana, run away from home, be arrested or be suspended from school.
- **5.8 % of all DC residents age 13 and older** are estimated to be living with HIV/AIDS, and 14,465 have been diagnosed (2.7%).
- In DC's Wards 7 & 8, **82% of all births** are to single mothers.
- **1997 to present:** Provide Classroom HIV/AIDS, Teen

The cost to society

- Currently, the lifetime treatment cost of an HIV infection is estimated at **\$379,668**.
- 1114 teen births in 2008 cost DC taxpayers at least **\$47,000,000** in that year alone.

“In the African-American community, we have staggering percentages of dropouts, teen pregnancies, and incarceration of young males, and we fail to acknowledge the epidemic. This epidemic can only be cured by a focus on parenting and education.”

Bill Cosby, July 10, 2004



If you follow these rules...

- **Graduate** from High School...
- **Don't** have baby until you're married...
- **Don't** marry while you're a teenager...
...there is only an 8% chance that you child will live in poverty.
- If you don't follow any of these rules, there is a 79% chance that your child will live in poverty.

A Brighter Future with your help

- **45% of DC high school students have never had sex.**
- More than **twice as many** are now abstaining as compared to 1994.
- **76%** of 9th grade females & **57%** of 9th grade males have never had sex.
- Studies reveal that even in high-crime inner-city neighborhoods, well over **90 percent of children from safe, stable, two-parent homes do not become delinquents.**



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Urban Life Training: A history of service

pregnancy prevention and relationship intelligence education for over 3000 public school youth in grades 6 to 12.

● **1998 to present:** Provided training workshops for 120 individuals interested in implementing the Urban Life Training program in their community or organization.



Middle School in Washington, DC, serving 250 youths from Wards 2, 6, 7, and 8.

● **2003 to present:** Conduct group & individual parent and community information meetings for over 300 people to provide information & get feedback.

● **2005 to 2007:** Hold Reality Check Fundraising Breakfasts to raise community awareness of ULTRA & its mission with 150 attending.

● **2003 to present:** Provide classroom and community peer counseling for over 2000 youth in grades 6 to 12.

● **2003 to present:** Provide Urban Life Training Service Clubs plus additional educational and recreational activities for youth at Eastern Senior High School, School Without Walls Senior High School, Stuart-Hobson Middle School, and Kramer

● **2006:** Provide the Urban Life Training Healthy Marriage Relationship Education Program to middle and high school youth at the New Community for Children after school program in the Shaw neighborhood of Washington, DC.

● **2006 to 2008:** Provide HIV/AIDS and teen pregnancy prevention education to youth staying at Father Flanagan's Boys and Girls town in Washington, DC.

● **2006 to present:** Coordinate annual Abstinence Awareness Week activities in Washington, DC, including a Youth Forum and District of Columbia Council Awareness Day.

● **2008:** Provide the Healthy Intimate Relationship Education Program for youth in Ward 5, Ward 6, and city wide at Pilgrim Baptist Church.

● **2011 to present:** Provide 10 week sessions of STAR Leadership Training for young adults and teens. These sessions are taught by young adult STAR Guides who are committed to sexual abstinence before marriage.



● **2011 to 2012:** Provide HIV prevention and character education to 150 youth and youth leaders in Kampala and Jinja, Uganda.

How we are transforming Washington, DC

● School Based Relationship Intelligence Education / Urban Life Training Clubs

Middle and High School youth receive six sessions of factual, engaging Relationship Intelligence Education. Sessions include PowerPoint presentations about the physical, mental, emotional, moral and societal effects of premature sexual activity. Young Adult STAR (Students Teaching Abstinence & Responsibility) Guides lead discussion and activities that teach about the benefits of abstinence, practical strategies to stay abstinent, how to deal with peer pressure, and how to assert oneself. Interested students can sign up to receive information about STAR Leadership Training and Urban Life Training Club Leadership Training.

● STAR Leadership Training

The purpose of STAR Leadership Training is to help participants find lasting happiness by living a purposeful life that honors

sexual abstinence before marriage, healthy relationships and a God-centered world view. Program sessions are taught by STAR (Students Teaching Abstinence & Responsibility) Guides who are committed to abstinence. Parents are always welcome to participate with their child, and are able to present a purity ring in the closing celebration of purity.

● Raising Public Awareness through Abstinence Awareness Week and Advocacy

Beginning in 2006, Urban Life Training has been the lead organization that facilitates Abstinence Awareness Week in Washington, DC during the first full week in March. Notable events over the years have been Abstinence Awareness Week Youth forums in 2007, 2008, 2009, and 2011, plus a Candidates forum focusing on social issues for the special At-Large



City Council election in March of 2010. Outreach to District of Columbia Councilmembers has been organized, and an Abstinence Awareness Week proclamation was received from former Mayor Adrian Fenty. Issues surrounding sexual health education and parents and students right to be educated in a manner that respects the morals and values taught in the home are monitored. The constituents of Urban Life Training are advised to take action as warranted by pending legislation or regulations.

Why Urban Life Training is Unique

The family, where a husband and wife provide a safe, stable home for their children is the building block of society, and abstinence before marriage is the firm foundation upon which that building is erected.

Yet, almost no one is teaching children that they should wait until marriage to have sex, and then, after marrying, form a family.

This simple formula of finishing high school, marrying after age 20, and then having children, will have a profound, transforming effect on society.

92 percent of the children born in such families will never know poverty.

79 percent of the children born to those who do not follow any of this formula will live in poverty.



Urban Life Training fills the void in abstinence and relationship intelligence education with its unique education and training programs.

The simple fact is that the major factor driving the breakdown of families and society as a whole is the high number of children growing up without the benefit of a safe, stable home where mom and dad are there to guide them.

In Washington DC's Wards 7 and 8, where many of the youth served by Urban Life Training live, 82 percent of children are born outside of wedlock. Yet 91% of young people aspire to someday be married.

Urban Life Training is here to bridge the gap between the dreams of our youth and the harsh reality of a culture that glorifies sexual promiscuity.

Testimonies

Sharnetta Tyler Urban Life Training Service Club member in high school. Received Master's Degree and is a Public School Teacher.

"One thing that I really learned, that I really walked away with from this program was being different. It is ok not to talk like people who are around you, it's ok to think differently, and embracing it. During lunch, Mr. Urban used to come with pizza. We used to sit around the room and talk, sometimes presentations would go



up, but really it was about coming together and talking about values, character education and character building. That's big. Because you don't learn that in a class. ... This program really allowed me to grow in those areas so by the time I got to college I was ok to say no, that's not me."

Melanie Mckie Urban Life Training Service Club Member in Middle School

"I am abstinent because, like, I don't want to ruin a life, I want, when I bring a child into the world, I want to make sure I can take care of the child; I want to make sure I can support the child, give them love courage and care and confidence in themselves. I don't want to make a child suffer just because of one moment in my life. Urban Life Training helps me a lot. It helps me realize that I'm not the only one that struggles to stay abstinent and it helps me realize that there are other people in this world who want to stay abstinent and who don't want to ruin their lives. I thank the Urban Life Training Club for coming to Kramer because, in a way, they saved my life. I think that teens such as myself, they need that extra push; they need the motivation that we are getting now from the Urban Life Training Club. We need direct talk. We don't need anybody



dancing around the word. We need direct talk. We need to tell them, we need someone to tell us what we can catch, the side effects of it, and to tell us that it's not worth it. And that's what Urban Life Training gives."

Yun-A Johnson STAR Guide while attending college.

"I like the emphasis on abstinence education, but I feel that it is really good because it gets you thinking about your life and your goals and what you really want to achieve and also it shows the reality of what happens when you get involved in sex before marriage, and STDs and AIDs. So I think it's a very



holistic program. We also have great opportunities to discuss it, both in interactive lectures and through the sermon before, like a kind of more spiritual aspect. I am 24, and personally I waited until marriage. I have been recently married for a year now and definitely waiting until marriage has made my marriage better and more special, I think.

That's also why I want to be involved in the program. I feel very happy with my life and my goals, of course there are still more goals I want to achieve, but abstinence has really been an important part of my life and I want other people to be inspired about that, and not just see it as a limitation or something that's different."



Leaders who serve, leaders who care

Richard and Stacey Urban Co-founders

Richard Urban settled in Washington, DC in 1982 with his wife Stacey, who is a former wire editor at the Washington Times. He has taken an active interest in community affairs since then. He worked as a District Manager for circulation at the Washington Times Newspaper for five years. In 1989 he moved to the Capitol Hill area and began to dedicate himself full time to community-based business and social entrepreneurship.



In 1994, Richard and Stacey founded Urban Grocery LLC, a socially responsible home grocery delivery business serving Washington DC. Richard began giving abstinence-based presentations in local schools in 1997. Richard and Stacey founded Urban Life Training in March 2003. Richard's overall goal is to provide community volunteers, advocates, and donors the organization that they need in order to raise youth leaders to develop good character and to model and teach about the benefits of sexual abstinence, in preparation for marriage and successful family formation. Richard is the father of a daughter, who attends the University of the District of Columbia, and a son who is attending a DC public high school. He is also the legal guardian of a teen who attends high school.

Yvonne Mckie Board Member

Yvonne Mckie is a native of Washington DC and a Dunbar High School graduate. Yvonne attended Federal City College and the University of the District of Columbia. Yvonne's mother worked with youth programs under Mayor Harold Washington, and Yvonne gained a similar passion to help youth succeed. She worked in administrative support for the Neighborhood Planning Council, NPC 15 in Northeast Washington DC for 10 years. She received employee of the year award while working for the Mayor's office of community services. Yvonne's granddaughter participated in the Urban Life Training program at Pilgrim Baptist Church and Ms. Mckie began to volunteer with Urban Life Training at that time. Yvonne is passionate to get more youth involved in abstaining from sex, drugs and alcohol and she encourages all parents and relatives to do the same.



Achille Acolatse Board Member

Mr. Acolatse was born in 1971. He received a B.S. degree in Electrical Engineering from National School of Engineering, Togo, in 1995, an M.S. degree in Telecommunication Engineering from New Jersey Institute of Technol-



ogy, USA, in 2003 and a PhD in Electrical Engineering from the New Jersey Institute of Technology in 2010. He worked at True World Group in Rockleigh, New Jersey from 2000 to 2011, as an Information Technology Engineer and is currently working at the United States Patent and Trademark Office in Alexandria,

Virginia, as a Patent Examiner. He is involved in multiple community and spiritual service projects. Achille Acolatse believes in sexual abstinence before marriage and is committed to working with people who share the same aspiration to promote sexual purity and abstinence before marriage. He is married and the father of five children.

Marilyn Seabrooks Advisory Board Member

Marilyn Seabrooks has spent the past twenty-five years of her professional career serving the residents of Washington DC, in various public sector decision-making positions and academia. Her work in the area of human and social services, maternal and child health, policy, performance, workforce and economic development with the District of Columbia Government serves to strengthen and ensure the implementation of responsive policies and programs aimed



at improving the lives of all residents of the nation's capital. She has contributed to many organizations, lead teams, and profes-

sional associations. Her involvement in numerous civic and community engaging activities further underscores her commitment to youth of this city. Ms. Seabrooks believes that "Urban Life Training provides an engaging and comfortable environment for teens and young adults to seek healthy lifestyle options for informed decision-making that deters the early onset of sexual activity. Hundreds of teens in the District of Columbia have seen firsthand the value of participating in a quality Abstinence Education Program. Now is the time to extend even greater support to those teens who seek a better outcome."

Expenses 2011-2012

2011-2012 Actual Income

Salaries (In-Kind) \$25,000
Individual Donations \$6629
Product Sales \$146
Program Fees \$340

Total \$32,115

2011-2012 Actual Expenses

Vehicle Mileage	\$482
Salaries and Administration	\$25,560
Program supplies, equipment, & food	\$1427
Program incentives & prizes	\$2334
Program Space Rental	\$1200
Utilities, web hosting & internet service	\$1408
Total	\$32,411

Three-Year Financial Plan, 2013-2015

Year	2012-2013	2013-2014	2014-2015	3 year total
STAR Leadership Training	\$15,000	\$15,750	\$16,538	\$47,288
School-based Relationship Intelligence Education	\$30,000	\$31,500	\$33,075	\$94,575
Abstinence Awareness Week & Advocacy	\$4000	\$4200	\$4410	\$12,610
Northwest Chapter	\$3600	\$3780	\$3970	\$11,350
New Position: Program Director	NA	\$45,000	\$47,350	\$92,350
Total	\$52,600	\$100,230	\$105,343	\$258,173

Urban Life Training Endowment	\$150,000	\$150,000	\$150,000	\$450,000
Existing Revenue Forecast	\$7,850	\$8,243	\$8,655	\$24,748
Investment Opportunity	\$194,750	\$241,987	\$246,688	\$683,425



The Opportunity

Urban Life Training is seeking one to three year commitments to provide the resources necessary to meet the objectives of our three-year plan. Financial commitments may come in the form of cash, stock, securities, property, and life insurance, and are tax-deductible to the extent allowed by law. Planned gifts through a will or other estate planning options provide another avenue to making a gift to Urban Life Training.

We greatly appreciate your consideration of funding Urban Life Training, and we look forward to partnering with you in this dream of raising youth leaders and changing lives.

For more information, please contact
Urban Life Training Executive Director
Richard Urban at 202-558-5550, or
richardurban@urbanlifetraining.org.



Urban Life Training is a GuideStar Exchange member, committed to transparency. Exchange members are nonprofits that have updated their nonprofit report to the fullest—sharing information, documentation, photos and video with GuideStar's vast audience of potential supporters at www.guidestar.org.



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“I think if we can make this program across the board even as far as trying to have it as part of the curriculum in all DC Public schools it will do tremendous justice for the students; not only for the benefit of the students but for the whole community and the school.”

Isais Tekle, Retired DC Public Schools High School Teacher.

