



Help your child improve self-regulation, motivation, behaviors and social connections

EmpowerU Will Help Your Student Learn to Take Charge!

Take Charge of Me™ is a fun and helpful online program proven to help elementary students learn vital skills to become more self-directed, motivated, focused and confident. It's fun and easy for students to work on this engaging program during the school day. Your child will be guided through short lessons that teach them to take charge of their emotions and behaviors, boosting self-regulation, coping skills, and calm.



A Proven Resource to Build Student Wellbeing

Your district has vetted this program and purchased a limited number of seats for students to enroll in EmpowerU this school year.

The support team at your child's school believes this program will help your elementary student learn vital skills to manage their big emotions, and become more self-directed, motivated, focused and confident.

"This course helped me in school and at home by teaching me how to calm down when I'm sad, mad, or just feeling a negative emotion."

ELEMENTARY STUDENT

How it works

1. Access

Each fun 10-15 minute lesson is accessed independently online, and narrated by "Charge" to help improve coping skills and confidence.

2. Daily Work

Your child will complete 2 lessons per week during a pre-determined time decided upon with their school support team.

3. Support

EmpowerU coaches provide daily online feedback - through asynchronous messaging within a secure platform - to help your child connect core concepts to their obstacles so they can feel and do better.

School teams get real-time progress and collaborate with EmpowerU to ensure student support.

4. Concepts Learned

Course concepts are designed to help your child make positive changes and build resilience!