

## Young Black and Deadly

The *Young Black and Deadly* program aims to build strong leaders in the community.



1 What are the features of physical, mental and spiritual health?

Physical health	Mental health	Spiritual health

**2** What are some ways that you can make your family proud of you?

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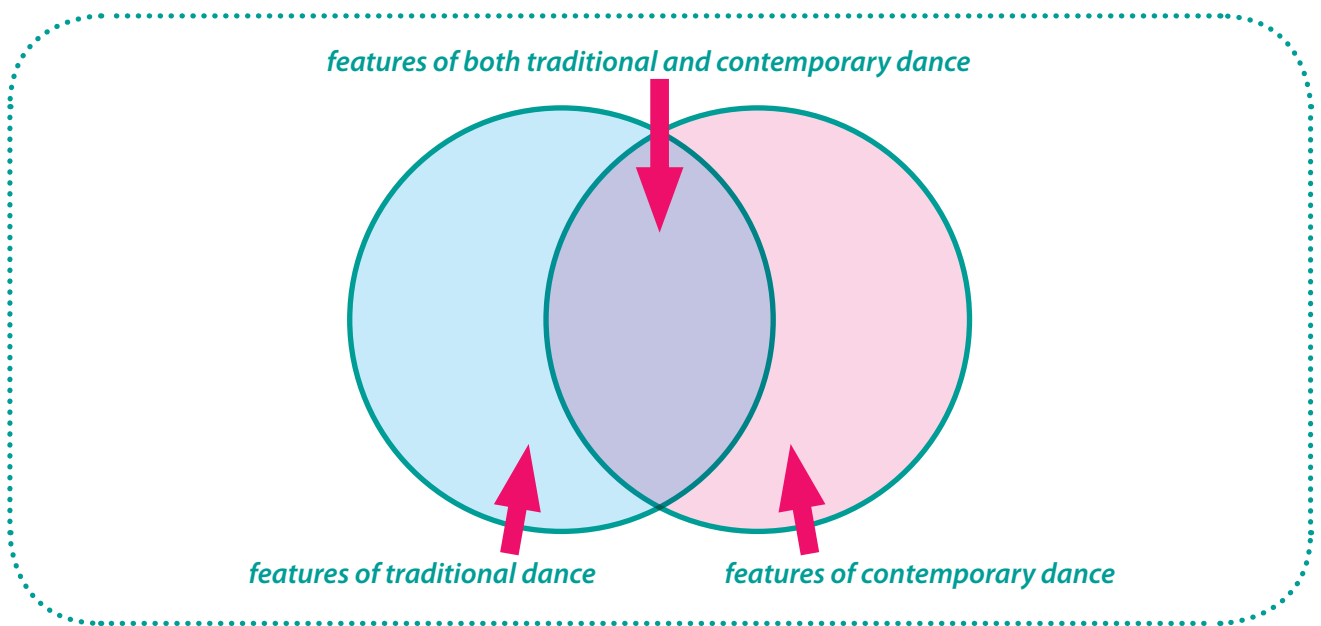
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**3** Use the venn diagram below to show ways that traditional and contemporary dance are similar and different.



Which do you prefer? Why?

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**4** What are some ways that you can build your confidence in yourself?

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**5** Who could help you to build your confidence?

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