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The JIW curriculum helps students explore 12 vital aspects of life to include:

- **The Value of SELF:** Focuses on understanding the need to love oneself.
- **Drugs and Alcohol Prevention:** Focuses on preventing the effects of drug and alcohol abuse.
- **Concepts of Beauty:** Focuses on caring for self, defining beauty, and personal hygiene.
- **“A” is for Academics:** Focuses on learning proper study habits, college preparation, and public speaking.
- **Health & Fitness/Food and Nutrition:** Focuses on the importance of exercise and maintaining a healthy lifestyle while also learning healthy eating habits
- **Relationships & Social Skills:** Focuses on respecting elders, understanding friendships, and developing social skills.
- **Our Society & Social Constructs:** Focuses on understanding racism and prejudice, and learning to respect other cultures.
- **Employment and Career Skills:** Focuses on preparing a resume and learning how to get the career you want.
- **Community Building:** Focuses on hands-on learning the importance of volunteering.
- **Abstinence Plus & STD Prevention:** Focuses on learning the pros of waiting, and how to avoid risky behavior.
- **Investments & Savings/Financial Literacy:** Focuses on understanding the difference and importance between the two and how to develop a budget and wealth.
- **Etiquette:** Social, dress and dining etiquette