

# VOICES

COURAGE  
FOR  
YOUTH



## Relationships Matter

The Voices program equips preteens with skills & experiences in building healthy relationships with themselves and their peers. Voices exposes sneaky forms of bullying and teaches healthy communication strategies to defend personal boundaries and sense of self. Sessions are mentor-led and cover important topics like friendships & “frenemies,” peer pressure, building healthy thought patterns, and calming techniques. Bringing Voices into the classroom provides a memorable experience and equips students with tangible skills to last a lifetime!

### Details:

- Students in grades 4 or 5
- 10 hour program over 5 sessions (2 hours each).
- Builds Social and Emotional Competencies and meets Provincial Curriculum Outcomes.
- Program cost: \$60 per student.

**\*\*Scholarship program available to offset costs.**

*“I really enjoyed this. Thank you so much for taking your time with us, It was so much fun and I'm more confident now.”*

*– Grade 5 Student, Quigley Elementary*

[www.courageforyouth.com](http://www.courageforyouth.com)

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## Session Overview

### Building Your Communication Toolkit

#### Session 1 - Discover Your Voice:

Students discover more about themselves, their guiding values, & their supportive community.

#### Session 2 - Honour Your Voice:

Students learn about personal boundaries and how best to protect them

#### Session 3 - Build Your Voice:

Students learn wise communication strategies to deal with conflict & peer pressure

#### Session 4 - Empower Your Voice:

Students discuss how gossip, exclusion, and other forms of relational aggression can be addressed. They learn more about being a powerful bystander, and support techniques to use in bully situations.

#### Session 5 - Free Your Voice:

Students practice skills for healthy self-talk. These include learning to let go of friendship hurts and creating "spiral-up" thoughts. We celebrate our final day with an ice cream party!



GET IN TOUCH WITH US  
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