

Voices

5 Sessions that encourage girls to develop and maintain positive and healthy girl-to-girl friendships:

- **A Smart Voice:** Understand the complexities of girl to girl relationships: recognize, label, and combat relational aggression.
- **Discover Your Voice:** Know who you are and what you stand for
- **Think Your Voice:** Communicate effectively and react wisely
- **Pause Your Voice:** Identify friendship stressors and build healthy boundaries
- **Honour Your Voice:** Develop empathy; act with courage and make wise decisions

...the most important skills in our lives are relationship skills... without them everything else breaks down..."
Dr. Debra Peplar

For further information:
www.courageforyouth.com



CFY programs are in alignment with the BC Health and Career Education rationale (K to 7): "To provide students with the knowledge, skills and attitudes necessary to be informed decision makers and make healthy and safe choices."

WHY Voices?



*Creating Smart Hearts
for Young Women*

"Research shows that promoting social and emotional skills leads to reduced violence and aggression among children, higher academic achievement, and an improved ability to function in schools and in the work place."
(<http://www.edutopia.org>)

Some of the skills we teach are:

- Identify characteristics of healthy and unhealthy relationships
- Recognizing and responding to stereotyping, discrimination and bullying
- Assess the influence that peers and media have on individuals' attitudes and behavior
- Identify strategies for safe use of wireless and online communications
- Strategies for decision-making and evaluating consequences
- Promote a safe and caring school community

How can I get *Voices* ?

Voices is a 7.5 hour program (5 units) for grade 5 & 6 girls that can be delivered as an after school program, summer program, or within the classroom. A "Smart Voice" can be offered as a stand-alone session. An optional grade 3 mentorship module is available.

To book Voices, contact Serena: voices@courageforyouth.com

www.courageforyouth.com