



WORKSHOPS WE OFFER - AT A GLANCE:

NEW!



Media Literacy

Grade 10

This workshop seeks to:

- Validate that media depictions reflect a 'hyper reality' and to support youth to be able to critically deconstruct media depictions
- Support and nurture healthy body self-concept and healthy self-esteem
- Create a space where youth can practice talking about issues related to emotional well-being, boundaries in relationships, stresses and pressures create by media
- Mitigate the potentially adverse impacts sexualized media content may have for teens



Healthy Relationships

Grade 8

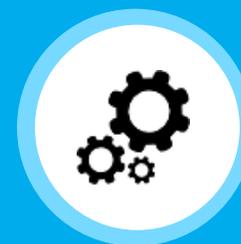
We explore what elements contribute to our relationships being healthy or unhealthy, how to use open communication, and how to make decisions that best takes care of ourselves.



Safer Sexy

Grade 9

We explore issues and situations that make it difficult to negotiate safer sex, break down risk levels associated with sexual activities, and continue to help students develop their communication skills.



Customized Workshops

Youth & Adults

We are always open to the opportunity to work with community groups, organizations, or post-secondary institutions that would be interested in content geared towards a specific audience.