

## **SADI Workshops**

- All workshops are 65 minutes,
- Grades 6, 8 and 10's participate in three workshops,
- Grade 12's participate in two workshops,
- Class workshops are booked over several weeks for greatest impact,
- Workshop content supports the learning outcomes for Physical Education and Health.

### **Grade 6**

#### **Grade 6 Workshop #1: Healthy Relationships and Personal Boundaries**

Key concepts: healthy relationships; unhealthy relationships; intuition; personal boundaries; boundaries & safety; assertive, passive and aggressive communication; building assertiveness; space boundaries; touch boundaries; scenarios to demonstrate assertive behaviour; trusted adults

#### **Grade 6 Workshop #2: Media – Deconstructing Advertising**

Key points: media messages, social norms in media, body image, stereotyping, violence, imbedded values and attitudes, purpose of advertising

#### **Grade 6 Workshop #3: The Responsible Bystander: Face to Face and Online**

Key Points: harassment, victimization, strategies for dealing with cyber bullying, exploitation, Internet safety

### **Grade 8**

#### **Grade 8 Workshop #1: Healthy Relationships/ Healthy Self Esteem**

Key concepts: healthy relationships, respectful behaviour, stereotyping, peer pressure, self esteem, influences on self esteem, influences on relationships, power of words

#### **Grade 8 Workshop #2: Media Literacy and Gender Stereotypes**

Key Points: constructed messages, gender stereotyping, body image, visual language, interpreting media messages, lifestyles & values, target audiences, persuasion

#### **Grade 8 Workshop #3: Internet Safety: Public & Permanent**

Key Points: harassment, sexual harassment, unhealthy relationships, victimization, online exploitation, cyber bullying, sexting, Internet safety strategies, bystander options

## **Grade 10**

### **Grade 10 Workshop #1: Self Esteem and Personal Power**

Key Points: self esteem, empowerment, positive attributes, self protection, building self esteem, poor self esteem, victimization, types of abuse, sexual exploitation, sexting

### **Grade 10 Workshop #2: Respect and Communication in Relationships**

Key Points: healthy relationships, warning signs of abuse, power and control, gender stereotypes, safety planning, helping a friend, community supports

### **Grade 10 Workshop #3: Sexual Harassment and Homophobia**

Key Points: sexual harassment vs. flirting, impact vs. intent, discrimination & homophobia, respectful behaviour, examining attitudes, bystander responsibility

## **Grade 12**

### **Grade 12 Workshop #1: Dating Violence and Patterns of Abuse**

Key Points: healthy relationships, types of abuse, cycle of abuse, obstacles to seeking help, bystander's response to violence, helping self & friends, community supports

### **Grade 12 Workshop #2: Sexual Assault: Facts and Fiction**

Key Points: sexual assault, date rape, sexual exploitation, myths that contribute to sexual violence, respect & communication in healthy relationships, consent, sexual assault trauma, community resources