

Content of session outlines

SESSION 1 Who am I?

Focus:

- To understand that they are unique and one of a kind
- For each student to appreciate the diversity within their group and to build an atmosphere of trust and respect
- To identify the qualities, attributes, dreams and values that make up who they are

SESSION 2 What do you stand for?

Focus:

- To understand the values that are important to them
- To develop an understanding of the meaning of Integrity
- To discuss practical examples where their integrity and personal values will affect their decisions

SESSION 3 Friends and Mates

Focus:

- To understand the importance of establishing and maintaining healthy friendships
- To learn helpful strategies they can use when seeking to make new friends
- To identify some aspects of friendships that may be unhealthy and how to deal with this
- To recognise and engage in possible resolutions for a variety of friendship issues presented

SESSION 4 Healthy Minds

Focus:

- To understand the importance of developing a healthy mindset and self belief
- To learn more about how our thinking can impact our outcomes and experiences
- To develop helpful strategies for dealing with toxic and unhelpful thinking

SESSION 5 Healthy Bodies

Focus:

- To understand that our bodies are complex and amazing at the same time
- To learn about some of the ways we can look after our bodies and keep them healthy

SESSION 6 Bullying Matters

Focus:

- To develop an understanding of what bullying is and what is not bullying
- To be able to develop strategies to use if you find yourself being bullied
- To understand what to do in the case of being bullied or harassed on line

SESSION 7 Managing our feelings

Focus:

- To understand that feelings (including fears and anxiety) are messengers that we need to learn to listen to
- To learn helpful strategies for managing our fears and anxieties
- To learn some relaxation techniques

SESSION 8 Goal Attack

Focus:

- To understand the importance of learning how to set goals
- Why goal setting is an important life skill to develop
- To learn how to set realistic goals

SESSION 9 Managing your Digital Footprint

Focus:

- To understand that having access to the internet has certain responsibilities
- To develop an understanding of what is meant by a digital footprint
- For boys to understand the basic privacy aspects of using social media

SESSION 10 Wrapping UP

Focus:

- For boys to have an opportunity to reflect on the things they have learnt over the course of the past 10 weeks
- To give boys an opportunity to do something together that is fun and helps cement all they have experienced over the course.