

*Schools for Change*  
*Yellow Brick House Public Education Workshops*  
*For Elementary School Students*

**Recommended audience: Grades 6, 7 & 8**

Yellow Brick House's Public Education program has gone virtual!

**Exploring Relationships**

An overview of what is healthy and what is not in all relationships (friends, peers, parents, teachers, dating). We discuss power and control, explore the unhealthy ways people may treat others, and examine real life examples of unhealthy friendship situations.

Students learn to understand how bullying and abuse can play out in their daily lives, how to recognize unhealthy situations, how to be an **up-stander** rather than a bystander, and how to effectively communicate and manage their emotions.

**The Gift of Self-Esteem**

Through a discussion about stereotypes, and more specifically gender stereotypes, we will discover how gender roles portrayed in the media affect our self-esteem as well as our relationships with others. We discuss the effects of low self-esteem and we examine ways to increase/practice positive self-esteem. Finally, we discuss the importance of boundaries and establishing “deal breakers” within our relationships with others – pieces that become easier to do and commit to when one has a strong(er) sense of self and confidence.

**Please note:**

**Normally, the cost of each presentation is \$100. But we are waiving our fees for virtual requests for the remainder of the school year.**

**Presentations run approximately 60 minutes.**

## Inviting us into your classroom

### What you will need:

- **Internet access** to any of the following online communication tools; Zoom, Cisco WebEx, Microsoft Teams, Google meet, GoToMeeting, or Skype. \*If you do not see your preferred application listed please inquire further
- **Audio and an internal or external microphone**  
\*Our presenters need to be heard with the ability to engage with our audience
- **Camera** (Built in or “Webcam”)  
\*While we would enjoy being able to see our audience the presentation can be completed without a two-way view
- **Screen Projection**  
\*Ability to project video stream to be visible to audience

### Booking your workshop:

To receive your booking request form and for all other Public Education inquiries please email [publiceducation@yellowbrickhouse.org](mailto:publiceducation@yellowbrickhouse.org). We look forward to hearing from you!