

# SCHOOLS FOR CHANGE 2023-2024

## **Yellow Brick House Public Education Workshops For Teens and Young Adults**

*Workshops can take place either virtually or in-person!*

Yellow Brick House offers a variety of workshops covering a multitude of topics related to building and understanding healthy relationships. Our interactive presentations all begin with a brief overview of Yellow Brick House, who we are and what we do, and offer many opportunities for discussion.

### Exploring Relationships

A preliminary overview of what is healthy and what is not in relationships. We discuss the definition and types of violence, power and control, risk factors, and examine real life examples of unhealthy relationships. Students will also learn effective ways to assert their boundaries, acknowledge their own behaviour, and understand how these pieces impact their decisions.

### Your Rights and Responsibilities in Relationships

Respect, trust, and communication – Why are these three components important in a healthy relationship? How can we recognize when the three components are lacking in our relationships and how to effectively respond to it? Everyone has a right to feel safe and secure within their relationships. Students will also learn about Enthusiastic Consent and the importance of giving / receiving it.

### Genders in the Media

Media is everywhere and it plays a large role in creating gender norms. We take an in-depth look at how the media affects our sense of self, our relationships, and the way we treat others. We aim to engage youth in exploring different perspectives and challenge them to be critical in their response and interpretation of everyday media. Real life stories and media discussed will change to fit the current news and media popularity.

### Cyber World and Your Relationships

Why is cyber abuse so prevalent and what makes it different from other types of abuse? Students will gain a better understanding of what cyber abuse is, why it is becoming normalized in our society, and how we can help stop it.

# SCHOOLS FOR CHANGE 2023-2024

## Yellow Brick House Public Education Workshops For Children and Tweens

**Recommended audience: 10 years old – 14 years old**

*Workshops can take place either virtually or in-person!*

Yellow Brick House offers a variety of workshops covering a multitude of topics related to building healthy relationships. Our interactive presentations all begin with a brief overview of Yellow Brick House, who we are and what we do, and offer many opportunities for discussion.

### 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 **upstander** 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:

- For pricing information about our presentations, kindly refer to our **Pricing List**.
- The duration of each presentation is approximately 60 minutes.