

UNIQUE COURSE OUTLINE



1. Identity

The first session is an opportunity for the girls to get to know each other. We look at who they are, what they feel they are good at, and who they are to other people. Lots of ice breaker games and activities.

2. Dreams and Aspirations

This session looks at what the girls want to do when they grow up, careers, opportunities and the things they want to do with their lives. We talk dreaming big dreams, how they can achieve their dreams, and the things that can be a barrier.

3. Friendship

In this session we talk about what we look for in our friends. We look at what kind of a friend we think we are. We also look at what happens when friendships go wrong, how this makes us feel, and how we cope with this. We often look at bullying and gangs in this session.

4. Positive Relationships

We continue on from the friendship week, and move onto what we look for in relationships, and why girls want to be in relationships. We talk about making positive choices and decisions for our relationships.

5. Drugs, Alcohol and Personal Safety

In the session we look at drugs, alcohol, personal safety, including internet safety. We talk about how getting involved in these things can affect us, and the consequences which may follow. We learn the facts about different types of drugs and their classifications, and about alcohol use. We talk about how to keep our friends and ourselves safe if we do decide to drink.

6. Self Esteem

This session looks at what self esteem is, and how it makes us feel. We talk about things that make us feel good, and things that make us feel sad. In this session we make a 'self-esteem emergency kit', which is a bag that we fill with lots of positive things that makes us feel happy, that we can use when we are feeling down. We also look at how we deal with stress and pressure, and how we cope with the emotions involved.

7. Treat Week

As part of the course, the girls are invited to take part in a 'treat week' to reward them for the good work they have been doing. The girls are given a choice as to the things they could do, for example cup cake decorating, nail art, pamper session, watching a film....or if they have any ideas themselves, we try to facilitate this.

8. Image

In this session we talk about how the way we look and our style says a lot about us. We look at how women are portrayed in the media, and how try to model ourselves on them. We talk about how real women look, and how we can lead healthy lifestyles, by looking after ourselves, eating well, taking regular exercise, and learning how to relax.

9. Finishing Off Week

In this session we look back over all the sessions, and the things we have talked about. The girls are given a chance to finish off all their work in preparation for the Graduation and spend time working on their speech. We also end this session by the girls making a friendship canvas where they write positive messages for each other, to take away when the course has finished as a lasting memory.

10. Graduation

This is the final week, where the girls invite family and friends to join them, to see them receive their certificates and celebrate with them, as they complete the course.

