

ACHIEVES SESSION GUIDE

SESSION 1: INTRODUCTION

Establish group norms and expectations and give group members the opportunity to learn about each other to establish a sense of community and build safety within the group

SESSION 2: COMMUNITY BUILDING

Continue to establish a sense of community and identify things that youth have in common with their peers

SESSION 3: HEALTHY RELATIONSHIPS

Youth will identify components of healthy and unhealthy relationships and reflect on the various relationships in their lives

SESSION 4: EMOTIONS PART ONE

Youth will begin to identify the different emotions a person may feel, and the thoughts and situations that may trigger various emotions

SESSION 5: EMOTIONS PART TWO

Youth will continue learning about emotions and how the words we say to ourselves can impact our mood

SESSION 6: DECISION MAKING

Youth will learn how to make healthy decisions and identify the impacts of making poor decisions

SESSION 7: VALUES

Youth will identify personal values and discuss the importance of knowing and understanding our own values to help us when making decisions

SESSION 8: UNDERSTANDING ANGER

Participants will learn about anger and begin to develop coping strategies for dealing with such a big emotion

SESSION 9: THINKING TRAPS

Youth will learn to identify common negative thinking patterns that can lead to feelings of anxiety and low self-esteem and begin developing skills to correct these

SESSION 10: CONFLICT RESOLUTION

Explore and identify conflict management styles and discuss positive conflict resolution and problem-solving techniques

SESSION 11: HIGH SCHOOL & BEYOND

Discuss new opportunities and responsibilities available in high school and address any concerns youth may have. Begin to explore post secondary and career options

SESSION 12: FIELD TRIP

Participants receive graduation certificates and go on a fun field trip to celebrate graduation from the program