The YWCA’s Youth Education Programs, *Welcome to My Life* and *Boys 4 Real*, for grade 7 girls and boys are after school programs which aim to strengthen the social and emotional health of young youth and help them successfully transition from elementary to secondary school.

**The programs aim to:**

- Support program participants in their transition to high school
- Promote resilience in participants by further developing participant’s healthy self-esteem, healthy relationship skills and responsible decision making skills.
- Foster mutual respect between boys and girls as equals
- Participants will further practice skills learned in the program by planning and implementing a project that benefits their school and/or community

**Program Structure**

The programs will be delivered as an after-school program over a nine-week period. Spring sessions run February to April and fall sessions run October to December. Each program is facilitated by an intergenerational volunteer team including: 2 university/college students, a High-School Mentor and an adult volunteer with life/career experience.

**Session Structure**

Each weekly session, which runs for a total of two hours and thirty minutes, consists of:

1. **One Module** of 100 minutes. Each module is designed to help youths develop the attitudes, skills and knowledge that will enable them to make a positive transition to high school.

   Module topics for the girls program include exploring values, friendship, internet safety, healthy living and learning about what impact the media has on body image and self-perception.

   Module topics for the boys program include exploring values, learning about healthy living, analyzing the media’s impact on masculinity, internet safety and balance, and healthy friendships/relationships.

2. **Community Service Project** of 50 minutes. The youth participating in the programs will come together to design and implement a project specifically designed to address issues in their school, local or wider community.

**For more information contact:**

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### Welcome to My Life

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<tr>
<th>Program Week</th>
<th>Module Name</th>
<th>Module Topics</th>
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| Week 1       | 411 on Girls | • Introduction to program  
                  • Participants develop group agreement and get to know each other and mentors  
                  • Discuss strategies for overcoming challenges in High School |
| Week 2       | Live Your Best Life | • Identify practices that can lead to living a healthy balanced lifestyle  
                  • Explore aspects of healthy minds, healthy bodies, and healthy relationships |
| Week 3       | What Matters (Values) | • Examine values and belonging  
                  • Develop decision making strategies for when values are challenged |
| Week 4       | That’s What Friends Are For | • Identify important aspects of healthy relationships  
                  • Practice skills such as active listening |
| Week 5       | Friend or Unfriend | • Further develop communication skills and strategies for resolving conflicts  
                  • Explore ways to make new friends in high school |
| Week 6       | Media Madness | • Analyze media messages  
                  • Resisting and counteracting the media’s potential influence on self-esteem |
| Week 7       | Implement the Community Service Project |
| Week 8       | Social Media Smarts | • Assess risk of various activities online  
                  • Preventing and recovering from issues or conflicts online |
| Week 9       | Love Who You Are | • Learn about factors that affect having a positive self-esteem and self-worth  
                  • Reflect on learning from the program |

### Boys 4 Real

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<tr>
<th>Program Week</th>
<th>Session Name</th>
<th>Session Topics</th>
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| Week 1       | Kick off | • Introduction to program  
                  • Participants develop group agreement and get to know each other and mentors |
| Week 2       | Live Your Best Life | • Identify practices that can lead to living a healthy balanced lifestyle  
                  • Explore aspects of healthy minds, healthy bodies, and healthy relationships |
| Week 3       | It’s My Life (Values) | • Examine values and belonging  
                  • Develop decision making strategies for when values are challenged |
| Week 4       | Respect! | • Identify important aspects of healthy relationships  
                  • Role play how to respond to challenging situations with friends |
| Week 5       | Talk it Out | • Increase awareness of the negative impacts media may have on self-esteem, healthy relationships and positive attitude  
                  • Develop communication skills and strategies for resolving conflicts |
| Week 6       | Analyze This | • Analyzing media messages  
                  • Promote alternatives to violence |
| Week 7       | Implement Community Service Project |
| Week 8       | Social Media Smarts | • Assess risk of various activities online  
                  • Preventing and recovering from issues or conflicts online |
| Week 9       | High School Prep | • Reflect on learning from the program  
                  • Explore strategies for overcoming challenges in High School |