



I am.

I Am.... Sessions (Grade 8)		Developmental Asset Domains
Week 1	<p align="center">Healthy Relationships</p> <p>Goal: Review the characteristics that make a relationship healthy or unhealthy Goal: Examine the impact of relationships on a person's health and self-esteem Task: Understand what boundaries are and practice setting healthy boundaries Task: Develop effective strategies to deal with an unhealthy relationship</p>	<p>Healthy Living Skills</p> <p>Cyber Safety</p>
Week 2	<p align="center">Sexual Harassment</p> <p>Goal: Understand the difference between harassment and flirting Goal: Explore the impact of sexual harassment Task: Identify strategies to deal with sexual harassment</p>	<p>Problem Solving</p> <p>Mental Health</p>
Week 3	<p align="center">Media</p> <p>Goal: Examine the messages sent by different forms of media Goal: Explore the impact of media messages on a person's self-esteem Task: Learn ways to maintain healthy self-esteem in a media dominated world</p>	<p>Communication Skills</p>
Week 4	<p align="center">Differences</p> <p>Goal: Learn the different forms that diversity takes in our society Goal: Examine how diversity can impact a person's self-esteem Task: Develop methods to become more accepting of others and themselves Task: Learn to recognize differences as strengths</p>	<p>Critical and Creative Skills</p> <p>Creating and Reflecting</p>
Week 5	<p align="center">Building Self-Esteem</p> <p>Goal: Explore ways to raise and maintain healthy self-esteem Goal: Examine the impact of positive and negative self-talk Task: Recognize and affirm positive attributes of classmates</p>	<p>Human Development</p> <p>Relationship and Social Skills</p>
Week 6	<p align="center">Mental Health</p> <p>Goal: Understand the difference between mental health and a mental health issue Goal: Recognize signs and symptoms of a mental illness Goal: Reduce the stigma attached to mental health issues Task: Learn ways to support someone with a mental health issue</p>	<p>Media Literacy</p> <p>Self Awareness</p>
Week 7	<p align="center">Substance Use</p> <p>Goal: Explore how self-esteem and substance use are linked Goal: Learn the impact that different substances have on a persons health Task: Identify different alternatives to substance use</p>	<p>Interpersonal Skills</p>
Week 8	<p align="center">Hope for the Future</p> <p>Goal: Examine the link between self-esteem and hope Goal: Promote resiliency to overcome obstacles Task: Provide closure and positive affirmation for students</p>	<p>Interactions and Interdependence</p> <p>Community Partners</p>