



Inspire Sessions		Developmental Asset Domains
Week 1	<p align="center"><b>Introduction to Empathy</b></p> <p><b>Goal:</b> Provide an overview and context for the entire program  <b>Goal:</b> Students will learn the definition of empathy  <b>Task:</b> Practice using empathy in different situations</p>	Healthy Living
Week 2	<p align="center"><b>Bullying</b></p> <p><b>Goal:</b> Understand the impact of bullying  <b>Goal:</b> Explore how empathy can reduce aggression, bullying and violence  <b>Goal:</b> Identify ways to intervene on behalf of others in a bullying situation  <b>Task:</b> Practice feeling empathy for those who are bullied</p>	Problem Solving
Week 3	<p align="center"><b>Diversity</b></p> <p><b>Goal:</b> Explore diversity in the classroom (personality, appearance, sexuality, mental health)  <b>Goal:</b> Identify how empathy can lead to acceptance  <b>Goal:</b> Increase student's acceptance of each other's and their own unique qualities</p>	Critical and Creative Thinking Skills Communication Skills
Week 4	<p align="center"><b>Family Issues</b></p> <p><b>Goal:</b> Explore common personal experiences that classmates may share  <b>Goal:</b> Understand the impacts of family issues on an individual's behaviours  <b>Task:</b> Learn multiple ways to support someone going through personal struggles</p>	Creating and Reflecting
Week 5	<p align="center"><b>Relationships</b></p> <p><b>Goal:</b> Examine how empathy can help build healthy relationships  <b>Goal:</b> Identify characteristics of a healthy and unhealthy relationship  <b>Goal:</b> Explore the consequences of unhealthy relationships  <b>Task:</b> Learn ways to maintain healthy relationships and build healthier relationships within the class</p>	Canada: Links to the World Relationship and Social Skills
Week 6	<p align="center"><b>Barriers to Empathy</b></p> <p><b>Goal:</b> Explore how the media impacts behaviours and choices  <b>Goal:</b> Examine healthy and unhealthy media messages  <b>Goal:</b> Learn ways to decipher and overcome media messages</p>	Media Literacy Self-Awareness
Week 7	<p align="center"><b>Expressing Empathy</b></p> <p><b>Goal:</b> Learn ways to express empathy to others  <b>Goal:</b> Examine the concept and benefits of active listening skills  <b>Task:</b> Practice expressing empathy</p>	Mental Health Interactions and Interdependence
Week 8	<p align="center"><b>How Empathy Changed the World</b></p> <p><b>Goal:</b> Explore the characteristics that make up a hero  <b>Task:</b> Understand how everyday people can act in heroic ways  <b>Task:</b> Provide closure for the program</p>	Interpersonal Skills