



Power Elementary Sessions		Developmental Asset Domains
Week 1	<p align="center"><b>Developing Healthy Relationships</b></p> <p><b>Goal:</b> Be able to identify whether a relationship is healthy or unhealthy  <b>Goal:</b> Examine the impact of healthy and unhealthy relationships  <b>Task:</b> Consider ways to deal with unhealthy relationships including resources available to them</p>	<p align="center"><b>Strands:</b></p> <p>Healthy Living Skills</p> <p>Problem Solving</p> <p>Cyber Safety</p> <p>Communication Skills</p> <p>Mental Health</p> <p>Critical and Creative Thinking Skills</p> <p>Creating and Reflecting</p> <p>Human Development</p> <p>Relationship and Social Skills</p> <p>Media Literacy</p> <p>Self Awareness</p> <p>Interactions and Interdependence</p> <p>Identity of Self</p> <p>Interpersonal Skills</p>
Week 2	<p align="center"><b>Relationships &amp; Technology &amp; Mental Health</b></p> <p><b>Goal:</b> Explore healthy ways to communicate using social media and communication technology  <b>Goal:</b> Examine the impact of technology on relationships  <b>Goal:</b> Learn strategies to protect oneself online  <b>Task:</b> Understand ways to deal with online harassment</p>	
Week 3	<p align="center"><b>Assert Yourself</b></p> <p><b>Goal:</b> Learn to resolve conflicts in an assertive manner  <b>Goal:</b> Explore the different styles of communication and the impact they have on relationships  <b>Task:</b> Develop assertiveness skills and learn to express oneself in an assertive manner</p>	
Week 4	<p align="center"><b>Managing Emotions</b></p> <p><b>Goal:</b> Recognize triggers and physical signals of emotions  <b>Goal:</b> Explore healthy emotional regulation strategies  <b>Goal:</b> Examine the different ways society says males and females should express emotions  <b>Task:</b> Identify the consequences of unhealthy emotional releases</p>	
Week 5	<p align="center"><b>Personal Image</b></p> <p><b>Goal:</b> Identify what impacts an individual's self-esteem  <b>Goal:</b> Explore and practice the concept of positive self-affirmation  <b>Goal:</b> Explore the difference between the media's depiction of personal image and reality  <b>Task:</b> Provide positive affirmation to each individual student</p>	
Week 6	<p align="center"><b>Gender Stereotypes</b></p> <p><b>Goal:</b> Discuss male and female stereotypes in our society  <b>Goal:</b> Understand the impact of gender stereotypes on individuals and society  <b>Task:</b> Explore strategies to overcome and reduce stereotypes and their impact on people</p>	
Week 7	<p align="center"><b>Discrimination and Diversity</b></p> <p><b>Goal:</b> Define the term discrimination along with groups that may face it  <b>Goal:</b> Explore the forms discrimination takes as well as the impact it has on individuals  <b>Task:</b> Identify ways to reduce discrimination as well as promote and celebrate diversity</p>	
Week 8	<p align="center"><b>Values &amp; Choices</b></p> <p><b>Goal:</b> Identify what a personal value is  <b>Goal:</b> Explore individual/personal values  <b>Task:</b> Explore how values can impact a person's choices  <b>Task:</b> Provide closure to the program and collect evaluation data</p>	