

I Am.... Sessions (Grade 8)		Developmental Asset Domains
Week 1	<p align="center">Relationships & Self-Esteem</p> <p>Goal: Identify what self-esteem is and the impact of relationships on a person's self-esteem Goal: Identify the characteristics that make a relationship healthy or unhealthy Goal: Learn what a personal boundary is and how to effectively set a boundary</p>	<p>Healthy Living Skills</p> <p>Cyber Safety</p>
Week 2	<p align="center">Sexual Harassment</p> <p>Goal: Explore the difference between sexual harassment and flirting Goal: Understand the meaning of consent Goal: Identify the connection between low self-esteem and risky online behaviour Goal: Discuss strategies to deal with sexual harassment</p>	<p>Problem Solving</p> <p>Mental Health</p>
Week 3	<p align="center">Mental Health</p> <p>Goal: Explore the continuum of mental health and wellness Goal: Recognize signs and symptoms of a mental illness Goal: Reduce the stigma attached to mental health and mental illness Goal: Learn ways to become more mentally healthy and build mental health</p>	<p>Communication Skills</p> <p>Critical and Creative Skills</p>
Week 4	<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 person's health Goal: Discuss methods to reduce risks associated with substance use</p>	<p>Creating and Reflecting</p> <p>Human Development</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/negative self-talk and mindset Goal: Build healthy self-esteem and relationships through positive affirmations</p>	<p>Relationship and Social Skills</p>
Week 6	<p align="center">Media</p> <p>Goal: Examine gender stereotypical media messages Goal: Explore the impact of media messages on a person's self-esteem Goal: Discuss ways to maintain healthy self-esteem in a media dominated world</p>	<p>Media Literacy</p> <p>Self Awareness</p>
Week 7	<p align="center">Diversity</p> <p>Goal: Learn the different forms that diversity takes in our society Goal: Examine how diversity can impact a person's self-esteem Goal: Develop methods to become more accepting of one's self and others</p>	<p>Interpersonal Skills</p>
Week 8	<p align="center">Hope & Resiliency</p> <p>Goal: Examine the link between self-esteem and hope Goal: Explore how resiliency can lead people to overcoming obstacles Goal: Experience program closure and positive affirmation for each other</p>	<p>Interactions and Interdependence</p> <p>Community Partners</p>