

Power Elementary Sessions		Developmental Asset Domains
	Developing Healthy Relationships	
Week 1	<p>Goal: Be able to determine what constitutes a healthy or unhealthy relationship</p> <p>Goal: Understand the impact of healthy and unhealthy relationships</p> <p>Goal: Explore ways to deal with unhealthy relationships</p>	<p>Strands:</p> <p>Healthy Living Skills</p>
	Online Relationships	
Week 2	<p>Goal: Examine the impact of technology on relationships</p> <p>Goal: Explore potential consequences of unhealthy online behaviours</p> <p>Goal: Learn strategies to protect oneself and deal with unhealthy online relationships</p>	<p>Problem Solving</p> <p>Cyber Safety</p>
	Managing Emotions	
Week 3	<p>Goal: Recognize triggers and physical symptoms of emotions</p> <p>Goal: Explore healthy and unhealthy emotional regulation strategies</p> <p>Goal: Identify the consequences of unhealthy emotional releases</p>	<p>Communication Skills</p> <p>Mental Health</p>
	Communication in Relationships	
Week 4	<p>Goal: Explore the different styles of communication</p> <p>Goal: Examine the impact that different communication styles have on relationships</p> <p>Goal: Develop assertiveness skills and learn to express oneself in an assertive manner</p>	<p>Critical and Creative Thinking Skills</p> <p>Creating and Reflecting</p>
	The Relationship With Ourselves	
Week 5	<p>Goal: Identify factors that can impact the relationship individuals have with themselves</p> <p>Goal: Explore how the relationship with oneself can impact the relationships they have with others</p> <p>Goal: Practice building healthy relationships with oneself and others</p>	<p>Human Development</p> <p>Relationship and Social Skills</p>
	Gender Stereotypes	
Week 6	<p>Goal: Identify gender stereotypes in our society and where they come from</p> <p>Goal: Understand the impact of gender stereotypes on individuals and relationships</p> <p>Goal: Explore strategies to reduce stereotypical attitudes and maintain healthy relationships</p>	<p>Media Literacy</p> <p>Self Awareness</p>
	Discrimination	
Week 7	<p>Goal: Define the terms discrimination, personal bias and privilege</p> <p>Goal: Explore the forms of discrimination as well as the impact it has on individuals and relationships</p> <p>Goal: Identify ways to reduce discrimination as well as promote and celebrate diversity</p>	<p>Interactions and Interdependence</p> <p>Identity of Self</p>
	Values & Choices	
Week 8	<p>Goal: Identify and explore what personal values are</p> <p>Goal: Examine the connection between values, choices and relationships</p> <p>Goal: Provide closure to the program and collect evaluation data</p>	<p>Interpersonal Skills</p>