

I Am.... Sessions (Grade 8)		Developmental Asset Domains
	Relationships & Self-Esteem	
Week 1	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	Healthy Living Skills Cyber Safety
	Sexual Harassment	
Week 2	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 behaviour Goal: Discuss strategies to deal with sexual harassment	Problem Solving Mental Health
	Mental Health	
Week 3	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	Communication Skills Critical and Creative Skills
	Substance Use	
Week 4	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	Creating and Reflecting Human Development
	Building Self-Esteem	
Week 5	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	Relationship and Social Skills
	Media	
Week 6	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	Media Literacy Self Awareness
	Diversity	
Week 7	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	Interpersonal Skills
	Hope & Resiliency	
Week 8	Goal: Examine the link between self-esteem and hope Goal: Explore how resiliency can lead people to overcoming obstacles Goal: Receive peer affirmation and complete program evaluation	Interactions and Interdependence Community Partners