

Power Elementary Sessions		Developmental Asset Domains
Week 1	<p align="center"><b>Developing Healthy Relationships</b></p> <p><b>Goal:</b> Be able to determine what constitutes a healthy or unhealthy relationship  <b>Goal:</b> Understand the impact of healthy and unhealthy relationships  <b>Goal:</b> Explore ways to deal with unhealthy relationships</p>	<p><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>Online Relationships</b></p> <p><b>Goal:</b> Examine the impact of technology on relationships  <b>Goal:</b> Explore potential consequences of unhealthy online behaviours  <b>Goal:</b> Learn strategies to protect oneself and deal with unhealthy online relationships</p>	
Week 3	<p align="center"><b>Managing Emotions</b></p> <p><b>Goal:</b> Recognize triggers and physical symptoms of emotions  <b>Goal:</b> Explore healthy and unhealthy emotional regulation strategies  <b>Goal:</b> Identify the consequences of unhealthy emotional releases</p>	
Week 4	<p align="center"><b>Communication in Relationships</b></p> <p><b>Goal:</b> Explore the different styles of communication  <b>Goal:</b> Examine the impact that different communication styles have on relationships  <b>Goal:</b> Develop assertiveness skills and learn to express oneself in an assertive manner</p>	
Week 5	<p align="center"><b>The Relationship With Ourselves</b></p> <p><b>Goal:</b> Identify factors that can impact the relationship individuals have with themselves  <b>Goal:</b> Explore how the relationship with oneself can impact the relationships they have with others  <b>Goal:</b> Practice building healthy relationships with oneself and others</p>	
Week 6	<p align="center"><b>Gender Stereotypes</b></p> <p><b>Goal:</b> Identify gender stereotypes in our society and where they come from  <b>Goal:</b> Understand the impact of gender stereotypes on individuals and relationships  <b>Goal:</b> Explore strategies to reduce stereotypical attitudes and maintain healthy relationships</p>	
Week 7	<p align="center"><b>Discrimination</b></p> <p><b>Goal:</b> Define the terms discrimination, personal bias and privilege  <b>Goal:</b> Explore the forms of discrimination as well as the impact it has on individuals and relationships  <b>Goal:</b> Identify ways to reduce discrimination as well as promote a safer community</p>	
Week 8	<p align="center"><b>Values &amp; Choices</b></p> <p><b>Goal:</b> Identify and explore what personal values are  <b>Goal:</b> Examine the connection between values, choices and relationships  <b>Goal:</b> Provide student affirmation and closure to the program</p>	