

YOURCHOICEZ

Turning taboo topics into everyday conversations

SENIOR HIGH PROGRAMS Young Women's Seminars

INTRODUCTION

Our student seminars have been well received by students and teachers alike. Our full day seminar is broken into three elements:

- Key note presentation from speaker
- Personal processing time
- Small group discussion

OUTCOMES OF THE DAY

- How to deal with the pressures that come from living in a hyper sexualised society and finding a strong sense Of personal value and worth despite the pressure.
- Defining and understanding True love. What does a truly loving relationship really look like?
- Relationships and sexual decision making from a Christian perspective (i.e. developing relationship skills and the importance of marriage)
- Keys to developing healthy relationship skills
- Gaining an understanding of the value and dignity of the human person.
- The pressures that girls can face on a day to day basis and how to deal with them
- The impact of media and marketing.
- How to deal with the pressure of sexting

TYPICAL DAY

Here is an approximate outline of the day depending on school bell times. Please note: this can be restructured to fit your school period times.

Session 1 60-70 minutes <i>Groupwork</i> <i>*30mins</i>	RECESS	Session 2 40-50 minutes <i>Groupwork</i> <i>*30mins</i>	Session 3 20-30 minutes	LUNCH	Session 4 40-50 minutes <i>Groupwork</i> <i>*20mins</i>	Session 5 20-30 minutes Q&A 5-10 mins	FINISH
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*The 30 minute group work consists of 15 minutes working through a booklet with questions relating back to the presentation. The second 15 minutes is group discussions led by teachers (group discussion questions are provided within the booklet).

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IDEAL VENUE

- A lecture theatre with tiered seating is best
- A large classroom
- Room size should be a similar size to number of students participating
- We highly suggest students to be seated on chairs not on the floor
- Large open halls are not recommended
- Air-conditioned venue is ideal

Note: two similar venues are required

STAFFING

We have found that the day works best:

- If the teachers that are allocated can be there for the whole day
- The teacher to student ratio is no more than 1 teacher to 20 (this is to encourage open discussion within the group work)

COST

We do not charge per student. The seminar is charged at a flat day rate regardless of the number of students.

FEEDBACK

We present in schools all over Australia and New Zealand and if you want to check out some more feedback from recent schools we have spoken at you can do that here: www.yourchoicez.com.au/feedback

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