



McMan | 50th Anniversary

KICKSTART is an evidence based 8 session workshop for youth aged 7-10 years old designed to provide a well-rounded approach to fostering emotional and social development. The sessions target essential life skills such as **self-awareness, empathy, communication, problem-solving,** and **decision-making**, all of which are foundational for building healthy, positive relationships and managing personal challenges. Each session combines key concepts from the CBE Student Well-Being Framework.

- **Self-awareness** and **self regulation** are cultivated through sessions on self-esteem, emotional awareness, and coping strategies.
- **Relationship skills** and **social awareness** are enhanced through activities focused on healthy relationships, assertiveness, and media awareness.
- **Responsible decision-making** is a key focus, with youth learning how to think critically, manage peer pressure, and make choices aligned with their values.

The educational approach of the KICKSTART workshop aligns with the Social Emotional Learning (SEL) Competencies found within the CBE's Student Well-Being Framework. By targeting these areas, the workshop equips children with the tools they need to navigate the complexities of social interactions, emotional challenges, and decision-making processes in a healthy, positive way.



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Session 1: Self-Esteem

- **Objective:** To educate youth about self-esteem and its impact on how they view themselves and others.
- **Learning focus:** Define self-esteem and understanding its role in emotional and social development. Introduce strategies to improve self-esteem.

Session 2: Healthy Relationships

- **Objective:** To help youth identify characteristics of healthy relationships and understand the importance of respect, empathy, and boundaries.
- **Learning focus:** Teach youth about the qualities of healthy relationships—such as respect, empathy, trust, and communication. Discuss boundaries and consent.

Session 3: Assertiveness & Communication

- **Objective:** To teach youth about different communication styles and strategies for being assertive in challenging situations.
- **Learning focus:** To understand aggressive, passive, and assertive communication styles and to learn how to resolve conflicts in a calm, assertive way.



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Session 4: Emotional Awareness

- **Objective:** To help youth identify and communicate their emotions and develop effective coping strategies.
- **Learning Focus:** Teach youth what emotions are and how to communicate their emotions in a clear, respectful manner. Introduce coping strategies like deep breathing and mindfulness helps improve their ability to handle challenges in healthy ways.

Session 5: Responsibility & Decision Making

- **Objective:** To help youth understand the importance of responsibility in their choices and teach them a structured approach to decision-making.
- **Learning focus:** Teach youth about personal responsibility emphasizes that they are accountable for their actions. Introduce the “Stop, Think, Go” method to help youth make informed, thoughtful decisions by considering potential consequences before acting.

Session 6: Media Awareness

- **Objective:** To discuss the positive and negative aspects of social media and teach youth how to stay safe online.
- **Learning focus:** Discuss the pros and cons of social media. Teach youth how to recognize and respond to cyberbullying, and to provide youth with strategies to stay safe online.



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Session 7: Smoking & Vaping Awareness

- **Objective:** To educate youth on the dangers of smoking and vaping and provide them with strategies to resist peer pressure.
- **Learning focus:** Teach youth about the physical and psychological effects of smoking and vaping. Discuss how to assertively say "no" in situations of peer pressure.

Session 8: Coping Strategies

- **Objective:** To provide youth with a variety of coping strategies to manage stress and emotions.
- **Learning focus:** Explore techniques such as deep breathing, essential oils, and body movement.

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