



McMan | 50th Anniversary

RESTART is an evidence based 10 session workshop for youth aged 11–24 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 RESTART 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: Building Connections

- **Objective:** Understand the importance of relationships and connections in life.
- **Learning Focus:** Discuss what connection means, the impact of judgments and negative labels on relationships, and how to overcome these barriers.

Session 2: Emotional Awareness

- **Objective:** Help youth identify and manage their emotions in productive ways.
- **Learning Focus:** Understand how emotions influence behavior, communicate emotions respectfully, and learn coping strategies for emotional regulation.

Session 3: Resolving Conflict

- **Objective:** Teach youth how to manage and resolve conflicts assertively.
- **Learning Focus:** Recognize the nature of conflict and its effects on relationships and learn effective conflict-resolution skills.

Session 4: Healthy Relationships

- **Objective:** Help youth define and establish healthy relationships.
- **Learning Focus:** Identify the characteristics of healthy relationships, the importance of setting boundaries, and understanding consent and respect for others' needs.



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Session 5: Media Awareness

- **Objective:** Increase awareness about the influence of media on self-perception and behavior.
- **Learning Focus:** Discuss the effects of media, especially social media and video games, on youth behavior and identity, and teach safe online practices.

Session 6: Accountability

- **Objective:** Encourage responsibility for one's actions and understand the importance of accountability.
- **Learning Focus:** Learn about personal accountability, the impact of bullying (including cyberbullying), and ways to ensure a safe environment for everyone.

Session 7: Decision Making & Risk Taking

- **Objective:** Equip youth with skills to make responsible decisions and avoid harmful risks.
- **Learning Focus:** Discuss decision-making processes, understand risks and their consequences, and explore how personal values can help avoid risky behavior.



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Session 8: Substance Awareness

- **Objective:** Raise awareness about the risks of substance use and its effects on health.
- **Learning Focus:** Identify different substances and their potential impacts, differentiate between use and abuse, and understand the consequences of impaired driving.

Session 9: Nicotine & Cannabis Awareness

- **Objective:** Teach youth about the effects of nicotine and cannabis consumption.
- **Learning Focus:** Learn about the physical and developmental impacts of nicotine and cannabis use, as well as the consequences of driving under the influence.

Session 10: Coping Strategies

- **Objective:** Provide youth with tools to manage stress and emotions effectively.
- **Learning Focus:** Introduce various coping strategies, such as mindfulness, breathing exercises, and DBT techniques like TIPP (Temperature, Intense Exercise, Paired Muscle Relaxation, Paced Breathing).

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