

SAFTEEN PRESENTATIONS

On May 16th, 2019, all grade 7 students who attend Bruce Middle School will be participating in Safeteen presentations. The presentations focus on what to do to keep ourselves safe. Today's youth culture is moving at light speed and it is increasingly difficult for adults to keep up with the current social trends, recreational activities and particularly, the technology that children are engaging in daily. The complex cyber world that they live in is new territory to many people raising pre-teens today.

Safeteen's pre-teen program is a safety and empowerment program for pre-teens which gives kids strategies to deal with verbal violence, emotional violence, sexual violence and threats of physical violence. This workshop is about teaching our children to stand up for themselves and what they believe in, *without violence*. Safeteen offers children and youth, *powerful alternatives to violence*.

Our pre-teen program is based on Safeteen's unique assertiveness model that children and youth readily embrace. Utilizing a dynamic and experiential teaching style, this program addresses pre-teens on their own level, working with issues that are relevant to their everyday lives. With the skills they will learn, kids can connect with the power and wisdom *within* and speak from an authentic place of strength. They can *hold their power and speak their truth*.

Issues Covered:

- Non-violence communication
- Fear and anger management
- Verbal and body language skills
- Bully, intimidation and bystander dynamics
- Gender socialization and stereotypes
- Body image/building inner strength
- Verbal, physical and sexual violence
- Online safety
- Healthy boundaries and relationships
- Girl-girl violence / guy-guy violence
- "Stepping down" with dignity
- Physical self-defense skills

If you have additional questions or concerns please contact the school at 204-888-1990.

Thank you
Mrs. Goetz
Guidance Counselor
Bruce Middle School