

WORKSHOPS CATALOG 2023-24



Elementary Workshops

pages 2-3

Secondary Workshops

pages 4-5

Sexual Health Workshops

pages 6-7

Contact us

page 8

All our workshops are delivered in French



Conflicts Cannot Be Improvised!

Details

Kindergarten to 3rd grade
Number of workshops: 2
Duration: 60 minutes
Price: \$500 / in person
(+ travel)
Contact: projects@jlrs.ca

Through practical exercises, discussions on listening to one's body, and situational scenarios, these workshops foster social emotional learning that enable them to establish more harmonious relationships with their peers and better conflict management skills. By employing visual tools and theater techniques, students have the opportunity to practice setting boundaries and using clear language to facilitate healthy communication with adults and peers.

Rainbow Hug

The workshops aim to familiarize participants with the basic concepts of gender identity and sexual orientation. By developing empathy towards individuals from sexual and gender diversity, the classroom becomes a safer space for everyone. Through scenarios, students will put into practice strategies to recognize and resist stereotypes.

Details

4th to 6th grade
Number of workshops: 1
Duration: 60 minutes
Price: \$250 / in person (+ travel)
Contact: projects@jlrs.ca



My Identity Puzzle

Details

4th to 6th grade
Number of workshops: 1
Duration: 60 minutes
Price: \$250 / in person
(+ travel)
Contact: projects@jlrs.ca

Through an artistic and hands-on activity, we collectively reflect on the influences our identities have on ourselves. This workshop promotes identity construction, exchanges, and learning about different cultures and realities. By creating a more inclusive school environment that is open to the diverse cultures and realities of students, we all learn that diversity is a strength.

Saying No To Racial Stereotypes

Through dynamic activities, including art and games, participants will delve into understanding racial stereotypes and their impact, learning how to identify racism, and the vital role of being an ally in the fight against it. This workshop is tailored to their age, ensuring a fun and memorable learning experience while empowering them to take action for a more inclusive world.

Details

4th to 6th grade
Number of workshops: 1
Duration: 60 minutes
Price: \$250 / in person (+ travel)
Contact: projects@jlrs.ca



Youth Online Safety

In this workshop, students will develop a critical mindset regarding the use of social media. Through activities, students will recognize healthy and unhealthy online behaviours by reflecting on the impact of cyberbullying. Additionally, students will become familiar with available resources to ensure their safety.

Details

4th to 6th grade

Number of workshops: 1

Duration: 60 minutes

Price: \$250 / in person (+ travel)

Contact: projects@jlrs.ca

Saying No To Gender Stereotypes

Details

4th to 6th grade

Number of workshops: 1

Duration: 60 minutes

Price: \$250 / in person
(+ travel)

Contact: projects@jlrs.ca

This workshop raises awareness among young people about the consequences of gender-based stereotypes. By discussing the expectations imposed on girls, boys, and nonbinary individuals, students will develop critical thinking about the implicit messages from media and society. This workshop also address' the relationship with one's body and food while discovering ways to promote health, self-esteem, and well-being.



My Human Rights

This workshop aims to introduce the basic concepts of human rights and children's rights. Through dynamic activities, students will discover their rights and develop an understanding of justice and dignity. These are not just lessons for the classroom, but lessons for life.

Details

4th to 6th grade

Number of workshops: 1

Duration: 60 minutes

Price: \$250 / in person (+ travel)

Contact: projects@jlrs.ca



Grade 7 to 9

Duration : 75 minutes

Price : 250\$ per in-person workshop (+ travel)

200\$ per virtual workshop

My Healthy Relationships

- Establishing the differences between healthy and unhealthy relationships;
- Recognizing power dynamics in interpersonal relationships;
- Identifying behaviours that raise red flags in our relationships.

Friendships, boundaries, and peer pressure

- Recognizing, defining, and respecting one's own boundaries and the boundaries of others;
- Recognizing situations where peer pressure is exerted;
- Understanding the role of boundaries and consent in healthy relationships.

Emotions and Conflict Management

- Identifying one's emotions and learning to manage them in a conflict
- Practicing conflict management strategies in a healthy manner

Becoming an Ally

- Becoming aware of the impacts of one's words and actions;
- Recognizing the influence of lack of representation in the media;
- Equipping oneself to better respond when faced with an oppressive situation.

Sexual Orientation and Gender Identity

- Defining basic concepts related to sexual orientation and gender identity;
- Developing empathy among youth regarding discrimination against the 2SLGBTQIA+ community.

Online Safety

- How to maintain healthy interpersonal relationships online;
- Developing a critical mindset towards online safety;
- Becoming familiar with online dangers and available resources, strategies for exiting dangerous situations.

Social Media

- Discussion on the positive and negative aspects of social media;
- Identifying the influence of social media on behaviour;
- Deconstructing the presence and impact of gender and racial stereotypes in the media.



Grade 9 to 12

Duration : 75 minutes

Price : 250\$ per in-person workshop (+ travel)

200\$ per virtual workshop

Mental Health

- Debunking myths related to mental health;
- Deepening understanding of the effects of stigma;
- Equipping oneself to react in emergency situations.

Diversity and Intersectionality

- Establishing connections between diversity, our identities, power, and discrimination;
- Becoming aware of the power carried by the identities that make up society;
- Questioning one's own stereotypes within an anti-violence and anti-discrimination framework.

Understanding Consent

- Exploring the link between emotional, mental, and sexual health;
- Identifying healthy and safe sexual behaviours;
- Understanding the nuances of consent;
- Developing critical thinking towards messages conveyed in the media about sexuality.

Prevention of "outing" individuals from the 2SLGBTQIA+ community

- Deepening understanding of sexual orientation and gender identity concepts;
- Developing empathy among youth regarding discrimination against the 2SLGBTQIA+ community;
- Being equipped to protect and respect young people from sexual and gender diversity.

Understanding, Breaking, and Preventing the Cycle of Violence (3 workshops)

- Exploring indicators associated with the cycle of violence, equipping youth with available resources to help a person in a violent/unhealthy relationship;
- Identifying various mechanisms normalizing violence;
- Identifying Canadian laws in force against sexual assaults;
- Promoting a culture of consent;
- Equipping youth to act and prevent violent situations.



SEXUAL HEALTH

THESE WORKSHOPS FOLLOW THE CURRICULUM OF THE MINISTRY OF EDUCATION AND ARE OFFERED BY A CERTIFIED SEXUAL HEALTH EDUCATOR.

ELEMENTARY

My Body, My Rules

These workshops aim to prevent sexualized violence among young children. By learning the scientific terms for intimate parts of the body and becoming familiar with basic concepts of consent and bodily autonomy, we equip students to recognize appropriate and inappropriate contexts of touch in order to protect themselves from dangerous situations.

Details

Grade 4 to 6

Number of workshops: 1

Duration: 60 minutes

Price: \$250 / in person
(+ travel)

Contact: projects@jlrs.ca

Details

Kindergarten to 3rd grade

Number of workshops: 2

Duration: 60 minutes

Price: \$250 / in person (+ travel)

Contact: projects@jlrs.ca

Champions of Change

In this workshop, we address the physical, emotional, and social changes experienced during puberty and adolescence. Together, we explore strategies for managing these changes and normalize conversations about the health of our bodies.

Other topics we offer upon request:

In Kindergarten to 3rd Grade

- Words for body parts, including intimate parts
- Appropriate and inappropriate touches
- Conception and reproduction
- Bodily autonomy & basics of consent
- Different types of families
- How to identify our trusted adults

In 4th to 6th Grade

- Physical, emotional, and social changes experienced during puberty
- Basics of preventing sexually transmitted infections (HPV vaccine).
- Healthy and respectful friendships
Consent and healthy boundaries
- Gender identity and sexual orientation



SECONDARY

Grade 8 to 12

- Consent, our rights, and the law
- Messages about sexuality conveyed by the media
- Contraceptive methods Sexually transmitted infections (STIs)
- Physical barriers for protection against STIs
- Making healthy decisions for one's sexual and reproductive health
- Prevention of sexual violence (consent culture and demystification of rape culture).

FOR PARENTS

Becoming an Askable Adult

Empower yourself as a parent with the essential skills to confidently address any sexual health question or concern your child may have. Our workshop, equips parents with the knowledge and tools to navigate even the most challenging conversations with ease

Détails

Number of workshops: 1

Duration: 60 minutes

Price: \$250 / in person
(+ travel)

Contact: projects@jlrs.ca

Détails
Number of workshops: 1
Duration: 60 minutes
Price: \$250 / in person
(+ travel)
Contact: projects@jlrs.ca

This workshop provides invaluable insights into supporting your youth through the coming out process while promoting their safety and autonomy. Learn how to navigate challenging questions with empathy and become the trusted ally your queer youth can rely on for acceptance and support.

Supporting Your 2SLGBTQIA+ Youth



For more information and/or questions, contact us,

E-mail : projets@jlrs.ca

Website : www.jlrs.ca

Instagram : [@jeunesleadersrs](https://www.instagram.com/jeunesleadersrs)



Réseau-Femmes
Colombie-Britannique



Conseil scolaire
francophone de la
Colombie-Britannique



Fédération des
parents francophones
de Colombie-Britannique



Agence de la santé
publique du Canada