

WORKSHOPS CATALOG

Elementary Workshops
Secondary Workshops
School staff Workshops
Contact us

pages 2-3
pages 4-5
pages 6-7
page 8

All of our workshops are delivered in French

ELEMENTARY

Conflicts Cannot Be Improvised

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|-----------------|---|
| Details | These practical workshops use improv to help |
| K to 3rd Grade | students improve their communication, build |
| 2 workshops | positive relationships, and develop hands-on |
| 60 minutes | conflict resolution skills. By practicing how to assert |
| 500\$/classroom | their needs and express themselves clearly, they |
| | contribute to creating a more respectful school |
| | environment. |

Rainbow Hug

This workshop raises students' awareness of concepts related to gender identity and sexual orientation to promote a more inclusive school environment. Role-playing activities help deconstruct stereotypes associated with these identities.

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|------------------|
| Details |
| 4th to 6th Grade |
| 1 workshop |
| 60 minutes |
| 250\$/classroom |



My Identity Puzzle

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|------------------|--|
| Details | This creative workshop allows students to reflect on |
| 4th to 6th Grade | what constitutes their identity and to explore the |
| 1 workshop | cultures and realities of others. By sharing and |
| 60 minutes | learning together, they create a more welcoming |
| 250\$/classroom | school environment where everyone understands |
| | that diversity is a strength. |

Saying No To Racial Stereotypes

This workshop uses art and games to help young people understand racial stereotypes and become allies in the fight against racism. The learning experience is fun and age-appropriate.

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|------------------|
| Details |
| 4th to 6th Grade |
| 1 workshop |
| 60 minutes |
| 250\$/classroom |

ELEMENTARY



Youth Online Safety

This workshop aims to equip students with the knowledge to use social media in an informed and safe manner. By addressing online behavior, cyberbullying, and available resources, it encourages them to adopt a responsible attitude and protect their digital well-being.

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

Saying No To Gender Stereotypes

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

This workshop raises awareness among young people about gender stereotypes and their harmful effects. It encourages critical thinking about the messages conveyed by the media and society and explores ways to promote self-esteem, well-being, and a healthy body image.

My Human Rights

This interactive workshop introduces students to human rights and children's rights in a fun way. It helps them understand the importance of justice and dignity.

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

For more information and/or questions, contact us.

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



Réseau-Femmes
Colombie-Britannique



Conseil scolaire
francophone de la
Colombie-Britannique



Fédération des
parents francophones
de Colombie-Britannique

SECONDARY

250\$/ in-person workshop

200\$/online workshop

60 minutes

Healthy Relationships: Enables students to understand relationship dynamics, recognize the signs of an unhealthy relationship, and develop the skills needed to establish healthy relationships.

Friendships and Peer Pressure: Helps young people develop healthy and respectful friendships by learning to set and respect boundaries and understand the importance of consent in all their relationships.

Emotions and Conflicts: Assists young people in better managing their emotions during conflicts and developing effective communication strategies for resolving conflicts in a healthy manner.

Becoming an Ally: Raises awareness among young people about the impact of their words and actions, helps them understand the effects of underrepresentation in the media, and provides them with tools to respond to situations of oppression.

Sexual Orientation and Gender Identity: Helps them understand key concepts related to these topics, develop empathy towards the 2SLGBTQIA+ community, and promote an inclusive school environment.

Online Safety: Raises awareness of online safety issues. They will learn to maintain healthy relationships, develop critical thinking, identify potential dangers, and protect themselves.

Social Media: Explores the positive and negative aspects of social media, its influence on behavior, and helps students deconstruct the stereotypes conveyed by these platforms.

Mental Health: This workshop aims to demystify mental health, raise awareness of the effects of stigma, and provide the necessary tools to respond in a crisis.

Diversity and Intersectionality: This workshop explores the connections between diversity, identity, power, and discrimination. It encourages participants to reflect on their own unconscious biases and stereotypes using an anti-violence and anti-discrimination approach.

Consent: This workshop addresses the links between emotional, mental, and sexual health. It helps participants identify healthy and safe sexual behaviors, understand the nuances of consent, and develop a critical perspective on media messages related to sexuality.

Preventing the Outing of 2SLGBTQIA+ Individuals: This workshop delves into the concepts of sexual orientation and gender identity, fosters empathy toward the 2SLGBTQIA+ community, and provides tools to protect and respect individuals from diverse sexual and gender backgrounds.

Understanding, Breaking, and Preventing the Cycle of Violence (series): These three workshops provide young people with the tools to understand and break the cycle of violence. They will learn to recognize the signs of an unhealthy relationship, protect themselves, and help others. They will explore the importance of consent, the laws that protect them, and how to act in the face of violence. Together, they will build a safer and more respectful future.

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FOR ADULTS

Antiracism in the classroom

Join our interactive workshop for school staff on anti-racism. We will explore testimonies and recommendations from young people to better understand their needs and create an inclusive and respectful classroom where everyone feels heard and valued.

Details

1 workshop
120 minutes
500\$/group

Stopping discrimination

Details This interactive workshop equips school staff to respond with empathy and effectiveness to situations of discrimination and harassment, thereby creating a more inclusive and respectful school climate.

1 workshop
120 minutes
500\$/group

Promote consent

This consent workshop provides teachers and school staff with tools to understand the nuances of consent, its legal implications, and promote a culture of respecting boundaries within the school environment.

Details

1 workshop
90 minutes
375\$/group

Support 2SLGBTQIA+ youth

Details This workshop offers valuable information to support young people through the coming out process while promoting their safety and autonomy. Learn to navigate complex questions with empathy and become the trusted ally that your young people can rely on for acceptance and support.

1 workshop
120 minutes
500\$/group

Becoming a trusted adult

Our workshop equips people working with youth with the knowledge and tools needed to facilitate even the most challenging conversations. Get ready to encourage open, honest, and compassionate discussions about sexual health within the classroom.

Details

1 workshop
90 minutes
375\$/group

Violence prevention

Details

This violence prevention workshop provides adults with a thorough understanding of the mechanisms of violence, Canadian laws on sexual assault, and practical tools to prevent, identify, and respond appropriately to situations of violence.

Intersectionality and Diversity


Explore the workshop for adults on intersectionality, diversity, identity, power, and discrimination, challenging unconscious biases and stereotypes. Based on Gender-Based Analysis Plus (GBA+), it encourages transformative reflection on diversity and inclusion.

Details

1 workshop
120 minutes
500\$/group

Can't find what you're looking for?
We offer additional topics upon request.

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