



## **COURSE OUTLINE – TERM 3 Y-Dub Values Part two**

### **28 July Tuesday– INTRODUCTION Meet at **YWCA at 4pm and be picked up at 5:30pm****

Meet and greet!! This session is all about getting to know each other and seeing how everybody's holidays went. We will talk about all the fun things we are going to be doing throughout this term and of course, play games to get to know each other! Afternoon tea will be provided.

### **4 August Tuesday– ROLE PLAYING **YWCA from 4pm-5.30pm****

This is a session where we work out ways to deal with particular situations and role play them in a fun and easy going way. This is a great way to build self confidence and knowledge on particular situations.

### **11 August Tuesday– INTERNET AND BULLYING **YWCA from 4pm-5.30pm****

We will be discussing the dos and don'ts of internet usage. How to keep your privacy safe and yourself safe from predator's that are on the web. With this we will relate it to social media bullying, and what we can do to help prevent bullying or what to do if we are in this situation.

### **18 August Tuesday– JUMP **Drop off: Jump on Ellis Street in Frankton at 4pm-6pm****

The girls are to be dropped off at Jump in Frankton by 4pm. Jump is perfect for confidence boosting AND team building, so will be a fun and beneficial afternoon for us! Don't worry about shoes as socks are provided for you but please bring appropriate clothing. Bring a water bottle and hair tie!!

### **25 August Tuesday– INSPIRE **YWCA from 4pm-5.30pm****

This is a session all about what inspires us. What gives you that drive and what are your dreams? We will be creating a map on what you want your life to be and the journey you will take in order to get there. Lots of activities and laughter will be had in session!!

### **1 September Tuesday– SAVE A MATE WORKSHOP **YWCA from 3.45pm-5.30pm****

Save-a-Mate is an interactive course run by the Red Cross for secondary school students, designed to encourage and empower young people to act in real-time to 'save a mate'. The course focuses on teaching young people to prevent, recognise and respond to alcohol and other drug-related emergencies.

### **8 September Tuesday– SPECIAL TOPIC **YWCA 4pm-5.30pm****

At the start of the programme the girls will make the decision on what this topic will consist off. The possibilities are endless. This session will have lots of activities and laughter no matter what the topic choice.

### **15 September Tuesday - END OF TERM CELEBRATION **YWCA 5pm-8:30pm****

It is time for a wonderful celebration! Here we are going to Gengy's Mongolian BBQ Restaurant for an all you can eat experience. Dress up fancy, give out the certificates for the girls who are graduating from the programme have lots of fun!!!