



INSIDE OUT

VIOLENCE PREVENTION PROGRAM FOR YOUTH

HELPING CHILDREN AND YOUTH FORM HEALTHY RELATIONSHIPS.

This interactive group program engages youth in identifying and addressing challenges. Through discussion, activities and multi-media resources, Inside/Out encourages respectful relationships and healthy lifestyle choices, now and in the future.

Participants:

- Explore beliefs that contribute to healthy relationships.
- Develop tools to create a future without violence.
- Share ideas, express thoughts, and explore feelings in a safe, non-judgmental setting.
- Focus on values that define healthy social behaviour and social networking.
- Develop critical thinking skills that empower them to make positive choices.



If you need **help**, or know someone who does, call **250 763 1040**.

INSIDE/ OUT

Inside out is:

- Free of charge.
- Available to schools and community organizations.
- Presented in multi-week groups, single workshops, or presentations.
- For youth from five to 18-years-old.
- Customized to meet the needs of participants.
- Age and gender appropriate.

Topic areas

- Self awareness
- Media and social construction
- Identifying and managing feelings
- Effective communication
- Managing stress and mental health
- Relationships and dating
- Digital responsibility

“It gave me the tools to be more confident. I can set boundaries.” – Grade 9 student

“I learned how to deal with stress and how to resolve conflict.” – Grade 8 student

“This program gives structure and expertise to discussions we probably wouldn’t have in school. We really need to empower kids to know how to handle relationships.” - Teacher

To request Inside/Out for a school or group, email insideout@kelownawomensshelter.ca.

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