

SCHSS YOUTH PROGRAMS

2BBoys

8-week program. Times Usually 3:30 to 4:30 p.m.

Open to Coldwater, Shackan, and Nooaitch Band Members, Aboriginal youth, and community members living within one of the Villages SCHSS Services.

The 2BBoys program is designed to assist boy's ages 9 to 12 in connecting to their true selves in an empowering, respectful, healthy, and dynamic way. The program focuses on building skills to help boys excel socially and emotionally.

Girl Power

8-week program. Times Usually 3:30 to 4:30 p.m.

Open to Coldwater, Shackan, and Nooaitch Band Members, Aboriginal youth, and community members living within one of the Villages SCHSS Services.

This program encourages the development of strength, courage, confidence, honesty and communication skills for girls. The goal is to enhance girls' abilities so that they are able to take full advantage of their talents, academic interest, career pursuits, and potential for healthy relationships.

Topics covered: self-esteem, body image, practical skills, boundaries, friendship, anger and physical fitness.

Insight into the program

2 BBoys and Girl Power Facilitator provide participants with all the resources to establish a pro-active empowerment program for pre-adolescent youth. The programs are designed for all girls and boys; the training is First Nation focused.

Girl Power assists girls to:

Believe in themselves
Broaden their definition of beauty
Stay true to their values and perceptions

Improve their interpersonal and relating skills
with friends

2BBoys assists boys to:

Increase their social connections
Begin to identify and express emotions

Be in nature
Find healthy ways to express anger

2 BBoys & Girl Power helps youth AVOID:

Depression/Anxiety
Drugs and Alcohol
Street life and violence
Suicide

E M P O W E R
Y O U T H