

# *Toward a Safe and Caring Community Workshops*



SACSC community workshops are based on two premises: (1) That non-violent values and behaviours must be taught, modelled and reinforced by all the adults in a child's life, and (2) that children are the responsibility of the entire community. The workshops are designed to help adults who work with youth teach, model and reinforce positive social behaviour. Each workshop takes approximately five hours to complete, but they can also be taken together in a comprehensive three-day training session.

## *Topic 1: Living Respectfully*

Participants will learn strategies and engage in activities that will help them promote respectful living among youth. Topics include taking responsibility for one's actions, and practicing respect for self, other people, personal property, and all living things.

## *Topic 2: Developing Self-Esteem*

Participants will form an understanding of the behaviours that enhance self-esteem in youth. They will also learn how to model and reinforce these behaviours and create an environment that inspires youth to succeed and recognize their value and abilities.

## *Topic 3: Respecting Diversity and Preventing Prejudice*

Participants will examine issues that could arise within a culturally diverse community, and will learn strategies that will help prevent prejudice and encourage youth to celebrate diversity. An emphasis is placed on the crucial role adults play in modelling respect for cultural diversity.

## *Topic 4: Managing Anger and Dealing with Bullying*

Participants will examine the negative and positive aspects of anger and learn a process that can be used to manage it. This workshop also explores the roles of those involved in bullying and outlines strategies that can help repair relationships that have been damaged by bullying.

## *Topic 5: Working it out Together*

Participants will learn to use effective conflict resolution strategies such as DISARM (Define the problem, Identify alternate solutions, Select a solution, Agree on a time line, Revisit the problem to check progress, and Meet regularly to be proactive in problem solving).

***Contact Us For More Information or to Request a Workshop!***

**The Society for Safe and Caring Schools & Communities**

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