



Senior High Program Women's Seminar

information sheet

Our seminars have been well-received by students and teachers alike. Our full day seminar is broken into three elements:

- ✓ Key note presentation from speaker
- ✓ Personal processing time
- ✓ Small group discussion

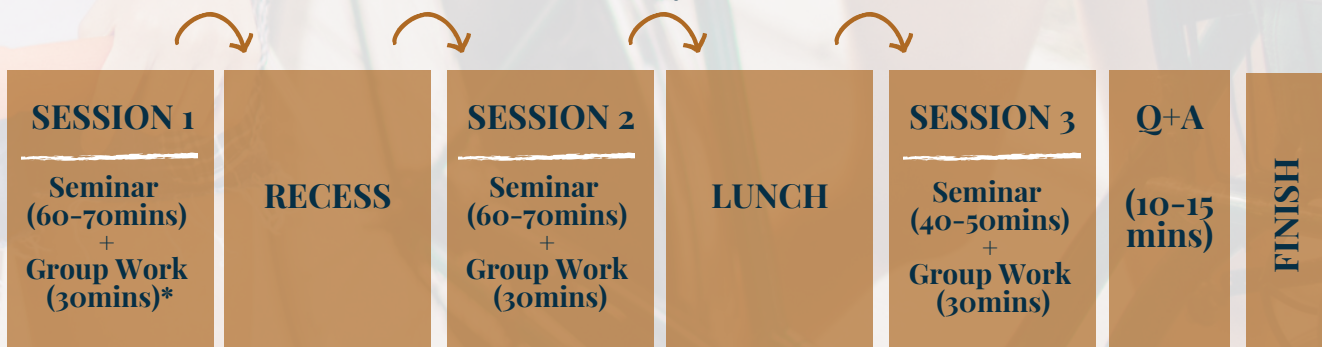
Overview

By the end of the day, students will be able to:

- ✓ Describe the key ingredients within a healthy relationship as well as the red flags to look out for in unhealthy relationships.
- ✓ Understand the impact pornography can have personally and relationally.
- ✓ Consider their sexual decision-making and the importance of sexual ethics.
- ✓ Develop a thorough understanding around the legalities of consent and what this looks like within a relationship.
- ✓ Gain clarity around important terms such as sexual assault and sexual harassment.
- ✓ Understand how to connect in a meaningful way with friends and family.
- ✓ Feel empowered to make decisions that are right for them despite pressure they may face from peers.

Outcomes of the day

Below is an approximate outline of the day depending on school bell times. Note: Each session can be restructured to fit your school bell times.



Structure of the day

**Note: Group Work consists of 15 mins (aprox) Personal Reflection and 15mins of Group Discussion in small groups (facilitated by teachers)*



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The ideal venue for our seminars:

- ✓ A lecture theatre with tiered seating is best
- ✓ A large classroom
- ✓ Room size to reflect the number of students
- ✓ Students to be seated on chairs, not floor
- ✓ Large open halls are not recommended
- ✓ Air-conditioned venue is ideal

Venue

The day works best when:

- ✓ Teachers are allocated for the duration of the day
- ✓ Teacher to student ratio is no more than 1 to 20 students

Staffing

We do not charge per student. The Seminar is charged at a flat rate regardless of the number of students.

Costing

We present in schools all over Australia and New Zealand. If you would like to check out some feedback from other schools you can do so here:

www.yourchoicez.com.au/feedback

Feedback

Q Would you like us to produce copies of the booklet for each student or do you bring them with you?

We would like you to print a booklet for each student. These will be emailed to you prior.

Q Do I need the same staff throughout the whole day?

Yes, we require the same teachers for the duration of the day to encourage open and honest conversations between students and staff.

Q What will the speaker/s need in the space where they are presenting?

Our speakers will be presenting a lecture style key note presentation. The IT requirements will be sent through to you. They will require a microphone and to be able to plug their computer into the screen.

Q Do you require lunch or snack to be provided? If so are there any dietary requirements?

As our speakers are often travelling great distances, morning tea and lunch will need to be provided. (If it's just a morning session seminar, lunch won't be necessary.) Dietary requirements for speakers are sent through with their bios.

Q Is there allocated time for Q+A?

Yes, for a full day seminar we will always allow time for anonymous Q+A.

Q Do you recommend a parents night?

Yes! We highly recommend our parents Night *BraveParenting Conversations* for parents of the entire school. Our parent's seminar will perfectly complement the program that we are running with your students.

Q Do you run a staff seminar?

Yes! We offer staff seminars, which aim to inform teachers on current research and trends affecting teenagers today.

Frequently Asked Questions



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