



UWICU HEALTHY RESPECT PROGRAMME

OUTLINE

**U.W.I. CREDIT UNION
CO-OPERATIVE SOCIETY LIMITED**
Education Committee
Presents

HEALTHY RESPECT PROGRAMME FOR UWICU TEENS 2018

Date: 24th & 26th July, 2018
Time: 9:00 a.m. to 12:00 p.m.
Venue: Lecture Room 2,
Institute of Critical Thinking,
UWI St. Augustine

Facilitator: Ms. Rebekah Ali-Gouveia
Registration Deadline : Wednesday 18th July, 2018
(To assist UWICU with catering at this event.)

CONTACT INFORMATION

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TOPICS

- HEALTHY RELATIONSHIPS
- BULLYING
- THE TEEN BRAIN
- MEDIA, TECHNOLOGY & ME

HEALTHY RELATIONSHIPS - This covers the adolescent brain, the difference between healthy and unhealthy relationships and the skills needed to make wise choices. The issue of self-esteem is also addressed here as outcomes of sexual activity (including timing of pregnancy and its impact on goals). The emphasis is on risk avoidance as the best option producing the best outcomes for teens. We also address other risky behavior clusters such as alcohol, drugs, violence and how it impacts relationships negatively.



BULLYING - This is a separate component which can be delivered in one and a half hours. It defines bullying, how it arises and strategies for preventing and responding to bullying. There is an emphasis on core character traits needed to live together with each other in a manner that does no harm. The issue of wounds and need for healing is also raised by students which we address appropriately. For instance, forgiveness, kindness and empathy are a few of the traits we explore.

MEDIA, TECHNOLOGY AND ME - This presentation can be delivered in one and a half hours. It addresses technology, social media and other virtual engagement of media. What it is, how it can be used, how it can be misused, how to avoid exposure to risk online & in the virtual world. The teen brain and the impact of technology use. Access to negative or addictive images can be mentioned here (we can mention pornography as an example without delving into it)

THE TEEN (ADOLESCENT) BRAIN - This component can be done in one and a half hours (although questions may go longer). It addresses the neuroscience of the teen brain and how to manage it, mental health, the forming of addictive behaviors and how to avoid them.