Workshop themes

Workshop themes for ≈ 14-16-year-old boys and girls

What Does it Mean to be a Leader? (1h15mn)
Avoiding Aggressive and Passive Communication (1h15mn)
Assertive Communication and Applying it with Parents (1h15mn)
Healthy Relationships (1h15mn)
Recognizing an Unhealthy Relationship (1h15mn)
Peer Influence on Decision-Making (1h15mn)

It is highly recommended to cover these 3 themes together, in this order.
Total time: ≈3h45mn

Puberty Changes in Girls and Female Reproductive Anatomy
The Science of Menstruation
Menstrual Health and Hygiene

Puberty Changes in Boys and Male Reproductive Anatomy (1h15mn)

It is preferable to cover this theme only after covering “Female Reproductive Anatomy”, “The Science of Menstruation” and “Male Reproductive Anatomy”

Making an Informed Decision about Sexual Behavior, Namely the decision to Delay Sex or Become Sexually Active (1h15mn)
Taking Joint Responsibility for Preventing Unwanted Pregnancy (1h15mn)
Condoms: One Way of Reducing the Risk of Unwanted Pregnancy (1h15mn)
Understanding, Recognizing, and Reducing the Risk of Sexually Transmitted Infections (STIs) (1h15mn)
The Negative Consequences of Child Marriage (1h15mn)
Gender Equality, Stereotypes and Bias (1h15mn)
Human Rights (1h15mn)
Rejecting Violence and Staying Safe (1h15mn)
Dangers of Alcohol and Cigarettes (1h15mn)
Decision-Making (1h15mn)

It is highly recommended to cover these 3 themes together, in this order.
Total time: ≈3h45mn

Long Term Planning (Part 1)
Long Term Planning (Part 2)
Finding Help and Support
Workshop themes

Workshop themes for ≈ 10-13-year-old boys and girls

What it Means to be a Leader (Part 1) (1h15mn)
What it Means to be a Leader (Part 2) (1h15mn)
Good Listening Skills (1h15mn)
Developing Self Confidence (1h15mn)
Non-Verbal Communication (1h15mn)
Good Communication: Assertive Communication vs. Passive and Aggressive Communication (1h15mn)
Healthy Relationships with Friends (1h15mn)
Peer Influence on Behavior (1h15mn)
Introduction to puberty (1h15mn)
Changes During Puberty for Boys and Male Reproductive Anatomy (1h15mn)
Changes During Puberty for Girls and Female Reproductive Anatomy (1h15mn)
Menstrual Health and Hygiene (1h15mn)

Teasing and Bullying: Disrespectful and hurtful Behavior (1h15mn)
Children’s Rights to Education (1h15mn)
Managing Stress, Anger, and Conflict (1h15mn)
My Space, Your Space: Respecting Personal Space (1h15mn)
Staying Safe (1h15mn)
Dangers of Alcohol and Cigarettes (1h15mn)
Defining Personal Values (1h15mn)
Finding Help and Support (Part 1) (1h15mn)
Finding Help and Support (Part 2) (1h15mn)

The Social Construction of Gender and Gender Norms
Gender Equality, Stereotypes and Bias (Part 1)
Gender Equality, Stereotypes and Bias (Part 2)

Additional Information

Each theme (lesson) lasts approximately 1h15mn. The lesson will be entirely in Malagasy.
All these themes can be covered by boys and girls together, only boys, or only girls. Projet Jeune Leader does not have a separate curriculum for boys and girls.
The Educators will lead a couple of activities on the first day to get to know the participants (plan for about 30mn).
The lessons are interactive. It is recommended that the Educators cover no more than 5 themes per day. Please plan to break for snacks.