

Boost It!

Techniques to promote health and wellness

MPETA SAG

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Theme and Activity Ideas for Women's Health and Wellness Program

Theme: Body image, self image, pop culture influences

- focus group discussions
- belly dancing
- Art city – collages
- Be PINK
- makeover party
- historical pictures of clothing, customs

Theme: Self esteem, well-being, empowerment of women

- reflexology, massage
- tea party
- nutrition info booths

Theme: Coping with stress, time management

- yoga
- panel discussion
- personality tests

Theme: Sexuality

- question/answer box
- grade specific groupings
- condom races
- Betty/Johnny in bathrooms

Theme: Violence against women, dating violence

- observe Dec 6 Montreal Massacre, sell buttons, inform
- panel discussions, focus group discussions
- Wendo – women's self defense
- Explore how/what to do if in unhealthy relationships

Theme: Safe partying, drug problems, personal safety

- student led discussions
- skits
- demonstrations of how to handle
- various grade specific scenarios

School improvement ideas:

- Build school wide awareness plan
- Promote section of library to women's issues
- Publish research results of student concerns, focus group
- Discussion to brainstorm solutions
- Improve and promote community awareness

Tried and Tested Resources for Women's Health and Wellness Program

Art City	www.artcityinc.com
CancerCare Manitoba's Be PINK	www.cancercare.mb.ca/bepink
Rainbow Resource Centre	www.rainbowresourcecentre.org
Safe Teen	www.safeteen.ca
Teen Talk	www.teentalk.ca
Women's Immigrant Association	www.iwam.2itb.com
Yoga North	www.yoganorthwinnipeg.ca
Wendo	www.wendo.org

**WOMEN'S HEALTH AND WELLNESS
DEC 3 - 7TH 2007**

	Dec 3	Day 4	Dec 4	Day 5	Dec 5	Day 6	Dec 6	Day 1	Dec 7	Day 2
A			Relationships (Lobby Displays)				White Ribbon Classroom Visits			
B		Sex Q & A Library (Girls 7 - 9)	Relationships (Lobby Displays)				White Ribbon Classroom Visits (11:00 Moment of Silence)			
C		Sex Q & A Library (Girls 10 - 12)	Relationships (Lobby Displays)		Focus Groups / Body Image (Staff, Guide, 49) Sign Up					
D							Safe Teen Gr 10 (Boys Rm 35, Girls Rm 49)		Tea Party (Stress & Relaxation) 2:00 - 3:30 Cafeteria (Girls 7 - 12; Sign In)	
E							Safe Teen Gr 10 (Boys Rm 35, Girls Rm 49)		Tea Party (Stress & Relaxation) 2:00 - 3:30 Cafeteria (Girls 7 - 12; Sign In)	
<i>Instructions</i>		<i>- all girls in grades 7 to 12 attend the appropriate session</i>	<i>- students see on their own time</i>	<i>- limited # of girls - grades 7 to 12 - sign up / sign in - list in bulletin</i>	<i>- all grade 10 girls - 1/2 the grade 10 boys (remainder of grade 10 boys @ a later date TBA)</i>			<i>- grades 7 to 12 - sign up / sign in - list in bulletin</i>		

Women's Health and Wellness Week 2010 – 11

This year we are interested in what YOU want. Please fill out this brief survey that we can make the week the best possible for everyone!! 😊😊

Out of the following topics, choose the five that you'd like to talk about:

- Dating Violence
- Eating Disorders
- Confidence Boosting
- Drug Addiction
- Suicide
- Peer Pressure
- Self Image (The way you perceive yourself)
- Breast Health
- Dealing with Different Kinds of Stress
- Cosmetic Help

Is there anything new you'd like to see this year? Anything you wouldn't like to see from previous years?

Grade ____ Name (optional) _____

Interested in being a part of planning? __ (check off)

Charting Your Action Plan

Month:

What needs to be done by the end of the month?

1. What exactly do we do?

1.

Who is responsible?

By when?

Any help required?

2.

3.

4.

5.

Women's Wellness

Name of Workshop

1. I came expecting.....

2. I got.....

3. Most useful was.....

4. Least useful was.....

5. I want more of.....

6. Suggested topics for future women's workshops.....

Women's Health and Wellness Week

Evaluation

Which sessions did you attend?

- Sex Ed Lesson
- Relationships skits/Lecture
- Body Image focus Groups
- Appreciating Diversity Lecture
- Tea Party

What sessions did you enjoy most?

Did you feel that the sessions addressed important issues and were educational?

What suggestions do you have to improve the sessions?

How did you hear about the sessions?

- Posters
- Announcements
- Friends
- Other: _____

School's health week looks to expand

By Liz Katynski

STUDENTS at Churchill High School held their second annual Women's Health Week earlier this month, and they hope to spread it out next school year with monthly events.

"Women's issues are important," says Jayne Miles, a member of the organizing committee. "They need to be considered separately from human rights issues, especially when we think about how we live and enjoy rights other women in the world don't have."

The committee received a United Way grant of \$1,000 for their week of events, plus \$300 from the school.

The week's events included: Empowering Women in Canada and the World, a panel discussion with representatives from the Women's Immigrant Association of Manitoba; Women and Violence, a University of Winnipeg New Waves group presentation called No Means No; Sensuality/Sexuality, with a lunch hour belly dancing session with Winnipeg's School of Contemporary Dancers member Shisra Tobiasch; a sexuality question and answer period with student teacher/sex education volunteer Andrea Thorgilson; Body Image — Pop Culture and the Media, focus group discussions. A Mind Body Spirit tea party will be held on Jan. 18.

In addition to the events, part of their funding will be used to buy books on women's issues for the school library.

Andrea Smith-Fernandez, another member of the organizing committee, liked the fact that this year's week was more global rather than just local in focus, and included speakers from the Women's Immigrant Association of Manitoba.

She also was glad they invited the French immersion side of their



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Ricki Devins, counsellor at Churchill High School, with members of the student committee responsible for organizing the school's annual Women's Health Week.

school, College Churchill, to join them this time, and that they also invited male students to all but the belly dancing, question and answer session and body image discussion. About 30 per cent of participants this year were male.

When one of the immigrant women opened by telling students that we all come from somewhere, she was impressed to see how that caught the students' attention.

Be proud

Jordana Wiebe called the week "an awesome celebration of being a woman and really embracing that."

Wiebe remembers one of the ladies on the immigrant association panel telling them about how she told her daughter to embrace her difference and be proud of who you are.

"I liked that. It's important to be

who you are and accept your roots," says Wiebe.

Laura Durling appreciated the difference between sensuality and sexuality during the belly dancing session. She also fondly recalled the sleepover the planning committee held to prepare advertising for the event.

Clare Ashdown, an immersion program student, says she especially appreciated the question and answer session on sexuality. Ashdown is a part of Teen Talk, a peer support effort through Klinik.

She and fellow student volunteers provide peer support on sexuality issues. Ashdown has even led some sex education sessions at school.

Other members of the organizing committee were Elise Land, Bailey Gillies, Angela Gunn, Robin Ellis, Alice Sherwin, Sara Wray Enns, Jamie Curtis, Warda Ahmed and Janna Eastman.