

making healthy choices program

Providing students in years 8 - 12 with a unique opportunity to learn more about their self esteem, relationships, staying safe and making healthy choices.

Sessions cover:

- healthy eating
- self esteem building
- sexual decision making
- physical activity
- health decision making
- sexually transmissible infections
- contraception
- healthy relationships
- understanding your body
- healthy body image
- media literacy
- healthy habits of the mind
- peer pressure and resilience around alcohol and drug use



Sessions are explored in a supported environment where students can provide opinions, be listened to, ask questions, be free of judgment, respect differences and be safe.

Presented by



CHILDREN BY CHOICE
ASSOCIATION (INCORPORATED)



WIKIW
WOMEN'S HEALTH
QUEENSLAND WIDE Inc
Information and Education
since 1985



Ethnic Communities
Council of Queensland

Who the workshops are for:

- students in years 8 to 12
- suitable for student groups up to 100 in 4 rotating classes
- teacher professional development is also available

What we offer:

Students rotate through 4 x 45 minute concurrent workshops that provide healthy decision making skills to help young people make informed healthy choices.

Presenters are all professionals in their field.

Cost:

- \$700 for 4 concurrent sessions
- \$120 for teacher professional development booked on the same day
- 3 pro bono sessions are available per annum by negotiation

How to book:

- sessions available on the 1st and 3rd Thursday of the month.
- use the online calendar at the education page on the Women's Health Queensland Wide website www.womhealth.org.au

Call Bronwyn Buckley on 3839 9962
or email bronwynb@womhealth.org.au
to book a session for your school.

