



MAZZONI CENTER
LGBTQ HEALTH AND WELL-BEING

YES, PLEASE! SESSION DESCRIPTIONS

Mazzoni Center's Yes, PLEASE! Health and Well-Being Series empowers young people to make healthy decisions by developing critical thinking and communication skills, reflect on their own values, and identify trusted adults and resources in their world. Students will be given the chance to explore their friendships, behaviors, feelings, and values in an affirming, gender inclusive, and interactive way.

To request our workshops [please submit a formal request online](#).
Email youthprograms@mazzonicenter.org with any questions regarding Yes, PLEASE! Health and Well-Being series programming.
Thank you and we hope to hear from you soon!

SESSIONS FOR GRADES 3-6

1. SELF-ESTEEM

This first session prioritizes the “self” and asks youth to look inward and identify areas where they feel most confident, powerful, and affirmed. Through guided interactive activities, students will be able to define self-esteem, self-worth, and self-image. They will reflect on their own unique qualities and develop methods to care for themselves and boost self-esteem amidst the pressures of growing up. Students will learn about local resources to help support their physical, mental, and emotional well-being.

2. DIGNITY & RESPECT FOR DIVERSITY

This lesson explores the many identities that we hold as individuals, and the power and privileges some of those identities provide. Despite our best intentions, schools are not always safe and affirming places for all students. Terms stereotype, prejudice, and discrimination will be explored as youth discuss identities and differences within their community and consider how certain choices can foster equity and inclusion. Students will brainstorm and plan ways that they can promote dignity and respect for all people through their words and actions.

3. HEALTHY FRIENDSHIPS AND RELATIONSHIPS

In this session, students will examine the many different relationships in their lives - friends, family, peers, etc. Through discussions and a true/false quiz, youth will highlight and identify characteristics of healthy and unhealthy relationships. Students will brainstorm behaviors that have a positive or negative effect on their relationship and identify trusted adults in their lives that they would talk about relationships with should they ever need help.

4. YOUR BODY, YOUR BOUNDARIES

This lesson will explain the terms consent, personal boundary, and bodily autonomy. Students will practice verbal and nonverbal consent and dissent in a variety of nonsexual situations, games, and activities. We never know a person's boundaries until we ask, and we need to accept and respect any answer they provide, even if it differs from our own feelings. Youth will be invited to reflect upon their own boundaries on a variety of topics and recognize that they might change depending on who is involved and how it takes place. Students will identify trusted adults in their lives that they could talk to if someone ever violates their personal and physical boundaries.

5. PUBERTY POWERS

Puberty can bring about a range of thoughts, feelings, and wonderings for adolescents. This lesson includes information and discussions not only about the physical changes of puberty, but also what emotional and social changes might occur during these teen years. The timing of puberty and adolescent development varies greatly, and students will take the time to investigate how friends, family, media, society, and culture can influence our ideas about self-image and what is considered "normal." Students will be provided with helpful resources and identify trusted adults they can consult with their questions or concerns about puberty.