

WORKSHOPS CATALOG 2024-25



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All our workshops are delivered in French

ELEMENTARY

Conflicts Cannot Be Improvised

Details These practical workshops use improv to help students improve their communication, build positive relationships, and develop hands-on conflict resolution skills. By practicing how to assert their needs and express themselves clearly, they contribute to creating a more respectful school environment.

K to 3rd Grade
2 workshops
60 minutes
500\$/classroom

Rainbow Hug

This workshop raises students' awareness of concepts related to gender identity and sexual orientation to promote a more inclusive school environment. Role-playing activities help deconstruct stereotypes associated with these identities.

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom



Details

This creative workshop allows students to reflect on what constitutes their identity and to explore the cultures and realities of others. By sharing and learning together, they create a more welcoming school environment where everyone understands that diversity is a strength.

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

My Identity Puzzle

Saying No To Racial Stereotypes

This workshop uses art and games to help young people understand racial stereotypes and become allies in the fight against racism. The learning experience is fun and age-appropriate.

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

ELEMENTARY



Youth Online Safety

This workshop aims to equip students with the knowledge to use social media in an informed and safe manner. By addressing online behavior, cyberbullying, and available resources, it encourages them to adopt a responsible attitude and protect their digital well-being.

Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

Saying No To Gender Stereotypes

Details This workshop raises awareness among young people about gender stereotypes and their harmful effects. It encourages critical thinking about the messages conveyed by the media and society and explores ways to promote self-esteem, well-being, and a healthy body image.

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom


My Human Rights


This interactive workshop introduces students to human rights and children's rights in a fun way. It helps them understand the importance of justice and dignity.


Details

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

For more information and/or questions, contact us.

 info@jlrs.ca

 www.jlrs.ca

 [@jeunesleadersrs](https://www.instagram.com/jeunesleadersrs)

SECONDARY

250\$/ in-person workshop

200\$/online workshop

60 minutes

Healthy Relationships: Enables students to understand relationship dynamics, recognize the signs of an unhealthy relationship, and develop the skills needed to establish healthy relationships.

Friendships and Peer Pressure: Helps young people develop healthy and respectful friendships by learning to set and respect boundaries and understand the importance of consent in all their relationships.

Emotions and Conflicts: Assists young people in better managing their emotions during conflicts and developing effective communication strategies for resolving conflicts in a healthy manner.

Becoming an Ally: Raises awareness among young people about the impact of their words and actions, helps them understand the effects of underrepresentation in the media, and provides them with tools to respond to situations of oppression.

Sexual Orientation and Gender Identity: Helps them understand key concepts related to these topics, develop empathy towards the 2SLGBTQIA+ community, and promote an inclusive school environment.

Online Safety: Raises awareness of online safety issues. They will learn to maintain healthy relationships, develop critical thinking, identify potential dangers, and protect themselves.

Social Media: Explores the positive and negative aspects of social media, its influence on behavior, and helps students deconstruct the stereotypes conveyed by these platforms.

Mental Health: This workshop aims to demystify mental health, raise awareness of the effects of stigma, and provide the necessary tools to respond in a crisis.


Diversity and Intersectionality: This workshop explores the connections between diversity, identity, power, and discrimination. It encourages participants to reflect on their own unconscious biases and stereotypes using an anti-violence and anti-discrimination approach.


Consent: This workshop addresses the links between emotional, mental, and sexual health. It helps participants identify healthy and safe sexual behaviors, understand the nuances of consent, and develop a critical perspective on media messages related to sexuality.


Preventing the Outing of 2SLGBTQIA+ Individuals: This workshop delves into the concepts of sexual orientation and gender identity, fosters empathy toward the 2SLGBTQIA+ community, and provides tools to protect and respect individuals from diverse sexual and gender backgrounds.

Understanding, Breaking, and Preventing the Cycle of Violence (series): These three workshops provide young people with the tools to understand and break the cycle of violence. They will learn to recognize the signs of an unhealthy relationship, protect themselves, and help others. They will explore the importance of consent, the laws that protect them, and how to act in the face of violence. Together, they will build a safer and more respectful future.

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SEXUAL HEALTH

THESE WORKSHOPS FOLLOW THE CURRICULUM OF THE MINISTRY OF EDUCATION AND ARE OFFERED BY A CERTIFIED SEXUAL HEALTH EDUCATOR

ELEMENTARY

My Body, My Rules

The workshops aim to prevent sexual violence among children by teaching them the appropriate vocabulary for body parts, consent, and bodily autonomy, thus helping them recognize dangerous situations.

Details

K to 2nd Grade
2 workshops
60 minutes
500\$/classroom

Champions of Change

Details In this workshop, we address the physical, emotional, and social changes of puberty and adolescence. Participants learn to manage these changes and normalize discussions about their body's health.

4th to 6th Grade
1 workshop
60 minutes
250\$/classroom

Other topics we offer upon request:

KINDERGARTEN TO GRADE 3

- The names of body parts, intimate parts
- Types of touches
- Conception and reproduction
- Bodily autonomy & the basics of consent
- Different types of families
- How to identify our trusted adults

GRADES 4 TO 7

- Physical, emotional, and social changes during puberty
- Basics of sexually transmitted infection prevention (HPV vaccine)
- Healthy and respectful friendships
- Consent and healthy boundaries



GRADES 8 TO 12

- Consent, our rights, and the law
- Media messages about sexuality
- Contraception methods
- Sexually transmitted infections (STIs)
- Physical barriers to protect against STIs
- Making healthy decisions for sexual and reproductive health
- Preventing sexual violence (consent culture and demystifying rape culture)

FOR PARENTS

Becoming an Askable Adult

Empower yourself as a parent with the essential skills to confidently address any sexual health question or concern your child may have. Our workshop, equips parents with the knowledge and tools to navigate even the most challenging conversations with ease.

Details

1 workshop
90 minutes
375\$/group

Supporting Your 2SLGBTQIA+ Youth

Details This workshop provides invaluable insights into supporting your youth through the coming out process while promoting their safety and autonomy. Learn how to navigate challenging questions with empathy and become the trusted ally your queer youth can rely on for acceptance and support.

1 workshop
90 minutes
375\$/group

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FOR ADULTS

Antiracism in the classroom

Join our interactive workshop for school staff on anti-racism. We will explore testimonies and recommendations from young people to better understand their needs and create an inclusive and respectful classroom where everyone feels heard and valued.

Details

1 workshop
120 minutes
500\$/group

Stopping discrimination

Details This interactive workshop equips school staff to respond with empathy and effectiveness to situations of discrimination and harassment, thereby creating a more inclusive and respectful school climate.

1 workshop
120 minutes
500\$/group

Promote consent

This consent workshop provides teachers and school staff with tools to understand the nuances of consent, its legal implications, and promote a culture of respecting boundaries within the school environment.

Details

1 workshop
90 minutes
375\$/group

Support 2SLGBTQIA+ youth

Details This workshop offers valuable information to support young people through the coming out process while promoting their safety and autonomy. Learn to navigate complex questions with empathy and become the trusted ally that your young people can rely on for acceptance and support.

1 workshop
120 minutes
500\$/group

Becoming a trusted adult

Our workshop equips people working with youth with the knowledge and tools needed to facilitate even the most challenging conversations. Get ready to encourage open, honest, and compassionate discussions about sexual health within the classroom.

Details

1 workshop
90 minutes
375\$/group

Violence prevention

Details This violence prevention workshop provides adults with a thorough understanding of the mechanisms of violence, Canadian laws on sexual assault, and practical tools to prevent, identify, and respond appropriately to situations of violence.

1 workshop
120 minutes
500\$/group

Intersectionality and Diversity


Explore the workshop for adults on intersectionality, diversity, identity, power, and discrimination, challenging unconscious biases and stereotypes. Based on Gender-Based Analysis Plus (GBA+), it encourages transformative reflection on diversity and inclusion.

Details

1 workshop
120 minutes
500\$/group

Can't find what you're looking for?
We offer additional topics upon request.

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