

Workshops for Scouts
Boys Empowered
248-593-9911



All Workshops and Classes Are One Hour Long Unless Otherwise Noted

FRIENDSHIP, DEALING WITH MEAN KID BEHAVIOR & BULLYING

FRIEND OR FOE (6+)

This workshop is all about the "Do's" and "Don'ts" of friendship. The boys will make a Friend or Foe Kit to represent the "dos and don'ts" and learn how true friends treat each other.

STOP, THINK, GO! (5-7 yrs)

This workshop uses games and simple crafts to teach our littlest ones the "Do's and Don'ts" of how to treat other kids- their friends, classmates, and siblings. This is a great way to teach decision-making skills. Parents will love using this tool.

PICK a STICK (8+)

Coping with Bullies & Peer interactions (age 8 +): This interactive discussion teaches boys the different responses they can choose in a conflict situation and social situations. Boys learn about four roles children often play in social circles: the Mean Kid/Bully, the Bystander, the Doormat, & the Empowered Kid. They learn what it looks like to be mean, to be a bystander, to be walked all over and to stand up for yourself.

PICK a STICK with ANIMALS (6+)

Using animals and a simple craft the boys will learn what it looks like to be mean, to be walked all over, to be a bystander, and to be assertive and to stand up for yourself.

THE POWER OF WORDS (age 8+):

This interactive discussion along with a craft teaches boys the power of words. The boys will explore both the positive and the negative impacts of their words on others and their own self-esteem. How words can be used to build people up or tear them down (including themselves!) Teasing, gossip, and self-talk will be covered.

IN BOUNDS/OUT OF BOUNDS (ages 8+)

The workshop uses a sports theme to teach boys the "Do's and Don'ts" of how to treat other kids- their friends, classmates, and siblings and help them make decisions about how they will and will not let other kids treat them. Teasing, taunting, put-downs, and harassment are covered.

FRIENDSHIP WORKSHOP- (ages 6-9)

Boys learn about how to make friends, dealing with your enemies, and being a friend. Includes a craft and story.

SOCIAL SKILLS, COMMUNICATION AND ASSERTIVENESS TRAINING WORKSHOPS

CIVILIZED ASSERTIVENESS (age 6+)

Boys learn how they can stand up for themselves and what they believe in while still being polite and gracious. Assertiveness does not mean we always get our own way. Civilized assertiveness respects the rights of others as well as our own rights. We discuss styles of communication and analyze body language. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Boys paint a smiley face while learning that you can still be nice and be assertive. (Boys 6+)
2. Role Plays: Boys see and feel (practice) what the different styles of communication look like. (Boys 8+)
3. ASSERT (ages 7+) Boys will learn how to be assertiveness through body language, voice, and communication and do a poster activity to take home to remind them how to be assertive.

CONFLICT RESOLUTION SKILLS (age 8+)

Conflict is a normal element of all relationships. It is how we deal with it that can help or prevent us from being successful. Boys learn 7 positive techniques for handling problems so they can neither avoid nor escalate a situation with conflict. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Boys make a Problem solving kit. (7+)
2. Role Plays: Boys see and feel (practice) how to handle conflict. (8+)
3. Poster Activity: Boys make a poster that helps them remember how to handle conflict. (8+)

SOCIAL SKILLS KIT (age 8+)

Good social skills are essential for successful relationships. Boys learn what social skills are and then do fun activities that focus on a few essential skills- listening, meeting new people, and having a conversation. They will make a social skills kit to remind them of the tools they learned.

SELF ESTEEM and CONFIDENCE WORKSHOPS:

THE BUBBLE! (all ages)

Being yourself is one of the biggest challenges each of us face in life. Boys learn about their own personal power and how they own the beliefs they hold about themselves. They learn how they give their power away when they let others make them feel bad about themselves, are mean to others because someone was mean to them, make decisions that are not right for them, let others walk all over them, and give into peer pressure.

GO GREEN! (ages 7+)

Boys will make a fun craft using recycled materials while learning how to be environmentally aware and what steps they can take to make an impact.

Self-Defense: (all ages)

1 hour of physical self-defense moves. \$15

Plus ½ hour discussion that is tailored towards the age and requested topics focusing on boundaries, dating violence and prevention. \$20 Parent/Child together \$30

*No group discounts on self-defense programs.

Pricing Information

Minimum number of boys: 10

Educational workshops: \$15 per boy for the first fifteen boys, \$10 per additional boy

Over 50 boys: includes patch & additional $\frac{1}{2}$ hour

Deposit is \$150.

Patches: available for \$2.00

Location: Your location or at the Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

Availability: Anytime; based on instructor availability

To schedule a workshop: fill out workshop request form at www.girlsempowered.com

Once workshop is reserved, a contract by email will be sent to confirm all information.

A deposit is required to reserve workshops.