



LEN WOOD MIDDLE SCHOOL

School District #83 (NORTH OKANAGAN-SHUSWAP)
3700 Patten Drive, Armstrong, B.C. V0E 1B2
Telephone 250-546-3476 www.lwm.sd83.bc.ca

November 13th, 2019

Dear Parent/Guardian of Grade 8 girls:

Len Wood Middle School is very lucky to have Shannon Hecker working with our grade 8 girls for two hours on **November 22nd** with the *Keep It Wise* program.

As part of the Health and Career Education curriculum, learning about developing healthy relationships is an important component. Students cover the following outcomes from this curriculum:

Student will be able to:

- Assess the importance of healthy relationships.
- Access school and community sources of information and support for unhealthy relationships.
- **Have strategies for making healthy choices. e.g. assertive communication, knowing when to seek help, avoiding higher risk situations.**

All of these outcomes are part of helping your child make positive decisions when it comes to personal safety.

The *Keep It Wise* Program sessions will cover assertiveness, healthy relationships and verbal, physical and sexual violence. The *Keep It Wise* program is based on the Safe-teen workshops developed by Anita Roberts. The focus is to provide girls with the tools and skills to identify their own voice of wisdom and a way to stand up for themselves that is effective, non-violent and powerful. The program is delivered to students in a creative, high energy way that respects what young people want and need skills to negotiate moving through their lives more safely from bullying, harassment and assault.

Shannon Hecker is the Manager of Programs and Innovation at the Canadian Mental Health Association. She has a background with youth struggling with mental health, substance abuse and who have trauma backgrounds. She was the School Board Mental Health Clinician for School District 83 from 2010-2016. She brings to her workshops a current awareness of youth culture and a strong commitment to standing up against unhealthy stereotypes and socialized roles that keep young people from connecting to their own sense of wisdom and creativity.

Shannon creates a safe space for participants to be curious and explore ideas of their own important role in building healthy, meaningful communities.

If for some reason, **you do not wish your child to participate**, please reply by phone call or email before Tuesday, November 19th and an alternate space for your daughter to work, during this time, will be provided.

Denise Brown,

Len Wood Middle School Principal

“WHERE GREAT MINDS MEET”