

THE *Big Sister* EXPERIENCE

LIFE EDUCATION PROGRAMS

INSPIRING THE NEXT GENERATION THROUGH SELF-CONFIDENCE AND SELF-LOVE TO BECOME THE CAPABLE, RESILIENT AND EMPOWERED PEOPLE OF TOMORROW



PRIMARY SCHOOL 2 HOUR WORKSHOP OR FULL DAY WORKSHOP

Tailored to Grade 5 and 6 Students

ABOUT OUR PROGRAMS

All our workshops are founded on research and storytelling and are custom created to meet the needs of students, their families and educators. We pride ourselves on working with the school's wellbeing teams and programs to create a bespoke experience that leaves long-lasting impressions on everyone we work with.

THIS WORKSHOP

Focusing on self-love and self-confidence, our upper primary workshops equip girls with the skills, tools and knowledge to make confident life choices and begin setting themselves up for solid friendships, relationships (with self and others), and sound decision-making.

OBJECTIVE

Bespoke and interactive workshops focus on life skills, wellbeing strategies and mental health. Students will leave with a stronger sense of identity and feel more confident to make more informed and sound life choices. The Big Sister Experience creates custom workshops based on the students' needs and the challenges they are currently facing.

OUTCOMES

- Open up difficult conversations and establish open communication between staff, students and families.
- Begin fostering a strong sense of self-worth and self-love that forms the basis of solid life decisions.
- Interactive activities to teach skills, tools and understanding around a range of age appropriate concepts.

OTHER PRIMARY SCHOOL PROGRAMS

- Half or Full Day Transition Workshop
- Family Empowerment Session
- Educator Professional Learning Session
- Mother/Daughter Evenings
- Father/Daughter Evenings

MODULES

- Self-Love + Self-Care
- Personal Boundaries
- Consent
- Mental Health + Anxiety
- Social Circles
- Romantic Relationships
- Social Media
- Body Image
- Family Life
- LGBTQIA+ Acceptance and Inclusion
- Supporting the Sisterhood
- Prioritising Wellbeing
- Party Safe
- Sex Education
- Female Health and Menstruation

 <https://bigsisterexp.com/>

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AS FEATURED ON...

