

YOURCHOICEZ

Turning taboo topics into everyday conversations

SENIOR HIGH PROGRAMS

Young Women's Seminars

INTRODUCTION

Our student seminars have been well received by students and teachers alike. Our full day seminar is broken into three elements:

- ☒ Key note presentation from speaker
- ☒ Personal processing time
- ☒ Small group discussion

OUTCOMES OF THE DAY

- How to deal with the pressures that come from living in a hyper sexualised society and finding a strong sense Of personal value and worth despite the pressure.
- Defining and understanding True love. What does a truly loving relationship really look like?
- Relationships and sexual decision making from a Christian perspective (i.e. developing relationship skills and the importance of marriage)
- Keys to developing healthy relationship skills
- Gaining an understanding of the value and dignity of the human person.
- The pressures that girls can face on a day to day basis and how to deal with them
- The impact of media and marketing.
- How to deal with the pressure of sexting

TYPICAL DAY

Here is an approximate outline of the day depending on school bell times. Please note: this can be restructured to fit your school period times.

Session 1 60-70 minutes <i>Groupwork</i> <i>*30mins</i>	RECESS	Session 2 40-50 minutes <i>Groupwork</i> <i>*30mins</i>	Session 3 20-30 minutes	LUNCH	Session 4 40-50 minutes <i>Groupwork</i> <i>*20mins</i>	Session 5 20-30 minutes Q&A 5-10 mins	FINISH
--	--------	--	----------------------------	-------	--	---	--------

*The 30 minute group work consists of 15 minutes working through a booklet with questions relating back to the presentation. The second 15 minutes is group discussions led by teachers (group discussion questions are provided within the booklet).

YOURCHOICEZ

Turning taboo topics into everyday conversations

DAVID AND KATIE KOBLER

info@yourchoicez.com.au



YOURCHOICEZ

Turning taboo topics into everyday conversations

SENIOR HIGH PROGRAMS

Young Women's Seminars

IDEAL VENUE

- A lecture theatre with tiered seating is best
- A large classroom
- Room size should be a similar size to number of students participating
- We highly suggest students to be seated on chairs not on the floor
- Large open halls are not recommended
- Air-conditioned venue is ideal

Note: two similar venues are required

STAFFING

We have found that the day works best:

- If the teachers that are allocated can be there for the whole day
- The teacher to student ratio is no more than 1 teacher to 20 (this is to encourage open discussion within the group work)

COST

We do not charge per student. The seminar is charged at a flat day rate regardless of the number of students.

FEEDBACK

We present in schools all over Australia and New Zealand and if you want to check out some more feedback from recent schools we have spoken at you can do that here: www.yourchoicez.com.au/feedback



YOURCHOICEZ

Turning taboo topics into everyday conversations

DAVID AND KATIE KOBLER

info@yourchoicez.com.au
www.yourchoicez.com.au

YOURCHOICEZ

Turning taboo topics into everyday conversations

SENIOR HIGH PROGRAMS Young Women's Seminars

FREQUENTLY ASKED QUESTIONS

1. Would you like us to produce copies of the booklet for each student or does David bring them?

We will forward the corresponding booklet for the seminar if you could print one off per student that would be great.

2. What are the session times for the day, so I can arrange lunch breaks and for swapping staff around?

We will fit into usual bell times. If teachers can be rostered on to be the same between start and recess, recess and lunch, lunch and end of the day so they hear the presentation before they go into the group work to discuss. The same teachers for the whole day would be ideal if possible.

3. Do you require lunch or snack to be provided? If so are there any diet requirements?

If you could provide lunch, that would be very much appreciated. Please advise if this is possible. David/ Katie is gluten-free; a chicken salad would be great for lunch and a piece of fruit for the morning tea if possible.

4. Would there always be time for Q&A to engage students in the seminar?

We will always endeavour to leave room for Q&A but sometimes time restrictions do not allow us to do this. We will always give our [Your Choicez Facebook](#) page where many students contact us to ask questions or give feedback on the seminar.

5. What will David need in the space where they are presenting? (E.g. microphone, speakers, screens etc.)

David will be presenting a lecture style key note presentation. The IT requirements will be sent through to you. They will provide all the specific information.






6. Can we include a parent's night before the student seminar?

Yes! We highly recommend our parents Night **'Raising Teens in a Hyper-Sexualised Society'** for parents of the entire school. Our parent's seminar will perfectly complement the program that we are running with your students.

7. Do you run a staff seminar?

Yes! We offer staff seminars, which aim to inform teachers on current research and trends affecting teenagers today.

YOURCHOICEZ
Turning taboo topics into everyday conversations

 @urchoicez
 facebook.com/davidandkatiekobler
 au/linkedin.com/in/davidkobler
 info@yourchoicez.com.au
 www.yourchoicez.com.au

