



**BUILDING SELF-  
ESTEEM THROUGH  
POSITIVE  
RELATIONSHIPS**

# Introductions

- Hi!
- My name is Leandra
- It's nice to meet you 😊
- One thing I can do is make lasagna.



# Coping

- How we feel influences how we act.
- We think of better solutions when we are calmer
- Be kind to yourself.
- Coping card



# How and where to make a friend?

- At school?
- In your community?
- At activities/club?



# Growing friendships

**Shared activities**

**Listening**

**Apologizing**

**Kindness**



**Assertiveness**

**Asking questions**

**Listening**

**Common interests**

# Listening and reflecting exercise

- Listen
  - Use body language to show listening
- Reflect
  - What I'm hearing you say is...
- Check
  - Is that what you mean?

# Facing a bully

- Stay calm
- Leave
- Use “I” statements
- Ask for more information: “What do you mean? Please explain.”
- Buy yourself time
  - “I’ll think about it.”
  - “NO, thank you.”
- Repeat
  - Broken record strategy
- “I do not feel comfortable and I would like to work together to change how things are going.”

# Standing Up for Yourself

- Using “I” statements
- Say “no” (without making excuses)
- Broken record
- Script (rehearse what you want to say)
- Describe how someone’s *behavior* makes you feel
- Body language



\*Practice often in easier situations to increase skill.



# Helping each other out

- Help a friend
- Include someone who is left out
- Use kind words
- Consent is key



# Role play

- 1.The waiter brings you cold food.
- 2.You are sitting at a table with others and left out of the conversation.
- 3.Your friend always asks to borrow a few dollars many times, but they never repay you.
- 4.Someone is trying to sell you something you don't want.
- 5.Someone calls you late at night and you just want to go to sleep.

# Dating

- Lots of emotions!
- Friendship +++
- How do you meet someone?
- Consent
- Safety



# Resources

## **Apps:**

Alert by HelpAround  
Virtual Hope Box

## **Hotlines:**

Distress Centre: 416-408-HELP (4357)

# Ask a Question!



# Love and Kindness Meditation

*May you be well, may you be safe, may you  
be loved*

- Sending love and kindness to yourself
- Sending love and kindness to loved ones
- Sending love and kindness to others