

## Agenda for ten x 2-2.5 hour sessions

<b>Session 1:</b> <b>Getting to know each other &amp; establishing agreements</b>	1.1 Introduction & Welcome (30 mins) 1.2 Making cheers (30 mins) 1.3 Setting shared agreements (30 mins) 1.4 Trust game (20 mins) 1.5 Support stars (20 mins)
<b>Session 2:</b> <b>Celebrating our diversity</b>	1.6 Fruit shake (10 mins) 1.7 All the colours of the rainbow (60 mins) 1.8 The knots game (20 mins) 1.9 Challenging stigma; embracing diversity (60 mins)
<b>Session 3:</b> <b>Growing up</b>	1.10 Body wave (10 mins) 1.11 Changes and challenges as we grow up (60 mins) 1.12 Making a face (20 mins) 2.2 Making decisions about sexual activity (40 mins) 2.4 Seeking, giving and denying consent in sexual activity (60 mins)
<b>Session 4:</b> <b>Learning about STIs and HIV</b>	2.3 Pass the balls game (STIs & HIV) (15 mins) 2.5 Condom relay (15 mins) 2.6 HIV and AIDS – the basics (30 minutes) 2.7 Condom steps race (20 mins) 2.8 Rice and beans (HIV treatment) 30 mins) 2.9 HIV and AIDS quiz (30 mins)
<b>Session 5:</b> <b>Overcoming sexual and reproductive health challenges</b>	3.1 Greetings game (20 mins) 2.10 How can I convince you? (40) 2.11 Barriers to my needs and rights (40 mins) 2.12 One word (10 mins) 3.2 What to do if... (60 mins)
<b>Session 6:</b> <b>Looking after my mental health</b>	3.3 Guided relaxation (15 mins) 3.4 Protecting our mental health (60+ mins) 3.5 Self-care and coping strategies (15 mins) 3.6 Alcohol, drugs and harm reduction (60+ mins)

<b>Session 7:</b> <b>Dealing with peer pressure and violence</b>	3.7 Do as I say! (10 mins) 3.8 Dealing with negative peer pressure (50 mins) 3.9 Guess my emotion (10 mins) 3.10 Dealing with violence and abuse (60 mins) 3.11 Let's dance (20 mins)
<b>Session 8:</b> <b>Learning to lead</b>	4.1 Who is leading? (15 mins) 4.2 My right to advocate and lead! (40 mins) 4.3 Keeper of the keys (15 mins) 4.6 My map (60 mins)
<b>Session 9:</b> <b>Building leadership confidence</b>	4.5 Winking game (10 mins) 4.4 Leadership qualities (20 mins) 4.7 Shrinking life raft (15 mins) 4.8 The young leader in the room (60 mins)
<b>Session 9:</b> <b>My advocacy campaign strategy</b>	4.9 Research and advocacy campaign strategy (120 mins)
<b>Session 10:</b> <b>Graduation &amp; Stakeholders forum</b>	4.10 Completion balloons game (15 mins) 4.11 Stakeholders forum (30 mins)