

Dear Parents and Guardians,

For many students, the transition from elementary school to high school can be challenging and complicated. Concerns about changes in work load and school environment, different friends, new social pressures, and increased responsibilities can sometimes make this time seem overwhelming.

YWCA Metro Vancouver recognized the need to support students in their transition to high school, and in consultation with the Vancouver School Board and the Surrey School District, developed innovative after-school programs for Grade 7 students which have been running successfully for more than 15 years.

In response to Covid-19, the YWCA Youth Education Programs are now being offered online via Zoom. Grade 7 students are invited to a weekly online afterschool program to build skills for healthy relationships, decision-making, and self-esteem in high school. While connecting with other Grade 7 students in their school and community, students will learn how to manage stress, make new friends, resist peer pressure, and more.

Live sessions will be conducted over Zoom, running 30-45 minutes each. Program is free for participants. See below for program topics.

Week	Program Topic
1	Introduction and welcome
2	Media Messages
3	Healthy Living & Stress Management
4	Healthy Friendships & Values
5	Friendship Challenges
6	Identity & Power
7	Closing / Celebration
Bonus session	High School Q&A Panel

In addition to the live sessions, participants will also receive optional independent activities to support their learning in the program. Families will receive a *Family Chat-Time Booklet* with discussion questions and resources to explore together at home.

For more information or to register, contact us at youth@ywcavan.org or visit ywcavan.org/grade7register