



HALF-DAY PROGRAM · YEARS 9 – 12 (AGES 15 – 18) · SAMPLE TIMETABLE

Girl Essentials

Enlighten Education's evidence-based, award-winning workshops encourage teens to find their voice, build connection with their cohort and their school, build agency for themselves and develop positive personal behaviours.

01

INTRODUCTORY SESSION

8:45 – 9:15

Enlighten chooses to open with your presenter's personal story (and lots of laughter!) as it also helps form an instant connection between your students and our stellar presenter, and deepens the connection between your young people too!

02

WHEN LOVE HURTS

9:15 – 11:00

Respectful relationships & consent · our most acclaimed workshop

We explore the gendered drivers of violence and the role of sexism and harmful stereotypes in unhealthy relationships. Teens learn to recognise the forms of abuse, spot early warning signs, understand enthusiastic consent, respond to disclosures, and become active allies for safe, respectful relationships.

03

CHILL OUT

11:00 – 11:15

Relaxation, visualisation techniques, massage and more. In this workshop we encourage your students to seek balance in their lives and teach them some skills to achieve it. Warning — some young people have felt so relaxed, they've drifted off to sleep (which is, of course, the highest possible praise for the session).



RECESS & RECONNECT

11:15 – 11:45

04

MORE THAN A BODY, A SOMEBODY

11:45 – 12:45

This is a core unit that will provide an incredibly powerful conclusion for all the day's activities. Negative stereotyping, sexism, media images, the fixation on being thin — these are all issues today's young people are facing. In this workshop we encourage your students to critically evaluate the messages that bombard them every day and develop strategies that help them respond intelligently and objectively.