



“Go Kill Yourself!” Really??? The Anti-Bullying Project 100 – Junior Level – Grades 4-6
Durham District School Board – Nikki Soliman

At a Glance:

Recommended length of session:	1 hour x 4 sessions
Method:	Delivered via Zoom
Dates/Times:	Flexible based on your needs
Participants:	Junior Level, Grades 4-6
Hours to be Determined:	Flexible based on your needs
Pricing:	Varies based on content, schedule, dates/times, resource materials, number of participants.
Resource Material:	This session will include two activity sheets per session

This project is custom-designed for each request but has strong roots based in research and in Turtle Concepts’ experiences from hearing the stories of so many individuals (of all ages) who were chastised, challenged, hurt, and victimized from another.

This program is a 4-week series with one-hour sessions each that are done virtually, and allow participants to be categorized creatively based on the dynamics presented. Some categories to consider male, female, pan-sexual, LGBTQ+, youth, adult, parents, elders, professionals, etc. These specifics will be discussed in the prep and planning with the requesting organization to make the program successful.

Content will be put forward to help participants to feel safe, to connect, and to share confidentially. They will receive a pre-session worksheet and an afterthoughts worksheet to help them continue the process of thinking creatively, positively and healthily. They will listen to the stories of guest turtles alongside Dave and Dan who will share their journey and what happened in their life.

Dave will share his research and experiences on some of the following:

- a. Am I a Bully or Am I Reacting to my Life!
- b. How “Just Kidding” Impacts One’s Self-Confidence and Self-Esteem
- c. Self-Love... It is Needed More Than Ever Now!
- d. It is Okay to Shine!
- e. Etc.

This session can be of great benefit to family well-being whereby young members are on a virtual program, teens on another time, and parents & caregivers and elders can appear separately too. This allows for mature specific content and supports. All details on pricing for this Family Well-being project vary based on the target audience requested.