



Outline for ages 13-17 yrs

Outline (basis on Current events and music)

Session 1- Tolerance; my way isn't the only way. Sympathy vs Empathy

Recognizing body language, subtle signals in others when you speak, react to their interactions. difference between sympathy vs empathy,

Session 2- Family tapestry- I belong where I came from, where I'm going, where I want to be.

Culture, religion, and tradition- the roles they play in your life. Generational gaps, parenting styles, social economics, expectations and your future self.

Session 3- Music & your life – Part 1

Music that moved generations. Discussing why, and how it may change your perception of a culture, race, religion, gender, person. Studying songs/ videos by; Metallica, Billy Holiday, Tracy Chapman and Barry McGuire

Session 4- Music and your life – Part 2

Examining your own favorite music, how does it shape your brain to other people's journey, and stories

Session 5- Current events that shape our thoughts on sympathy/ or empathy in 2021

Looking at the black lives matter movement, the residential schools grave uncovering, the covid pandemic.

Session 6- Peer Pressure- The bully, the bystander, and the role social media plays

Friends, Frenemies, BFF's and Rivals. The effects of peer pressure, roles of the bully, and the bystander. Social media; a history of where it was, and where it will go, we are along for the ride? Positives, and negatives. Celebrities on MTV, or Instagram.

Session 7- Who I am today is who I want to be

Advocate, confidence, supporting others, what is your goal after today.

Session 8- Celebration day

Self and group review of the empathy project. Chill, and eat.