

# BCJC Youth Program

# Workshops

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## Advocating for Change



What was the last injustice that got you fired up? Let's use that feeling to advocate for the change we want to see. We'll learn the five steps to advocating for change, consider the change-making strategies and tools you are most drawn to, and begin planning your first steps to creating social change.

## From Anger to Action



How do you go about seeking justice that reflects your values and doesn't create more harm? You'll explore how your anger is sending important messages about the things that matter to you, things that are wrong and the things in need of fixing.

## Conflict Resolution



How do we get excellent about being in conflict, which is a healthy and natural part of being human? In our conflict workshops, we'll define "conflict," identify its stages and triggers, explore the role of emotions in conflict, and set goals for dealing with conflict in positive ways (or develop skills to approach conflict in a way that promotes respect and mutual understanding.)

## Decision Making



What makes some decisions harder than others? In this workshop, we'll chat about what informs decision making and learn about ways to get unstuck when we don't feel in control of our decisions.

## Explorations through Film



From major motion picture films, to small-budget documentaries, participants will engage in the art, craft, and power of filmmaking through participation in a film screening and discussion. Using both American and international films, we will explore some of the social, artistic, and political revolutions that rocked the world back then and continue to give shape and meaning to our lives today. What injustice gets you fired up the most?



### Healthy Relationships (1:1 work)



In these workshops, we'll discuss what consent looks like, where messages about sex and relationships come from, and how we can make healthy decisions when it comes to our dating relationships.

### Job Skills



In our job skills workshops, we'll help you build your resume, turn your experiences and passions into interview talking points, and help you craft a job search plan.

### Moving Through Stress



In our coping skills workshops, we'll take a look at how to identify feelings in the body, different relaxation and mindfulness techniques, ways to use movement to center ourselves, and ideas to distract ourselves when all else fails.

### Restorative Skills



Restorative Justice views accountability as a radical and intentional way to choose to stay in relationship with each other. Taking accountability is hard, and it's a skill that needs to be practiced. In this workshop, we'll explore the ways we experience conflict, and we'll practice working through harm in preparation for some of the bold conversations ahead.

### Safe Driving (for youth under 18)



Safe driving is a community responsibility and this workshop allows participants to engage in exercises that illustrate the financial, personal and emotional impact of unsafe driving on the driver, their family, and on others who have been harmed by or lost a loved one during a crash. Through activities, discussion and participation the workshop reinforces the accountability of the individual while also exploring avenues for gratitude and to make amends to those impacted.

### Trusting Your Gut



The people in our lives heavily influence the choices we make. Most of the time, our choice to opt in or out of something our friends are doing or have asked us to do is more complicated than simply saying yes or no—our decision holds a lot of weight and we worry about the impact it will have on our friendship. In this workshop, we'll discuss the characteristics we look for when pursuing friendships, how to set boundaries with our friends, and how to stay true to ourselves in our relationships.

**Youth 12-21 years old can self-refer or be referred to a workshop by a school or community partner. Contact Kelly Ahrens at [kahrens@burlingtonvt.gov](mailto:kahrens@burlingtonvt.gov) or (802)865-7169 to sign up.**

