

**Stepout Changemakers Program: Age 10 to 15 years**

A unique program with a series of workshops focussing on five core competencies of social emotional learning integrated with ***comprehensive adolescent education*** and ***social entrepreneurship***.

1	<b>Everything is Changing!</b> (Intro to Puberty and Physical Changes)
2	<b>The Basics of Life</b> (Introduction to Human Reproduction)
3	<b>Girls</b> - Intro to Menstruation <b>Boys</b> – Breaking Down Boy Culture and Peer Pressure
4	<b>The Ups and Downs</b> (Emotional and Social Changes during Puberty)
5	<b>The Ups and Downs</b> (Emotional and Social Changes during Puberty) Cont.
6	<b>Friends, Bullies, and Everything in Between</b> (How to Build Healthy Peer and Family Relationships)
7	<b>Friends, Bullies, and Everything in Between</b> (How to Build Healthy Peer and Family Relationships) Cont.
8	<b>Making Choices</b> (Intro to Health and Safety, STIs)
9	<b>Consent &amp; Abuse</b>
10	<b>What Does it Mean to Be a Man or Woman?</b> (Gender Roles)
11	<b>LGBTQIA++</b>
12	<b>The Media Has a Message</b> (Filtering Media Messages)
13	<b>Club formation</b> (Identifying 1 social issue that they connect to and starting to design solutions to tackle it)
14	<b>Community people’s Interview to understand Diversity</b>

15	<b>Community people's Interview to understand Inclusivity and sensitivity</b>
16	<b>Film screenings</b> ( Screening of a documentary around a social issue followed by post screening dialoguing for perspective taking)
17	<b>Community visit</b> (An insight into issues on ground and how our Govt. bodies work)
18	<b>Community visit</b> (Interview with a Govt. authoritarian to understand systemic approach)
19	<b>Prep for Changemakers summit</b> (Guidance and mentoring from established social entrepreneurs)
20	<b>Young Changemakers summit</b> (Each club will present their innovative solutions for a social cause they pick during the course)