



COUNSELLING CURRICULUM FOR MIDDLE SCHOOL – GRADE WISE THEMES

Over the course of an academic year, several workshops are conducted around specific themes with grades VI, VII and VIII to allow students to build on personal and collective insights through each successive interaction.

GRADE VI: DEMYSTIFYING GROWING UP & ADOLESCENCE

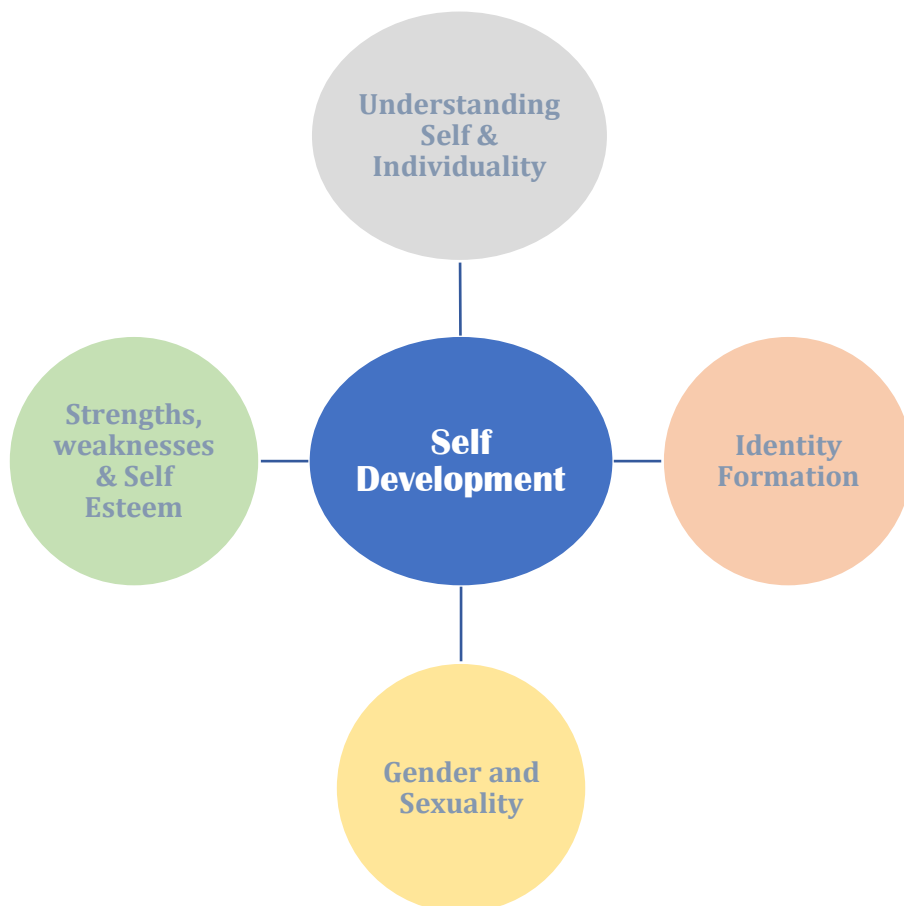
As children enter middle school, they enter a new world which is replete with differences and changes. Often shrouded with secrecy, growing up issues require demystification and normalization for children entering middle school. Undergoing transformations, children find themselves confused and at a loss about how to gain information. The theme hence would cover *physical development, emotional development, fitness & body image, and relationships*.





GRADE VII: My 'I' – Self Development

Following puberty, entering pre-adolescence often revolves around the formation and articulation of an individual self and identity. Establishing a coherent identity is a complex process wherein several factors must be considered. This theme would cover developing the Self and Identity through introspection and internal dialogue. It will focus on exploring selfhood, gender and sexual, identity formation and social influences on the self, relating with peer pressure in adolescence. Lastly, taking a positive approach on strengths, weaknesses and self-esteem to establish a unique identity and relationship with the self.





GRADE VIII: My Self - In The World - Understanding Self In Society

This theme would cover an understanding of the incipient effects of Bullying at the start of the teenage years as a preventive measure to target the presence of cyber bullying and labelling bringing out their adverse effects on one's self esteem. The workshops also focus on positive role models and creative solutions for bullying, to highlight and exemplify anti-bullying behaviour and reduce the bystander effect.

