



Day 1

Anatomy, Menstruation, Bodies

WA Health Education Core Ideas:

- H1.Se.1.3 Recognize medically accurate names for body parts, including internal and external reproductive anatomy.

Rationale: Reinforce accurate information and correct misunderstandings about sexual anatomy and physiology, including the menstrual cycle. Participants learn that knowing and talking about sexual organs and their functions is both normal and appropriate.

Day 2

Boundaries, Consent

WA Health Education Core Ideas:

- H1.Se.6.3b Understand that a child is not at fault if an unwanted touch occurs.
- H1.So.4.3a Describe importance of being aware of one's own feelings.
- H4.W.6.2a Demonstrate active listening skills to enhance communication.
- H4.W.6.2b Identify skills for assertive communication.
- H4.W.6.3a Demonstrate effective refusal skills.

Rationale: To cultivate an honoring of our physical space and practice celebrating and allowing our developmental stages to be honored throughout our lives exactly as they are. Learning how to recognize, differentiate and trust sensations that arise in our body. To understand the meaning and importance of Inner Navigation ~ having a clear sense of how to recognize what alignment and truth feels like in your body. Where do we receive that information....in our bodies, minds, hearts?

Day 3

Puberty, Positive Body Image, Social Media Awareness

WA Health Education Core Ideas:

- H1.Se.1.3 Recognize accurate names for body parts, including internal and external reproductive anatomy.
- H1.Se.2.5a Identify ways to manage physical, social, and emotional changes that occur during puberty.
- H1.Se.2.5 b Describe how puberty and physical development can vary considerably.
- H1.Se.3.5 Recognize puberty prepares the body for reproduction.
- H1.So.1.5a Explain how high self-esteem is a sign of emotional well-being.
- H1.So.2.5 Describe influence of peers and social media on body image.

Rationale: Discuss and normalize changes that occur with puberty; teach the power of self-love and how to enhance this for themselves; assist campers in their understanding of how to navigate their bodies and beings with compassion, kindness and respect. Girls will consider how social media impacts body image, as well as how positive or negative body image can affect our attitudes, decisions, and behaviors.

Day 4

Sexual Orientation and Gender Identity

WA Health Education Core Ideas:

- H1.Se.5.2a Understand that there is a range of gender roles and expression.
- H1.Se.5.2b Understand importance of treating others with respect regarding gender expression.
- H2.Se.5.5a Describe how media, society, and culture can influence ideas regarding gender roles, identity, and expression.

Rationale: To introduce campers to gender identity and sexual orientation; to develop an understanding of how we can limit ourselves and others by defining ourselves using collective stereotypes or conditioning; to gain or deepen our understanding of the ways biological sex, gender identity, and gender expression may be different for different people; to gain knowledge of and skills to explore attitudes that affirm the dignity and worth of people of all sexual orientations.

Day 5

Self-Care, Resiliency, and Relationships

WA Health Education Core Ideas:

- H1.So.1.5a Explain how high self-esteem is a sign of emotional well-being.
- H1.So.4.3a Describe importance of being aware of one's own feelings.
- H1.So.4.5a Understand ways to manage difficult emotions.
- H4.W.6.3b Recognize how to ask for needs.

Rationale: Define resilience and explore how we foster it in our lives. Consider how to cultivate loving relationships with self and others. Prepare participants to be best friends and loving partners and engage in positive relationships. Focused on listening, being assertive, and using refusal skills, the session can enhance all types of relationships.