

Weller Health Education Center

Mean Streets

Healthy Relationships series
45 minute, outreach program
Grades 5 - 6

Course Description

Pre-teens explore the challenges of social dynamics that can affect self-esteem. Students will practice addressing intimidating behaviors, including cyber-bullying, in a non-escalating manner to enhance school safety and emotional well-being.

Objectives

1. Identify factors that influence self-esteem.
2. Recognize the consequences of cyber-bullying.
3. List three strategies to manage bullying.

The **Healthy Relationships** series also includes these outreach programs:

Buster's Barnyard Buddies, grades Pre-K – 1

Bully Busters, grades 1 – 3

Team Self-Esteem, grades 3 – 5

Relationship Building Blocks, grade 6

Big Changes, Big Choices, grades 6 – 8

Trading Places, grades 6 – 8

Relationship Know How's, grade 7

Relationship Risks, grade 8

Who Do You Trust?, grades 8 – 12

Relationship Respect, grade 9

Toxic Relationships, grades 9 – 12