

# LIFE CHOICES FOR YOUNG MEN

## A COURSE SPECIFICALLY DESIGNED TO ADDRESS ISSUES CONFRONTING YOUNG MEN (YEARS 9-12)

Three key themes addressed in the presentation are:

- Taking responsibility for yourself and your actions
- Understanding that life is all about the choices that you make
- The importance of respect and self-discipline

Course outcomes include increased knowledge of:

- Dealing with peer pressure
- Over-coming the fear of losing face in front of your peers
- Actions = consequences
- The effects of alcohol and poor decision making
- Real life stories to highlight how heart-beat decisions can lead to life-long consequences

Attendees will also understand the legal definitions of:

- Consent
- Sexual assault
- Indecent assault

Open discussion is encouraged throughout the session.

Whenever possible the key themes addressed in the seminar are presented in both real-life stories and personal experiences of the presenter.

KIND REGARDS,

**Brent Sanders**

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