

Statistics

- 1 in 7 children aged 11 to 16 are victims of bullying

Government of Alberta: bullyfreealberta.ca

- More than 160,000 children skip school everyday because they feel threatened by another student

National Association of School Psychologists

- In Canada suicide is the sixth most common cause of death for males and is the second cause of death for both males and females in the 15-24 age group

Alberta Centre for Injury Control & Research

- For every successful suicide there are an estimated 125 attempts

Statistics Canada: Vital Statistics and Health Status Section



If you can dream it you can achieve it!

Testimonials

Get Real was a good day. I got closer to my peers. It was fun but emotional. It was good for everyone who went, which benefits the whole school. I would go again. (Grade 8 Student)

- I think that whenever adults invest time in kids' lives it is worth the effort, it shows others that we truly care. It can bridge some of the gap that we so often have been "us" and "them". (Parent)

- I hope that every school can go through the **Get Real** program, because it really is an experience where all who participate grow and learn and stick together. Taking part in the **Get Real** program brought my friends and myself closer together, and I really believe it can make a difference. (Grade 9 Student)

- The experience I had was nothing short of amazing. I believe this should be brought to every student everywhere. The positive impact it had on the students gives me hope that our youth will have a better chance to live in peace. I have had an opportunity to speak to a student who participated in **Get Real** and the feedback is very exciting. When asked, has your school changed? The reply was expressed with elation; "**Oh my gosh! Has it ever changed! People are excited and give genuine hugs. I've made new friends and people seem happier**". (Adult)

Get Real

Wendy Walker, Executive Director

Email: info@getrealcommunity.ca

Website: www.getrealcommunity.ca

Phone: (403) 813-4186

Fax: (403) 257-0965

GET REAL

Let's work together to create
the School and Communities
of our Dreams!



Get Real is a **brain-based, motivational, educational** and **experiential** day-long program for grades 7 - 12 that demonstrates the power of acceptance and respect for others by promoting self-acceptance and self-respect. The program helps to ignite participants' passions and empowers them to take their positions as positive leaders in their communities.

Get Real also reduces bullying, teasing and violence in our schools and aims to reduce drug, alcohol and tobacco use amongst students. It provides participants with various tools to use in dealing with potential areas of conflict and breaks down the barriers to help people see each other for who they really are. It gives them permission to stand up for what they know is right and support those around them in their times of need.

Although this program takes place during a single day, it is an experience that remains within the participants challenging them to find new innovative ways to keep it going within their communities. Participating in the program is an opportunity for students to create and experience the school and communities of their dream.



RespectED: Violence & Abuse Prevention

The Canadian Red Cross RespectED program is teaming up with **Get Real** to provide ongoing education on the topics of bullying and harassment.

Motivational

Get Real demonstrates how everyone can make a difference in their own life and the lives of others in their community by doing the little extra things like reading to someone, picking up a piece of garbage or holding open the door for someone.

Educational

What would it take to create the school and communities of your Dreams? This is the key message of the **Get Real** program. **Get Real** teaches basic communication skills using "I" messages and feeling words. **Get Real** also talks about bullying, harassment, violence, drug and alcohol abuse. Participants are encouraged to look at who a person really is on the inside rather than the outside or the image of a person.

Experiential

Through a carefully designed series of highly interactive, energetic and powerful games; activities, group discussions, icebreakers, and trust-building exercises participants learn how to create new levels of respect and communication within their communities. It provides an opportunity for participants to be honest, real, and insightful by experiencing what's possible so they can rise up as leaders and become their own role-models.

All participants leave the day with a **Get Real** journal and are encouraged to document the GREAT things they do everyday and the GREAT things others say about them.

Passion is powerful ... nothing was ever achieved without it and nothing can take its place. No matter what you face in your life, if your passion is great enough, you will find the strength to succeed. Without passion, life has no meaning. So put your heart, mind and soul even into the smallest acts ... this is the essence of passion.

Who Will Benefit

Every child, youth and adult in Canada can benefit from this experience regardless of age, race, gender or socio-economic background. This program creates an awareness within individuals that is eye opening. Many people have been victims or have witnessed an incident at some point in their lives where they felt powerless. **Get Real** empowers participants to identify, learn from, and gain the necessary tools to deal with the times of powerlessness.

Get Real Program Cost

The fee for a Get Real day includes meeting with teen leaders prior to the **Get Real** day to ensure their full participation and all expenses for **Get Real** staff, including accommodation, travel and meals.

BE CAREFUL WHEN SPEAKING.
YOU CREATE THE WORLD AROUND YOU WITH YOUR WORDS.