

Scan to schedule a presentation:



NEW BEGINNINGS PRESENTATIONS

New Beginnings offers a range of engaging and evidence-informed presentations across Windsor-Essex, designed to educate youth and promote healthy, informed decision-making.

Be Smart, Don't Start

An experiential presentation that educates youth about the health risks and social consequences of nicotine and cannabis use through vaping. Youth will participate in scenarios designed to strengthen their critical thinking and develop effective strategies to resist peer pressure.

Conflict to Kindness

This interactive presentation helps youth build skills in healthy relationships and respectful communication. Through engaging activities and real-life scenarios, youth learn to differentiate between conflict, "mean moments", and bullying, and are equipped with practical strategies to respond appropriately and empathetically.

Digital Wellness

Aimed at educating youth on how to navigate the digital world safely and responsibly, topics include online safety, the mental health impact of social media, and the consequences of risky online behavior. Youth will also explore how to use technology in positive, empowering ways to support well-being and connection.

Embracing Differences

An engaging program that promotes empathy, respect, and inclusion. Through interactive activities, youth explore the value of diversity and learn practical strategies to recognize and challenge racism and discrimination. The program emphasizes the importance of embracing each person's unique identity to build a more accepting and inclusive school community.

Stand Strong: Bullying Prevention

Explores the definition of bullying and examines the various forms it can take. Youth will learn strategies for responding to bullying behavior and gain insight into the underlying reasons why individuals may engage in bullying. The session will also include an in-depth look at the dynamics of cyberbullying and its impact.