

The Health Promotion Programme 'This is Me' – Ten steps to a better self-image

The prevention programme 'This is Me' was developed by the Institute of Public Health Celje in Slovenia. Programme provides support to adolescents on their way to adulthood and is focused upon development of positive self-image and social skills, seen as the main source of support during the process of growing up. In **ten prevention workshops 'This is Me'** adolescents learn how to accept themselves and others, assert their position in interpersonal relations, interpret and understand their own emotions, develop a realistic approach to various situations in life and learn the skills of active problem solving. They learn various social skills that will help them attain their set goals, equip them for interacting with other people in a relaxed manner, improve their cooperation with others and increase the quality of their relationships with peers, parents and teachers. The workshops are lead by teachers and are carried out either in groups or classes.

Workshop 1: **"I respect and accept myself"**

Workshop 2: **"I set goals for myself and work on attaining them"**

Workshop 3: **"I cooperate with others and accept them; I have friends"**

Workshop 4: **"I do not run away from problems – I try to solve them"**

Workshop 5: **"I am learning how to deal with stress"**

Workshop 6: **"I think positive"**

Workshop 7: **"I accept responsibility for my behaviour"**

Workshop 8: **"I know I am a special and unique individual"**

Workshop 9: **"I stand my ground"**

Workshop 10: **"I recognise, accept and express my emotions"**

All ten workshops are organised in accordance with the same principles and they encompass the following contents: Explanation, Objective, Target group, Accessories, Work methods, Instructions for workshop implementation (worksheets and guidelines), Workshop conclusion and Evaluation. As an example of "Ten steps to a better self-image" *in Toolbox* there is represented a workshop ***"I do not run away from problems – I try to solve them."***

The programme is going to be upgraded with an instructions manual (teachers' handbook) on how to carry out prevention workshops. Before leading workshops and working with groups, teachers should finish two-day education course. The prevention programme is also supported by web communication. On the youth **web counselling site This is Me** (<http://www.tosemjaz.net>) adolescents in Slovenia have access to free, expert advice.

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