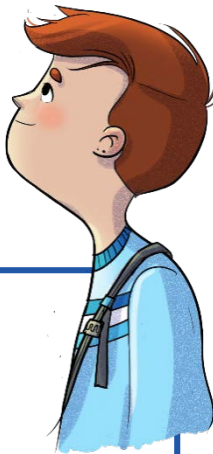


# HORS PISTE

## Talking about anxiety stress-free...

### Workshops 1 to 5



INTRO  
SCHOOL STAFF

**30 minutes**

**Presentation of the program to school staff**  
HORS-PISTE - Exploration

**OBJECTIVE**

Introduce school staff members to the HORS-PISTE program and explain what it involves

**CONTENT**

- Objectives and skills targeted by the program
- How the program works
- Program philosophy
- Roles of the workshop leader and other teachers

INTRO  
STUDENTS

**30 minutes**

**Presentation of the program to students**  
HORS-PISTE - Exploration

**OBJECTIVE**

Introduce students to the HORS-PISTE program and explain what it involves

**CONTENT**

- Objectives and skills targeted by the program
- How the program works
- Program philosophy

MEASUREMENT 1

**45-60 minutes**

**Data collection - Pre-test**

**OBJECTIVE**

Measure the students' risk factors and protective factors for anxiety prior to their participation in the program

1  
60

**"Coping with my stress"**

**TARGETED SKILL**

Managing my stress

**MAIN THEME**

Stress

**DEVELOPMENT TARGETS**

- Identify the signs of stress
- Understand how stress affects me
- Learn new stress management strategies

2  
60

**"Dealing with my anxiety"**

**TARGETED SKILL**

Managing my stress

**MAIN THEME**

Anxiety

**DEVELOPMENT TARGETS**

- Distinguish stress from anxiety
- Expand my comfort zone
- Identify anxiety-producing situations
- Use coping strategies

3  
60

**"Learning to manage my emotions and ask for help"**

**TARGETED SKILL**

Managing my emotions

**MAIN THEME**

Asking for help

**DEVELOPMENT TARGETS**

- Recognize the different emotions
- Use new emotional management strategies
- Ask for help based on what I need

4  
60

**"Coping with comparisons by looking inward"**

**TARGETED SKILL**

Self-observation

**MAIN THEME**

Social comparison

**DEVELOPMENT TARGETS**

- Identify my values
- Understand the impact of social comparison on my self-confidence
- Use new strategies to get to know myself better

5  
60

**"Dealing with social pressure by learning to assert myself"**

**TARGETED SKILL**

Asserting myself

**MAIN THEME**

Social pressure

**DEVELOPMENT TARGETS**

- Think about what social pressure means
- Be aware of its influence on me
- Experiment with different ways to be more assertive

MEASUREMENT 2

**45-60 minutes**

**Data collection - Post-test**

**OBJECTIVE**

Measure the students' risk factors and protective factors for anxiety after their participation in the program



# HORS PISTE

Talking about anxiety stress-free...

Workshops 6 to 10



INTRO SCHOOL STAFF

**30 minutes**

**Presentation of the program to school staff**  
HORS-PISTE - Exploration

<b>OBJECTIVE</b>	<b>CONTENT</b>
Introduce school staff members to the HORS-PISTE program and explain what it involves	<ul style="list-style-type: none"> <li>Objectives and skills targeted by the program</li> <li>How the program works</li> <li>Program philosophy</li> <li>Roles of the workshop leader and other teachers</li> </ul>

INTRO STUDENTS

**30 minutes**

**Presentation of the program to students**  
HORS-PISTE - Exploration

<b>OBJECTIVE</b>	<b>CONTENT</b>
Introduce students to the HORS-PISTE program and explain what it involves	<ul style="list-style-type: none"> <li>Objectives and skills targeted by the program</li> <li>How the program works</li> <li>Program philosophy</li> </ul>

MEASUREMENT 1

**45-60 minutes**

**Data collection - Pre-test**

<b>OBJECTIVE</b>
Measure the students' risk factors and protective factors for anxiety prior to their participation in the program

6  
60

**"Building my self-esteem by figuring out who I am"**

<b>TARGETED SKILL</b>	<b>MAIN THEME</b>	<b>DEVELOPMENT TARGETS</b>
Self-love	Self-esteem	<ul style="list-style-type: none"> <li>Understand self-esteem and its components</li> <li>Recognize and develop my strengths</li> <li>Recognize and accept my limits</li> <li>Use my personality traits to my advantage</li> </ul>

7  
60

**"Fighting judgment with tolerance and compassion"**

<b>TARGETED SKILL</b>	<b>MAIN THEME</b>	<b>DEVELOPMENT TARGETS</b>
Showing compassion	Judging others	<ul style="list-style-type: none"> <li>Adopt an attitude of tolerance and acceptance toward others</li> <li>Experiment with ways of showing compassion for myself and others</li> </ul>

8  
60

**"Preventing conflict by communicating clearly"**

<b>TARGETED SKILL</b>	<b>MAIN THEME</b>	<b>DEVELOPMENT TARGETS</b>
Communication	Conflict	<ul style="list-style-type: none"> <li>Understand how my own attitudes and behaviours affect my conflict management style</li> <li>Use conflict management strategies, including listening and communication</li> </ul>

9  
60

**"Maintaining healthy friendships through prosocial behaviour"**

<b>TARGETED SKILL</b>	<b>MAIN THEME</b>	<b>DEVELOPMENT TARGETS</b>
Prosocial behaviour	Role in a group	<ul style="list-style-type: none"> <li>Be aware of what role I play in a group</li> <li>Evaluate my satisfaction with my role in a group</li> <li>Apply teamwork strategies</li> </ul>

10  
60

**"Using social media wisely thanks to my critical thinking skills"**

<b>TARGETED SKILL</b>	<b>MAIN THEME</b>	<b>DEVELOPMENT TARGETS</b>
Critical thinking	Technology	<ul style="list-style-type: none"> <li>Use self-reflection tools to help me ask myself the right questions</li> <li>Identify and break down the issues surrounding my social media use</li> <li>Apply my critical thinking skills</li> </ul>

MEASUREMENT 2

**45-60 minutes**

**Data collection - Post-test**

<b>OBJECTIVE</b>
Measure the students' risk factors and protective factors for anxiety after their participation in the program

