HORS-PISTE program

Email to teachers

Dear teachers,

Faced with a rising increase in anxiety among young people, the school has elected to take preventive action this year by offering the workshops of the HORS-PISTE anxiety disorder prevention program in the classroom.

As you will recall, the goal of this program is to help the students develop the psychosocial competencies they will need to navigate the challenges of adolescence. By participating in the workshops, the students will get to know themselves better and develop new tools for approaching life with confidence, compassion, and fortitude.

Given this, you **may be asked to lead some of the workshops** or to open up one of your classes to a workshop leader. We encourage you to stay in the classroom while the workshop is going on. If you want to make a strong impression with your students, you should sit at the front of the class, near the workshop leader. You can even participate, for example, by sharing anecdotes about your own life or by asking students questions about the theme of the workshop. **Experience has shown that students participate more when their teacher shows an interest in the content**, and the reason for that is your meaningful student-teacher relationship with them!

To encourage discussions and learning in your classroom, we encourage you to read and even post the summaries of each workshop (see attached), which are written very clearly and concisely for maximum impact.

Here’s a brief reminder of the themes of each workshop, which are generally carried out over two school years starting in secondary cycle one. We have designed a set of summary sheets that contain more information about each of the workshops. They are available here:

1. Coping with my stress
2. Dealing with my anxiety
3. Learning to manage my emotions and ask for help
4. Coping with comparisons by looking inward
5. Dealing with social pressure by learning to assert myself
6. Building my self-esteem by figuring out who I am
7. Fighting judgment with tolerance and compassion
8. Preventing conflict by communicating clearly
9. Maintaining healthy friendships through prosocial behaviour
10. Using social media wisely thanks to my critical thinking skills

We encourage you to discuss the workshops with your students as a way of reinforcing what they’ve learned; this is also a good way to keep them interested in the material.

More information about the HORS-PISTE program:

<https://sante-mentale-jeunesse.usherbrooke.ca/en/hors-piste/programme-secondaire/>

Promotional video for the program (5 min.) (currently available in French only):

<https://www.santemonteregie.qc.ca/centre/programme-de-prevention-des-troubles-anxieux-hors-piste>

Thank you for your usual cooperation.

School administration

In collaboration with the Centre RBC d’expertise universitaire en santé mentale and the CISSS de la Montérégie-Centre