

Every day we are all faced with making choices
- but how can we make the right one?

GenR8's Cool Choices session encourages pupils to think about the decisions they make - and how to tell the difference between good and bad choices.



Content

Cool Choices uses a wide range of interactive activities to engage students, these include: small groups, drama, video clips, conscience alley and a washing line! Our aim is to encourage students to make positive life choices. We do this by helping them to think about:

- ★ What are choices? – *We make hundreds each day!*
- ★ Who influences our choices? – *Parents, peers, media, internet?*
- ★ What are uncool and cool choices? – *How can we know what are good and bad choices?*
- ★ What are the barriers to making cool choices? – *Peer pressure, media voices?*

There is also a reflective response time with time to think about making 'cool' choices for 'ourselves, others and the world'.

The session includes a Christian perspective on making 'cool' choices.

"You are free to make your choices but you are not free to choose the consequences."

Stephen Covey

Timings

Cool Choices runs for just over 2 hours. So a morning session with a break takes about 2 ¾ hours, or an afternoon session without a break 2 hours.

We aim to arrive at schools 15 minutes beforehand as it takes us about 5 minutes to get set up and orientated in the classroom.

Venue

Cool Choices works well in a classroom setting. It is good if tables can be moved to the sides and chairs set around a central space for the various interactive activities. This can be done when we arrive if time doesn't allow for the room to be set up beforehand.

People

Cool Choices sessions are led by 2 - 3 members of the GenR8 Team.



Curriculum links

Cool Choices links with SEAL and SMSC, but fits best within the PSHE scheme of work.

GenR8 runs Cool Choices in September and January but you can book at other times. To find out more or book please contact: steve@genr8.org



"It is not our abilities that show what we truly are. It is our choices."

Albus Dumbledore - Harry Potter and the Chamber of Secrets