



## SISTER2SISTER Sample Lesson Plans

| Week # | Date                        | Theme  | Learning Outcomes  |
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| 1      | Oct 3 <sup>rd</sup> , 2019  | Introduction & theories of equity, power, privilege, intersectionality & social location         | <ol style="list-style-type: none"><li>1. Acquire an understanding of equity, diversity and inclusion theories.</li><li>2. Be able to connect across differences.</li><li>3. Develop their empathy skills &amp; understand the complexity of intersectionality.</li></ol>   |
| 2      | Oct 10 <sup>th</sup> , 2019 | Addressing & responding to gender-based violence, building resilience and empowering each other. | <ol style="list-style-type: none"><li>1. Have an understanding of what gender and domestic based violence mean and look like.</li><li>2. Be aware of how to address and respond to it.</li><li>3. Learn about the resources available to them.</li><li>4. Know some of violence prevention tools and strategies.</li><li>5. Have the ability to take action and spread awareness about this topic.</li></ol> |

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| 3 | Oct 17 <sup>th</sup> , 2019 | Civic & democratic engagement<br><br>"One on one counselling session" | <ol style="list-style-type: none"> <li>1. Develop knowledge about the Canadian democratic and voting systems.</li> <li>2. Know their rights and the issues that matter to them.</li> <li>3. Understand the different ways to be politically engaged.</li> <li>4. Be aware of barriers to civic engagement.</li> </ol> |
| 4 | Oct 24 <sup>th</sup> , 2019 | Advocacy & allyship<br><br>"One on one counseling session"            | <ol style="list-style-type: none"> <li>1. Recognize different advocacy tools and strategies.</li> <li>2. Realize what allyship means and how to be a good ally.</li> <li>3. Be able to connect these theories to real life practical examples.</li> </ol>   |
| 5 | Nov 7 <sup>th</sup> , 2019  | Women in Leadership panel discussion                                  | <ol style="list-style-type: none"> <li>1. learn about the barriers facing women in different leadership positions.</li> <li>2. How can we empower women to take on leadership roles.</li> <li>3. How to lobby the government to create a more inclusive, welcoming and safe spaces for women.</li> </ol>              |
| 7 | Nov 14 <sup>th</sup> , 2019 | Kofflar Centre workshop "an offsite exhibition and workshop"          | <ol style="list-style-type: none"> <li>1. Experience critical investigations of the domestic realm, Undomesticated considers the psychological, political and</li> </ol>  |

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|    |                             |   | emotional layers that shape our sense of home and belonging.  |
| 8  | Nov 21 <sup>st</sup> , 2019 | Kofflar Centre workshop<br>"One on one counselling session"   | 1. Engage in a process of exploration aiming to interrogate systems of power, challenge assumptions, and inspire positive reflection and change in our communities.   |
| 9  | Nov 28 <sup>th</sup> , 2019 | 16 Days of Activism to end gender-based violence public forum | <ol style="list-style-type: none"> <li>1. How can immigrant women take part of the 16 days of activism?</li> <li>2. What are the different educational resources available for this community</li> <li>3. How can we advocate to end gender based violence? What are the different forms of advocacy that we can experience?</li> <li>4. How can we change the public narrative and discourse around this topic?</li> </ol> |
| 10 | Dec 5 <sup>th</sup> , 2019  | Immigrant Women Leadership Summit                             | <ol style="list-style-type: none"> <li>1. Theories for successful organizing.</li> <li>2. Learn about the power of storytelling as a public narrative.</li> <li>3. Learn about different coaching techniques.</li> <li>4. Acquire knowledge about principles of strategy and how to strategize.</li> </ol>  |

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| 11 | Dec 12 <sup>th</sup> , 2019 | Activating Immigrant Women Leadership<br>"Sense of Belonging, Identity Exploration & Self-Empowerment".<br><br>"One on one counselling session" | <ol style="list-style-type: none"> <li>1. Understand the definition of leadership and how to apply it.</li> <li>2. Have the ability to redefine what you want and what your goals are.</li> <li>3. Recognize the importance of self-exploration and acceptance.</li> </ol> |
| 12 | Jan 9 <sup>th</sup> , 2019  | Digital Storytelling Workshop   | <ol style="list-style-type: none"> <li>1. Learn tips and tricks on how to write your personal story.</li> <li>2. Focus on the emotional and psychological side of migration.</li> <li>3. Be confident in your writing style.</li> </ol>                                    |
| 13 | Jan 16 <sup>th</sup> , 2019 | How to become a successful facilitator<br><br>"One on one counselling session"  | <ol style="list-style-type: none"> <li>1. Recognize the difference between facilitation, training and presentation.</li> <li>2. Learn tips about successful facilitation skills.</li> <li>3. Be able to practice these skills in real life situations.</li> </ol>          |
| 14 | Jan 23 <sup>rd</sup> , 2019 | Mentorship workshop<br><br>"One on one counselling session"   | <ol style="list-style-type: none"> <li>1. Understand the importance of mentorship.</li> <li>2. Learn how to be a good mentor and mentee.</li> <li>3. How can you build an ongoing relationship with your mentors?</li> </ol>   |
| 15 | Jan 30 <sup>th</sup> , 2019 | Organizing campaigns & events   | <ol style="list-style-type: none"> <li>1. Learn how to organize events.</li> </ol>   |

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|    |                             | "One on one counselling session"   | <ol style="list-style-type: none"> <li>2. Learn how to organize campaigns.</li> <li>3. Use events and campaigns as a tool to organize, mobilize communities and raise awareness.</li> </ol>  |
| 16 | Feb 6 <sup>th</sup> , 2019  | Toastmaster/public speaking  | <ol style="list-style-type: none"> <li>1. To master public speaking and self-confidence.</li> <li>2. Learn how to improvise and think on the spot.</li> <li>3. Engage in constructive debate and feedback.</li> </ol>  |
| 17 | Feb 13 <sup>th</sup> , 2019 | Valentine's day campaign   | <ol style="list-style-type: none"> <li>1. Learn about different shapes of love.</li> <li>2. Understand consent culture</li> <li>3. Have the ability to set boundaries, say no and respond to any form of gender violence.</li> <li>4. Express our emotions through arts.</li> </ol>  |
| 18 | Mar 5 <sup>th</sup> , 2019  | Blanket Exercise (indigenous solidarity)<br><br>"One on one counselling session" | <ol style="list-style-type: none"> <li>1. Build understanding about our shared history as Indigenous and non-Indigenous peoples in Canada.</li> <li>2. Engage on an emotional and intellectual level to effectively educate and increase empathy within communities.</li> <li>3. Learn tools and resources to build solidarity and allyship with indigenous people.</li> </ol> |

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| 19 | Mar 12 <sup>th</sup> ,<br>2019 | Building resilience<br>"Resilience for growth"   | <ol style="list-style-type: none"> <li>1. Have the ability to develop mechanisms for protection against experiences which could be overwhelming.</li> <li>2. Maintain balance in our lives during difficult or stressful periods of time.</li> <li>3. Understand what resilience means and why it is important.</li> </ol> |
| 20 | Mar 19 <sup>th</sup> ,<br>2019 | CYOA presentations<br>(project selections for the Gala)  | <ol style="list-style-type: none"> <li>1. To be able to apply theories and concepts learned throughout the program.</li> <li>2. Show their confidence.</li> <li>3. Have to ability to speak in front of the public and expresses themselves.</li> </ol>  |
| 21 | Mar 26 <sup>th</sup> ,<br>2019 | Class celebration,<br>potluck dinner and certificates, end of program feedback and testimonials) | <ol style="list-style-type: none"> <li>1. To celebrate our success.</li> <li>2. Learn from our mistakes.</li> <li>3. Strive to improve and accept feedback.</li> </ol>   |