

Motivate
and uplift

$(x+1)(y-2)$

CARE + EDUCATION
= NO BULLIES



The Josh Project

$1+1=2$

EXPERIENCE
+
UNDERSTANDING

= MENTORS

Hi my name is Joshua Stern

THE JOSH PROJECT

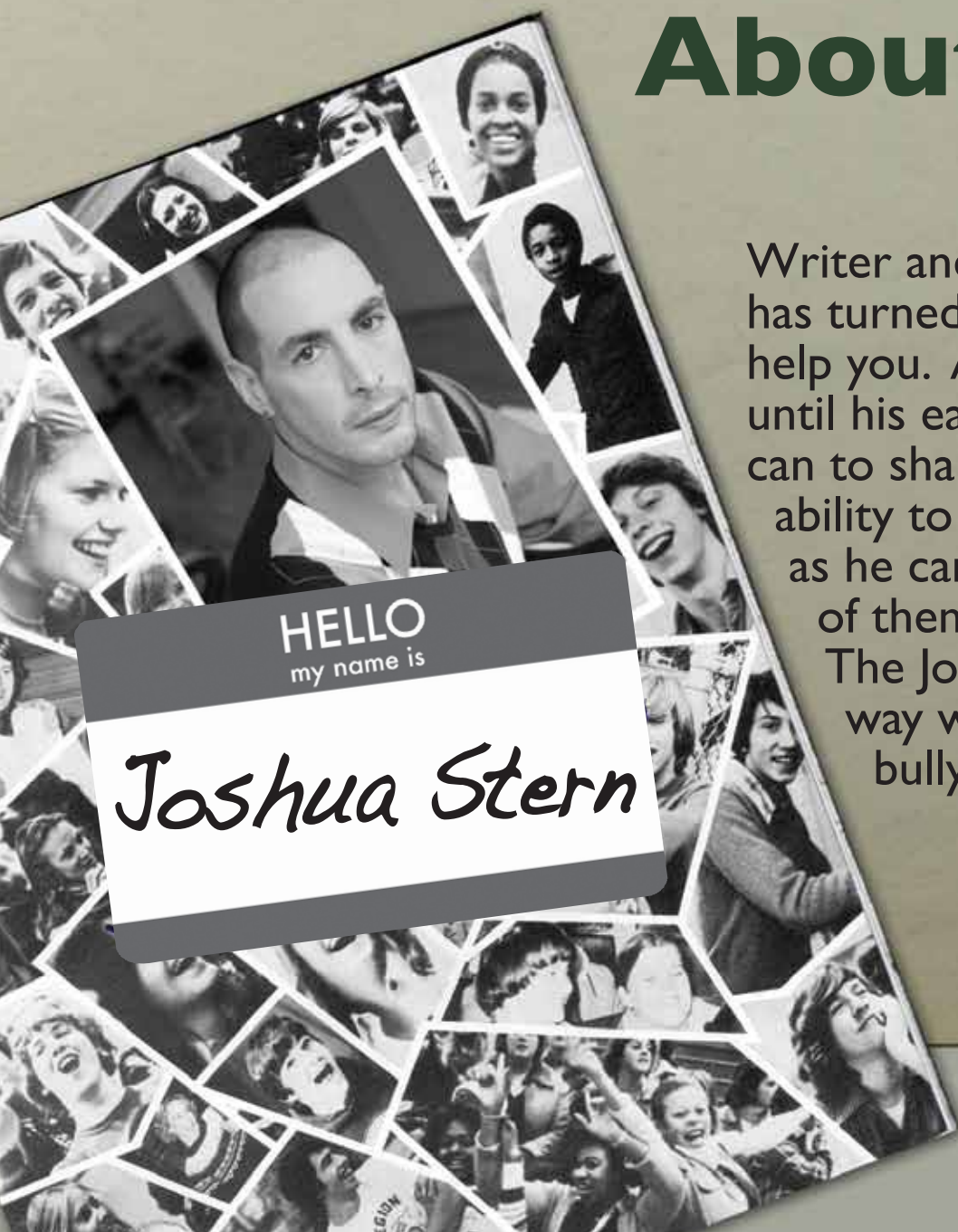
HELPING CHILDREN TO GROW INTO SUCCESSFUL ADULTS

**THE PEER
PROJECT**
YOUTH ASSISTING YOUTH

WAY
YOUTH ASSISTING YOUTH
THE YOUTH MENTORING PEOPLE

About Joshua Stern

Writer and at-risk youth survivor Joshua Stern has turned his life around and now he wants to help you. After struggling from his early years until his early thirty's, Joshua is now doing all he can to share his message with today's youth. His ability to connect with the youth is unmatched as he can relate and assist each and every one of them. Now through his organization, The Josh Project, he plans on changing the way we deal with at-risk youth and the bullying phenomenon.



HELLO
my name is

Joshua Stern

OUR MISSION

The Josh Project is dedicated to positively impacting as many of today's youth as possible. We aim to combat the issues that lead to a child becoming at-risk in the first place.

OUR GOAL

It is our goal to see that all children grow to become successful adults.

THE NEED

- 63% of adolescents across all grade levels polled said they are victims of bullying.
- 95% of Canadian adults surveyed believe people have a responsibility to take action to stop bullies.
- 89% believe bullying poses a serious threat to the long-term well being of children and teenagers.
- 50% of Canadian adults surveyed were bullied as a child or teenager.
- 62% of those who were bullied believe they would have benefited from having a volunteer adult mentor to help them cope.
- Nearly a third (30%) think the abuse they suffered had a lasting harmful effect.
- 87% of adults surveyed agree that action to reduce bullying strengthens communities over time.

(Statistics drawn from recent surveys by Public Health Agency of Canada, and Harris/Decima on behalf of Big Brothers Big Sisters Canada)

OUR BELIEF

We believe all schools should have programs that educate students on how to be successful individuals such as, Internet safety, bullying awareness & prevention, positive social behavior, conflict resolution and communication skills.

Teachers and counselors must provide additional support to children and youth in learning and practicing appropriate social skills. Individuals who are at-risk need professional assistance, patience, and greater understanding. It is also very important that students know that teachers and counselors are there to help them.

Students should be encouraged to learn multiple ways to resolve conflicts and multiple ways for dealing with their emotions before things escalate. Our youth need to be made aware of how to avoid being a victim, how to respect themselves, their personal space, their property and how to deal with a situation as a bystander.

When students are provided with a safe environment to share their feelings and experiences, it results in a better understanding of how our actions and words affect others, which in turn reduces bullying.

OUR LEARNING OBJECTIVES

All our programs contain the following elements:

- Define and explain what constitutes bullying
- Encourage students to talk about their feelings and about unjust situations
- Increase awareness and acceptance of human similarities and differences
- Encourage students to be confident in their own sense of right and wrong
- Encourage students to reject unacceptable behaviors in others
- Provide skills and tools to help students solve their own problems
- Demonstrate how students, school administrators, teachers and parents can work together to create a fair system and promote safety in the school environment





SERVICES OFFERED

School Age Programs/Speaking Engagements

We have created a specific four-program system to help create awareness, explore prevention, and initiate change among students.

- **KINDERGARTEN TO GRADE 3**

The first program is called “Kids with Character”. In this program students from Kindergarten through Grade 3 will explore the themes of awareness and prevention. We use a variety of activities, stories, and visual aides to show younger students how to effectively deal with situations of bullying.

- **GRADE 4 TO GRADE 6**

The second program “Understanding My Actions” takes a deeper look at awareness and prevention themes and then asks students to think about how they can make a change. Our group drama activities have been very successful when it comes to effectively helping students to see the differences of others and how their actions can affect others.

- **GRADE 7 TO GRADE 12**

By the time children have reached Grade 7 they have learned about bullying either in the classroom or on the playground. For some being involved in bullying can be a daily occurrence. The focus of the “I Can Turn it Around” program is to positively impact the lives of at-risk individuals who have already shown repeated signs of bullying. The emphasis is on understanding what makes an individual behave the way they do.

- **ADULT COMMUNITY**

“I’m Here to Help” is a program designed for teachers, educators, guidance counselors, parents, and adult members of the community. This program focuses on ways that we can assist as adults and ways we can encourage children to achieve their goals.

Developing The Needed Tools

On top of these programs we also offer the following:

1. Understanding and Controlling My Emotions:

We introduce helpful and effective strategies, for developing minds, in regards to dealing with and understanding their ever-changing feelings and emotions.

2. Why Do I feel Different:

This program has been specifically designed to help individuals who truly feel like square pegs trying to fit in a circle slot.

3. Using your words/Communication is Key:

With this program we teach that we must communicate at all costs.

Our motto is, "If you can't communicate, you can't be disappointed when someone doesn't understand you or can't help you."

4. Keep moving forward:

With this program we lay the foundation for successful and consistent advancement. Whenever you aren't moving forward you're either standing still or going backwards, we put the emphasis on constantly moving forward.

Youth/Adult Professional Speaking Engagements/Workshops

1. **Communication is Key, Communicate with Me:**

We teach that achieving everything we want in life has a lot to do with how, when and why we communicate.

2. **Turning a Negative into a Positive:**

Within this program we help you to see subtle differences in the way we analyze things. With positive beliefs/outlooks we can expect positive results/outcomes.

3. **Taking it to the Next Level:**

This program is great for any individual but it is especially valuable to professionals in high impact industry positions that are looking to advance, sales people who want to increase productivity and profit, and business owners who are ready to take it to the next level.

4. **Creating and following My Life Map:**

Without a doubt this is our most popular, effective and essential program to becoming successful in life. Within this program we work with small groups and eventually one-on-one to build your life map with checkpoints and accomplishments along the way.

Mentoring/Life Coaching are also available in Group Sessions and One to One.

"All of The Josh Project's workshops, programs, and sessions are always customized to fit your audience's unique needs, and are guaranteed to change the way you deal with life."

We specifically work with each client when it comes to establishing rates please inquire within.





"After hearing wrenching on air personal stories of bullying at school, it was greatly encouraging to have Joshua Stern detail for listeners how his programs are so effectively addressing this critical issue. Joshua was very well received." Roy Green, Host Roy Green Show Syndicated nationally on the Corus Radio Network

"The youth we serve can be reluctant to divulge their stories to staff, a product of painful experiences with adults. Joshua's ability to assuage this pain - a direct result of the compassion and authenticity of his efforts - has allowed a number of the youth to share, to heal, and move purposefully toward success." Jimmy Tobin Program Coordinator Horizon's Youth Shelter

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OUR CALL TO ACTION

Join me in this valuable project. I would appreciate the opportunity to meet with you to discuss how we can prevent bullying in your community.

To learn more please contact me at: joshua@joshuastern.ca.
Or visit www.joshuastern.ca to read about our future plans, projects, and events that you can support.