

The Byrnes Health Education Center Presents

In Her Shoes

A program on female relational aggression.

**Outreach Program for Middle School
Girls in Grades 6-8
90 Minute Program**

“In Her Shoes” emphasizes the need for empathy and how to empower female students to avoid relational aggression which can include: exclusion, rumors and gossip.

This program is designed to educate, raise awareness and promote changes that will lead to a more productive and active social environment.

To purchase this program for your school or for more information, please contact the Byrnes Health Education Center at 717.848.3064.



Educating and inspiring people of all ages to make healthy choices.

515 South George Street • York, PA 17401 • 717.848.3064 • www.byrneshec.org

Program Values:

- **Respect**
- **Empathy**

Program Activities:

- **Videos**
- **Music**
- **Skits**

Program Content:

Respect, empathy, types of bullying, impact of bullying, sexting, relational aggression, conflict resolution skills

“The educator made the students feel comfortable so they were able to share their feelings.”

“Great interactive activities!”

*-Spring Grove Area School District
Representatives*