



PROGRAM DETAILS

So many times, we are asked “What exactly IS Challenge Day?” The following details provide you with the WHO, WHAT, WHEN, WHERE, and WHY of the Challenge Day program:

WHO participates in Challenge Day?

- ♥ 2 professionally trained Challenge Day Leaders that direct and facilitate ALL Challenge Day activities
- ♥ Approx. 75-100 student participants (each day)
- ♥ 20-25 adults facilitators (each day)

WHAT does the Challenge Day Program look like?

Morning:

- ♥ Games and activities to set the norms for the day.
- ♥ Creating connections between the participants.
- ♥ Discussing the healthy expression of emotions and the negative effects of keeping feelings bottled up.

Afternoon:

- ♥ Small and large group processes.
- ♥ Discuss issues of social oppression and examine the impact it has on their lives and the lives of people around them.
- ♥ “Speak Out”- Participants are given the opportunity to take a stand against oppression, make amends for hurts they have caused each other, and state their commitment to creating positive changes on their campus and in their community.

WHEN is Challenge Day:

Day: March 21st, 22nd, 23rd

Time: Students- 8:00am - 3:00pm (7 hours)

Adult Facilitators- 7:30am-3:30pm (8 hours)

WHERE is Challenge Day:

CCA Dance Room (Located in the school gymnasium)

Canyon Crest Academy

5951 Village Center Loop Rd.

San Diego, CA 92130

WHY Challenge Day?

The purpose of Challenge Day is to inspire students to seek new ways to contribute to the creation of a positive school environment and learn ways to build each other up rather than break each other down.

Day after day high school students deal with the consequences of negative judgments, teasing, segregation, loneliness, and even violence. Challenge Day is intended to identify the hurt created by social oppression, promote healthy emotional expression, and create a forum for conflict resolution, thus helping reduce stereotypes, and gender and socio-economic tensions. Challenge Day offers students and staff the tools to create the school culture of their choice, and empowers them to be leaders in this cause. School should always be a safe place where students (and staff) feel welcome, supported, and accepted.

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What does Challenge Day look like?

The Challenge Day includes both large group and small group processes. The morning consists of games and activities that set norms for the day, create connections between participants, and provide an overview of the purpose of the program. In addition, a portion of the morning is spent talking about the healthy expression of emotions, and the negative effects of stuffing feelings down. There is one short bathroom break during the morning and a 20-30 minute working lunch break (over which students eat together and are given assignments that help them get to know each other). During the afternoon, participants dive into the issue of social oppression and examine the impact it has on their lives and the lives of their peers. By the end of the afternoon, participants have the opportunity to take a stand against oppression, make amends for hurts they have caused each other and state their commitment to creating change on their campus and in their community. The day is inspiring and awakening for both student and adult participants.

Challenge Day is designed to create awareness. Day after day young people in our schools are dealing with the consequences of negative judgments, teasing, segregation, loneliness, and even violence. The purpose of Challenge Day is to inspire students to seek new ways to contribute to the creation of a positive school environment and to serve as a reminder the importance of treating each other with compassion and respect.

Challenge Day Formula for Positive Change:

- ♥ *Notice*- Wake up to how people are treating one another
- ♥ *Choose*- what the school/community of your dreams looks like.
- ♥ *Act*- by doing whatever it takes to achieve and create the school/community of your dreams.

How can your student participate in Challenge Day?

- ♥ Students can voluntarily sign-up by downloading a permission slip from the CCA website (found under the "News & Announcements" section of the homepage. Sign ups will also be available at information tables led by the Be The Change Club during lunchtime for students to pick up a permission slip, ask questions, etc...

*For more information on the Challenge Day program, log on to www.ChallengeDay.org or visit Oprah's website http://www.oprah.com/tows/pastshows/200611/tows_past_20061109.jhtml