



"The number and genuine quality of positive interactions between young teenagers in school can be significantly increased by sponsoring a 'Get Real' program in your school. Get Real programs strike at the very heart of human interaction and provide real insights and motivation for teenagers to personally care about their peers. I would support schools regularly holding 'Get Real' days so that all students experience this once in junior high as well as once in high school."

Dr. Guy Tetrault
Director of Education/CEO
Sun West School Division
No. 207

Meet the Facilitators



Lisa Marlin:
BSc. Psychology with minor in Sociology. Has worked with William Roper Hull Home as a childcare counsellor. Has also worked with Street Teams and is currently employed at a women's shelter.



Donavon A. Powell:
BSc. Psychology. Practicum through Big Brothers and Big Sisters of Alberta. Currently works as a youth counsellor for Hull Child and Family Services. He has worked with youth for 8 years.



Melissa Seaborg:
In Spring 2011, Melissa will complete her Master of Counselling Psychology degree. She has worked with the Elizabeth Fry Society and is now with Chinook's Edge School Division as a Family School Wellness Worker.



Stuart Swanson:
Has worked with youth for over 10 years as a director of summer camps and various youth programs. His passion is to see youth grow up to be healthy, contributing members of society.

Reflections – Janet Marr, Board Member

Canadians have a unique culture.

Get Real - Keep it Real,

reflects our nature and innate way of doing things. Representative of who we are, all Get Real program dialogue has been scripted to relate to our softer more reflective character. **Get Real - Keep It Real** cares about its program participants and makes sure that follow-up is in place and that everyone is aware of the helpful resources that are available in their community.

It is important to address issues that occur in our society and to equip people to deal with them. This is something that was missing in my home and school education. I believe the best way to ensure society has these relational tools is to provide them to our youth.

For 11 years I worked in a high school and assisted with the Peer Support Program. It was the students that recognized problems in their school and felt they could be addressed through **Get Real - Keep It Real**. These students wanted and asked for the program. Research was done, then counsellors and principals reviewed and approved the students request.



After I participated a number of times I realized a few things:

1. Even though we think about events that happen in our lives, these issues are not issues of intellect but instead issues of the heart and sometimes the farthest distance in the world can be from our heart to our head.
2. I believe there are 4 "R's" to healing most relationships:
 - **Realization:** understanding that we have done something to hurt someone. After all how can we change if we don't know what we have done;
 - **Remorse:** truly feeling sorry for what we have done and wanting to correct our mistake;
 - **Reconciliation:** approaching the person(s) whom we have hurt in a caring way to express our sorrow and heartfelt desire to repair our relationship(s);
 - **Restoration:** going forward in a caring, loving manner that reflects the healed relationship(s).

Never in my life experience has this been taught in a clearer way than through the **Get Real - Keep It Real** program. I believe it provides positive life changing skills for all participants.

"I would like to thank Melissa, Donavon and Wendy for coming to our school to provide us with your "Get Real - Keep it Real" program. This program was the most emotionally engaging, the most interactive and the overall best presentation our school has ever brought in. Cross The Line was horrifying. Not only did I see the activities I was doing to harm others around me and the amount of daily stress kids go through but things about my past and present were brought up and it gave me courage and confidence. Thank you for changing my life and I truly felt you made a positive impact on my peers and adults."

Student, Biggar Saskatchewan

"A great day, it is such a positive relationship building experience for our Gr. 8's that helps set the social foundation for them for the school year. They learn they are in this together, no one is on their own."

Shawn Haggarty
Principal Richard S. Fowler
Catholic Junior High