

EMPOWER

SKILLS FOR SAFETY, SUCCESS, AND GLOBAL CITIZENSHIP

EMPOWER: Skills for Safety, Success, and Global Citizenship is QSI's comprehensive child development program that helps to prepare students to live successfully and safely in and out of the school environment. This program teaches students skills in three areas: Success Orientations, Social Emotional Learning, and Child Protection.

SUCCESS ORIENTATIONS

Success in life is more than academic grades, social status, or the size of one's bank account. The Success Orientations are universally agreed-upon traits that help students become well-rounded, positive individuals who make their families, communities, and the world a better place. The seven Success Orientations are Trustworthiness, Responsibility, Aesthetic Appreciation, Concern for Others, Kindness and Politeness, Independent Endeavor, and Group Interaction.



SOCIAL EMOTIONAL LEARNING

The benefits of social emotional learning (SEL) are vast and vital to the overall success of the student. By being self-aware, socially aware, able to manage personal feelings and emotions, navigate the nuances of relationships, and make positive decisions, students are better equipped to handle the pressures of life as they grow. Lessons in the SEL component of the Empower program were adapted from the 2020 CASEL SEL Framework in conjunction with the International School Counselor Association (ISCA) Scope and Sequence. Concept strands include self-awareness, social awareness, self-management, relationship skills, and responsible decision-making.



CHILD PROTECTION

The Child Protection component of the Empower program focuses on developing a comprehensive set of skills that students need to stay safe and supported in real-world and digital environments. The key concepts were derived from the UN Convention on the Rights of the Child (UNCRC), the International Centre for Missing & Exploited Children (ICMEC), and the QSI Child Protection Handbook. Concept strands include personal rights, trusted networks, body privacy, abuse, personal and social safety, and self-advocacy.



TIMELINE FOR EMPOWER

2021

Development begins on EMPOWER (April).

26 writers and counselors join to begin creating a framework for EMPOWER and writing lessons (April–December).

2022

Writers reconvene to build on the writing from previous year (January–December).

All teachers and paraprofessionals from 3 pilot schools trained in the EMPOWER program (November).

2023

EMPOWER program (1st Edition) begins in 4 pilot schools (January–June).

Writers reconvene to incorporate feedback from the pilot of the 1st edition (July).

2nd Edition books finalized for use by pilot schools (August).

Admin and teachers trained to teach the Empower program across QSI (November–December).

2024

2nd Edition of EMPOWER curriculum published and released to all QSI schools (January).

Counselors trained to teach the Empower program across QSI (February).

EMPOWER Program evaluated and modified as needed to meet the needs of the schools (Ongoing after 2024).

EMPOWER STATEMENTS

**I AM EMPOWERED TO BE A
SUCCESSFUL CITIZEN!**

**I AM EMPOWERED TO BE
EMOTIONALLY HEALTHY!**

**I AM EMPOWERED TO BE
SAFE AND SUPPORTED!**

ADDITIONAL FEATURES OF THE PROGRAM:

- * Parent letters to keep them informed
- * Age-appropriate set of lessons for every grade level
- * Over 400 unique lessons for 5-Year-Olds through Secondary 4 (Grades K to 12)
- * Comprehensive online and in-person training for every classroom teacher and paraprofessional
- * Diverse resources and children's literature that accompany lessons