



## WHAT IS THE Eclipse Program?

- A school-based prevention program that combines group work and basic learning of judo techniques and its nonviolent philosophy
- An innovative approach that combines resources from the school and the community
- A 10 to 12 week program consisting of 2 group and 2 judo sessions per week

### Philosophy of the Eclipse Program

- Youth experience the physical and mental challenges of the gentle art of judo
- Youth discover their leadership qualities, gain self-discipline and enhance their social skills
- Youth discover themselves and their values, gain awareness of their choices while participating in groups

### Program Objectives

To be pro-active in helping students cope with the challenges of their daily life by:

- Promoting self-awareness and alternative options in dealing with feelings of anger
- Enabling students to strengthen their communication skills
- Empowering youth to make better choices and enhance their problem solving skills

### Target Population

Youth who are 12 to 15 years of age who need to develop skills to help them handle conflicts and power imbalances with peers, teachers, family members and the community

*"The program is teaching me that there are other ways to express myself when I get angry. I walk away from a situation if I'm angry and give myself time to calm down and then I can deal with the issue" (Eclipse participant)*

*"This is definitely a positive and valuable resource for our students. In fact, we NEED this program" (School Principal)*

*"He used to answer back rough and now it's completely different, he knows how to answer back without yelling or talking back, he used to keep too much inside and now he is able to talk to us about it . . . a lot of things" (Comment from a parent)*

Some basic funding may be provided by Judo Canada but financial commitments from local organizations and community groups are required.

For more information, please contact Judo Canada at 1-613-738-1200



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School-Based Program  
for Youth at Risk



eclipse

