



## SEROPTIMIST INTERNATIONAL CLUB OF PETALING JAYA

### WORKSHOP FOR TEENAGERS "YOUTH AGAINST SOCIAL ILLS"

Venue: Sekolah Menengah Kebangsaan Seri Permata

Date : Saturday, 18th August 2007

#### ~ PROGRAMME ~

- 8.00am – 9.00am : Arrival and registration of participants/breakfast
- 9.00am – 9.05am : **Welcome Address** by  
Ms Kim Fong, SI Petaling Jaya President
- 9.05am – 9.30am : **Briefing & Motivation Speech**  
YBhg. Dato' Anusha Santhirasthipam  
Project Chairperson, Workshop for Teenagers: "Youth Against Social Ills"  
Theme: **Distilling the Success Secrets and 7 Habits of Highly Effective Teens**
- 9.30am-10.00am : Ice breaking session and Introduction of all participants
- 10.00am-11.00am : **Peer Pressure and Risky Behaviour: Avoiding the Traps of Substance Abuse and Dangerous Lifestyle**  
: **Family: Our Purpose and Role for Life**  
Speaker : Mr Sudesh Balasubramaniam  
Universal Peace Federation
- 11.00am-12.00pm : **Group Dynamics**  
Facilitators: Student Ambassadors For Peace
- 12.00am-12.30am : **Healthy Diet: How to Combat Obesity and Have Great Skin & Hair**  
Speaker : Ms Ooi Geok Ling  
KAJ Skin Management Centre
- 12.30pm-1.00pm : Workshop Groups Discussion 1 & Reporting
- 1.00pm-2.00pm : Lunch
- 2.00pm-2.45pm : **Are You Gender Sensitive?**  
Speaker : Ms Wong Su Zane, Social Worker  
Women's Aid Organisation (WAO)
- 2.45pm-3.30pm : **My body is Mine: How to avoid Sexual Abuse, Rape, Domestic Violence and Teenage Pregnancies**  
Speaker : Puan Nazlina bt. Ab. Ghani, Social Worker  
Women's Aid Organisation (WAO)
- 3.30pm-4.15pm : **How to Overcome Emotional Trauma and Mental Disorders**  
Speaker : Puan Fazlin Badri Aleyope  
Malaysian Mental Health Association
- 4.15pm-5.00pm : Tea-Break cum Workshop Groups Discussion 2 & Reporting
- 5.00pm-6.00pm : **Closing Ceremony & Certificate Presentation**  
by Y.B. Dato' Dr. Wong Sai Hou, ADUN Kampung Tunku  
together with Y.Bhg. Datin Jennifer