



ALICE COURSE
unveiling truth

Key Information

What is The Alice Course?

Alice is a 6 week course designed to help young women be secure in their identity, surer of their authenticity and journey towards a better understanding of self. *Alice* aims to uncover the truth behind the unhealthy messages that popular culture is feeding young women and to cover them with the truth surrounding their identity, thereby releasing potential and hope.

The course explores different aspects of what it means to be a woman, thinking about, puberty, body image, relationships, future hopes, interests as well as managing emotions, life experiences and equips each individual with skills to navigate their way through adolescence.

Who is Alice?

You and me. The ordinary, everyday girl trying to journey through the highs and lows of their teenage years.

The name is inspired by a young woman I had the honour of walking out my teen years with. She was authentic, noble and worthy. She lived up to her name, was a role model to me and continues to be for many teens today.

Who is the course for?

The course is for anyone, from any walk of life who desires to become the best version of themselves, and would appreciate some guidance and support along the way! The course is for ages 12-16, primarily aimed at years 7-9 and just for girls.

Who runs the course?

The course has been designed and put together by The Bridge Project and is run by Sophie Burditt, one of our secondary schools Lay Chaplains.

The Bridge is a registered Christian charity working in local schools at both primary and secondary level providing various levels of support across Salisbury. We aim to respond to the needs of young people in schools through specific pieces of work- social skills, lunchtime clubs, lessons, collective worships, mentoring, detached work or pastoral support targeted around young people with recognised difficulties.

The Bridge aim to be a Christian 'presence' in a school with a desire to encourage, support, listen and care for young people, in complete confidentiality. The course therefore has been built upon the Bridge Project's foundations in the Christian faith. This means the course will have Christian based content throughout.