

GIRLS INC. WORKSHOP MENU

All workshops are conducted by trained Girls Inc. staff at your school or center with groups of up to 25 participants. Workshops are one hour in length. Fee per group is \$30.

GRADE 1-3

A DIFFERENT KIND OF PRINCESS

Girls will to identify and discuss female roles in movies and fairy tales, and determine whether a given female character is strong, smart and bold. Girls will be exposed to female characters that break stereotypes and will be encouraged to live life on their own terms.

Approximate # of girls _____

YOU CAN'T COME TO MY BIRTHDAY PARTY!

Girls will define friendship, distinguish between being mad and being mean, and identify strategies to help manage their emotions and resolve arguments with their peers in a positive way.

Approximate # of girls _____

LIVING SAFE AND STRONG IN MY WORLD

This workshop will build skills and personal power for avoiding or dealing with hurtful or dangerous situations and assist girls in identifying resources and people that contribute to their safety. A limited number of physical techniques and self-defence options are taught and practiced. *This workshop is 3 hours and fee per session is \$75.*

Approximate # of girls _____

GRADE 4-6

NOT-SO-FAIRY TALES

Girls will be encouraged to identify and discuss stereotypes that exist in fairy tales and to articulate, question and discuss the messages they receive. Critical thinking skills will be developed that will help girls navigate and question the messages they receive from multiple media sources.

Approximate # of girls _____

THE PRICE OF POPULARITY

Girls will begin to understand how they hurt each other, why they do it, and practice new skills for navigating conflict in a safe environment. This workshop utilizes an interactive, peer-centered approach to begin to change the climate of competition between girls.

Approximate # of girls _____

LIVING SAFE AND STRONG IN MY WORLD

This workshop builds negotiation, assertiveness, and self-defence skills. Girls will participate in activities and discussions that cover topics that include teasing and bullying, harassment and abuse. Girls will learn basic physical self-defence skills. *This workshop is 3 hours and fee per session is \$75.*

Approximate # of girls _____

To register your school, please submit the following information by faxing the completed form to (613)342-8684 or call (613)345-3295 to speak to one of our program staff.

School: _____ Contact Name: _____

E-mail: _____ Phone Number: _____

