

GIRLS INC. WORKSHOP MENU

Grade 7-12

All workshops are conducted by trained Girls Inc. staff at your school or center with groups of up to 25 participants.

REDEFINING BEAUTY

From magazines to marketing campaigns to music videos, girls today are bombarded by mass media images of girls and women. The media that girls are consuming contain strong messages that a girls' worth is tied to her appearance. This prevention based workshop will encourage girls to identify and resist the ultrathin, unrealistic standard of female beauty prevalent in today's society. Girls will examine their own inner dialogues and will be encouraged to begin to change the way they talk about and view their bodies. Fee for this one hour workshop is \$30 per group.

WHAT A GIRL WANTS

With sensitive, unbiased, carefully created activities and role plays, this workshop provides participants with a safe space to discuss and identify characteristics of healthy and unhealthy relationships, recognize different types of relationship violence and the warning signs, and discuss harassment and abuse. Participants will also develop strategies for avoiding an unhealthy relationship, and develop skills to talk to and help friends in unhealthy relationships. Fee for this three hour workshop is \$75 per group.

LIVING SAFE AND STRONG IN MY WORLD

This workshop provides basic physical self-defence techniques, builds girls' sense of personal power and increases their negotiation and assertiveness skills so they are able to avoid, stand up to, or deflect the violence they experience. Living Safe facilitates open and honest discussions to increase girls' understanding about interpersonal violence, as well as encourage, support and reduce the fear and isolation of girls experiencing violence. Fee for this three hour workshop is \$75 per group.

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.

- Redefining Beauty
 What A Girl Wants
 Living Safe and Strong In My World

School: _____ Contact Name: _____

E-mail: _____ Phone Number: _____

