

You Can't Come To My Birthday Party!**Grades 1-3**

Girls are not born mean – relational aggression is a learned behaviour. During this workshop girls will be encouraged to 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.

The Price of Popularity**Grade 4-6**

Relationally aggressive behaviours tend to peak in pre-adolescents – a time when girls are beginning to explore their power, confidence and self-esteem. Cliques, clubs, gossip, exclusion, hurt feelings, rumours and “drama” can make school a challenging place to be for many girls. During this workshop, girls will begin to understand how and why they hurt each other, and will practice some 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 and hostility between girls.

Peer Pressure**Grade 4-6**

During this workshop girls will identify steps for refusing peer pressure and maintaining personal power. Girls will learn and practice strategies to resist negative pressure in a positive and inclusive way, all while keeping the friendships they want to keep and avoiding risky or undesirable situations.

Stress**Grade 4-6**

Being a kid doesn't always mean being carefree – friends, school work, parents, siblings and other pressures can sometimes seem overwhelming. During this interactive workshop girls will explore what stress is, and will gain new skills and insights to cope with the challenges life throws at them.

Anger and Inner Peace**Grade 7-9**

This workshop will strengthen boundary setting skills by allowing girls to identify and articulate how they want to be treated. Girls will have the opportunity to analyze how they respond to conflict, and identify the strengths and challenges of their personal conflict style.



Winter Workshops

January - March

A Different Kind of Princess

Grade 1-3

In this media literacy workshop, girls will be encouraged to think critically about stereotypes and view women in the media from a different viewpoint. Girls will be exposed to female characters that break stereotypes and live life on their own terms.

I'm In the Mood for Food!

Grade 1-3

The average girl will see 40, 000 ads per year on T.V. alone and the majority of these ads are for food – fast food, candy, soda and snacks. In this workshop, girls will understand that the purpose of advertising is to sell products to people and will recognize techniques that advertisers use to persuade their audience and discover the “secrets of selling”.

Redefining Beauty

Grade 4-6

The average young person views more than 3,000 ads per day on television, on the Internet, on billboards and in magazines. Most of these are damaging to a girl's self-esteem and send unhealthy messages about girls and women. Girls are getting these messages loud and clear – that they need to look and act a certain way in order to be happy, valuable and healthy. This workshop encourages girls to think critically about the media messages regarding beauty and health that bombard them on a daily basis.

Marketing Mayhem!

Grade 4-6

Industry spending on advertising to children and “tweens” has exploded in the past decade, increasing from a mere \$100 million in 1990 to more than \$2 billion in 2000. In this workshop, girls will understand that the purpose of advertising is to sell products to people and they will recognize techniques that advertisers use to persuade their audience and discover the “secrets of selling”.

Not So Fairy Tales

Grade 7-9

During this workshop girls will be encouraged to identify and discuss the stereotypes that exist in teen focused media and how they influence daily interactions and perceptions.

Do You Think I Am Fat?

Grade 7-9

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 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.



Spring Workshops

April - June

All spring programs are delivered in three 1 hour sessions. Fee for these is \$60 per group. Discounts apply to schools who book more than one workshop or group.

Be Bold

Grade 1-3

This workshop builds girls' skills and personal power for avoiding or dealing with hurtful or dangerous situations and assists them in identifying resources that contribute to their safety.

Growing Up Body Basics

Grade 4-6

This workshop covers the changes girls experience during puberty and how they can prepare for those changes and is meant to assure each girl that whenever her body starts to develop is the right time for her. This workshop was specifically designed to provide information about puberty and menstruation and is delivered in 3 one-hour sessions.

What A Girl Wants: Discovering and Deciding on Healthy Relationships

Grade 7-9

This workshop discusses healthy and unhealthy relationships and examines relationship violence and focuses on developing and maintaining safe and healthy relationships.