



(& GENDER DIVERSE YOUTH)

EMPOWERING YOUNG WOMEN GR. 4-6

Youth-led interactive assembly will help young women learn about Women's Empowerment. Youth speakers will share personal stories about their challenges being accepted for who they are and share a message of empowerment and hope. Young women will better understand what they can do to empower themselves.

ASSEMBLY FORMAT:

- INTRODUCTION / WARM UP
- WHAT IS SELF-ESTEEM?
- SPEAKER ONE
- INTERACTIVE ON EMPOWERMENT
- SPEAKER TWO
- WHAT IS SELF LOVE?
- BEAUTY BEYOND LOOKS
- Q&A / RESOURCES



We found the presentation very meaningful and age-appropriate...Some quotes from the girls after the workshops: "Feeling amazing", "To be honest I feel great", "Amazing", "Happy", "Good" and "Feeling loved". Some of the key takeaways was boosting their confidence and mood. They were able to learn ways to love themselves and know how they are beautiful on the inside. Thank you for working with us to help these young girls...

Katy Forrester, Self-Esteem Coordinator, P.H.O.E.B.E. Centre, Suffolk United Kingdom

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

*Includes Printable Resources Material

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

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