



(& GENDER DIVERSE YOUTH)

# EMPOWERING YOUNG WOMEN

GR. 7-12

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:

- INSPIRATIONAL VIDEO
- WHAT IS SELF-ESTEEM?
- SPEAKER ONE
- INTERACTIVES (BODY POSITIVITY)
- BEAUTY BEYOND LOOKS
- SPEAKER TWO
- SELF-LOVE
- Q&A/RESOURCES



We believe the stories provided were very relatable for the young girls which made them very effective. Some quotes from the girls after the workshops: 'Feeling amazing', 'To be honest I feel great', 'Amazing', 'Happy', 'Good' and 'Feeling loved'...Thank you for working with us to help these young girls, they really benefited and loved the workshop.

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

\*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY  
**SPEAK. INSPIRE. CHANGE.**

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

[www.youthspeak.ca](http://www.youthspeak.ca)

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