

NEW FREE PROGRAM

This workshop intends to:

- ✓ **Empower Youth**
to identify image manipulation/altering and appearance ideal pressures in media, including social media
- ✓ **Develop Awareness**
of harmful gender norms and beauty ideals, often rooted in colonialism and racism
- ✓ **Provide Knowledge and Resources**
to combat these forces by positively supporting the development of strong self-esteem and body confidence

*For ages 10-14, all genders.



CONFIDENT IN ME

The aim of the workshop is to provide young people in Canada, especially girls and gender diverse youth ages 10-14, with the skills, knowledge, and resiliency they need to develop strong body confidence and self-esteem.

We are excited to be offering this **SELF-ESTEEM & BODY CONFIDENCE** workshop and would like to offer your school a 1-hour workshop **FOR FREE!**

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

www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak Charity