

EMPOWERING YOUNG WOMEN

GR. 4-6

(& GENDER DIVERSE YOUTH)



This youth-led interactive presentation helps students understand inclusivity. Youth speakers will share personal stories about their challenges with being accepted for who they are and share a message of empowerment and hope. Students will better understand what they can do to step up in their community and actively create a more inclusive environment with their peers.

ASSEMBLY FORMAT:

- INTERACTIVE INTRO / WARM UP
- WHAT IS SELF ESTEEM?
- SPEAKER ONE: PERSONAL STORY
- WE ARE GIRLS VIDEO
- SPEAKER TWO: PERSONAL STORY
- WHAT IS SELF LOVE?
- SOCIAL MEDIA: REAL OR FAKE?
- BEAUTY BEYOND LOOKS
- ROLE MODELS WHO INSPIRE
- I CAN BE BOTH AFFIRMATIONS
- CALL TO ACTION
- Q&A / RESOURCES

*Includes Printable Resources Material



We found the presentation very meaningful and age-appropriate...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

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