

# EMPOWERING YOUNG WOMEN

GR. 7-12  
( & GENDER DIVERSE YOUTH)



This 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:

- INTERACTIVE INTRO / WARM UP
- WHAT IS SELF-ESTEEM?
- SPEAKER ONE: PERSONAL STORY
- SOCIAL MEDIA: REAL OR FAKE?
- SPEAKER TWO: PERSONAL STORY
- WAYS TO SHOW SELF-LOVE
- INTERSECTIONALITY
- ROLE MODELS WHO INSPIRE
- "I CAN BE BOTH" AFFIRMATIONS
- CALL TO ACTION
- Q&A/RESOURCES



*I have had the privilege of working with YouthSpeak for many years and in many capacities. Most recently, I am a member of the Canadian Federation of University Women and I am the chair of a new initiative - GEN NEXT. With this role, we hope to engage younger women, 18+, who are looking to learn, lead and achieve. YouthSpeak's presentation on "Mental Health and Empowering Young Women" proved to be completely aligned with the GEN NEXT vision. Young women speaking to other young women is nothing short of relatable, relevant, engaging and empowering!*

Grace Cantarutti

\*Includes Printable Resources Material

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

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



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