

Empowering Young Women

Girl's Self-Esteem and Gender Diverse Youth



Program Outline

This **youth-led interactive session** will help girls and gender diverse youth learn about women's empowerment and how it ultimately uplifts all genders. Youth speakers will share personal stories about their challenges in being accepted for who they are and share a message of empowerment and hope.

Students will better understand what they can do to support women's empowerment in their own lives and within their communities.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Building Healthy Self-Esteem

Helps students understand what healthy self-esteem is and how to nurture it. Students will also learn about different **ways they can practice self-love.**



Strengthen Critical Thinking

Highlights the importance of **critical thinking skills in regards to beauty standards** and misinformation in media.



Gender Stereotypes

Shows students different ways in which gender stereotypes can have a harmful impact and encourages them to **reflect on their own bias** from what they see and hear.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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