

Empowering Young Women

Girl's Self-Esteem

content is gender diverse-friendly



Program Outline

This **youth-led interactive session** will help students learn about women's empowerment. Youth speakers will share personal stories about their challenges with navigating social pressures directed at girls and women and share a message of empowerment and hope.

Girls will learn a broader understanding of leadership and be encouraged to find ways in which they are leaders in their own lives. Anyone interested in learning about women's empowerment is welcome to attend.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Encourage Leadership

Helps students broaden their understanding of leadership and **ways in which they can be leaders in their everyday lives.**



Strengthen Critical Thinking Skills

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



Nourish Self-Empowerment

Provides examples of women (gender inclusive) who break gender-based stereotypes so students can **reflect on their own bias.**

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

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