

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.

Students will better understand how to think critically about harmful messages they see and hear around them and will be inspired to.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



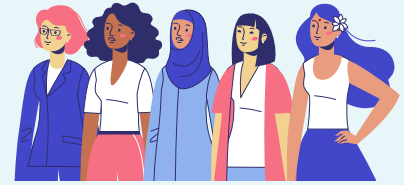
Cultivate Self-Empowerment

Provides students a **safe space to express their experiences** navigating the pressures and expectations of girls and women.



Strengthen Critical Thinking

Highlights the importance of **critical thinking skills in regards to messaging targeted at girls and women** and misinformation in media.



Counters Gender-Bias

Provides examples of women (gender inclusive) who break gender-based stereotypes and an **affirmation activity to reflect on their own bias** from what they see and hear.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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