

Empowering Young Women

Girl's Self-Esteem

content is
gender-inclusive



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.

- **Group Discussion: What do we learn from the media?**
- **Social Media Images and the Pressure to Conform**
- **Challenging Beauty Standards: A Coping Tool**
- **"Why Not?" Affirmations**

Girls will better understand how to think critically about messages from media and will be inspired to make conscious decisions in the face of social expectations.

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 targetted at girls and women** and misinformation in media.



Counter 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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