

THE POWER OF BEING aGIRL

a signature leadership conference for girls

As part of YWCA Canada's commitment to violence prevention initiatives for girls, young women and female identified youth, Power of Being a Girl™ is a signature leadership conference for girls in grade 8, hosted during YWCA's Week Without Violence™.

october 21st, 2016



For most young women, the teenage years represent a difficult and challenging phase. The Power of Being a Girl will help participants to recognize their common challenges, develop personal awareness and work towards individual and group oriented solutions. Discussion and dialogue on matters which affect girls and young women in our community such as mental health and healthy coping, girl-bullying and friendships, and physical health and reproductive awareness will be addressed in a forum of safety and inclusion.



This year's Power of Being a Girl conference is being offered to grade 8 girls and is designed to promote healthy self-confidence and develop skills for coping & resiliency in young women.

...but why girls?

25%

...of girls in Ontario high schools said they've been pressured into doing something sexually that they didn't want to

50%

... of YWCA Cambridge's Girls' Programming participants live with identified mental health struggles

90%

...of girls say the fashion industry and media put too much pressure on them to be thin



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Conference Details



Date: Friday October 21, 2016

Time: 9:00 am to 2:30 pm

Location: Cambridge Centre for the Arts (60 Dickson St.)

Cost: \$10/person (includes lunch)

9:00 Arrival & Registration

9:20 Opening Remarks

9:30 Workshops

Girls can choose from a variety of workshops, each of which will provide them with a hands-on opportunity to practice different forms of self-care!

...JUST FOR EDUCATORS

While your girls learn hands-on skills, now you will too! Educators will be introduced to tools and activities that can be incorporated into the classroom to help create a more aware, equitable and safe space for everyone!

10:45 Workshops

Girls can choose from a variety of workshops, each of which will provide them with knowledge & skills on topics that uniquely affect the well-being of girls!

12:00 Lunch

12:45 Film Screening

We are thrilled to be able to screen the award winning documentary "UnSlut: A Documentary Film" (see below for a detailed description of film)

1:30 Discussion

2:00 Group Art Project

OUR GOALS

to help girls...

- build skills and acquire knowledge
- build positive self esteem
- empower, increase independence and self awareness
- change behaviour and acquire healthy and productive attitudes
- develop goals and strategies for personal growth
- make healthy choices in their everyday lives
- create healthy relationships
- become strong, confident women



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Workshop Descriptions

Please review the following workshop options with your girls and allow them to each rank their top three choices in order of their preference (most preferred-least preferred). Please note: girls from the same school do not have to attend the same workshops!

9:30-10:30 Practices of Self Care

WORKSHOP A: BODY ART

Learn how to turn your body, mind and spirit from a war zone into a masterpiece with body paint! In this workshop you will learn how to turn self harm into self care and fall in love with your body, mind and spirit! Hosted by self-love master and "Groove" facilitator, Reba Campbell.

WORKSHOP B: DANCE

Learn a hip hop dance combination and a talk about "living real," how to stay true to who you are and how to move forward in a positive direction. Hosted by Autumn Fernandes, Owner and Artistic Director of ONE Movement Dance Company and ONE Movement Dance Centre, and motivational speaker.

WORKSHOP C: YOGA

So you've heard of this yoga thing, and you've seen cool pictures of poses: but did you know it was a tool you can use to benefit your physical, emotional and mental health? In this workshop, you'll explore the benefits of self-care in action...literally! We'll learn to breathe and move with ease, and how to make wise choices: all stuff that you can use after you leave your mat! Hosted by Megan Lambe, Moksha yoga teacher and master of mindfulness & gratitude.

WORKSHOP D: SPOKEN WORD

I know where I've been and where I come from. Now where am I going? How awesome can I be? In this workshop, we will dream up the most amazing stories that take us to the highest levels of awesome. We will play with spoken word, beat-boxing, and melody to create 15-second verses. We will jam out our verses to a rhythm and create one piece together! Hosted by folk artist, singer and story-teller, Janice Lee.

WORKSHOP E: DOODLING

The word mandala comes from the Sanskrit language and means "sacred circle." In this workshop you will create your own sacred circle (mandala). We will explore themes and how to create patterns using Zen Doodles to fill in our mandalas, and then colour them in using a variety of materials. Hosted by ARTSHINE Inc.

WORKSHOP F: ARM KNITTING

Knitting circles have long been a feminist tradition of creating spaces for creativity, connection and care amongst women. But this workshop won't require your grandma's knitting needles! We will be creating our own infinity scarves, using only our arms and hands! Hosted by artist and community "knit-bomb" activist, Sue Sturdy.



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10:45 - 12:00 Strong Girls = Strong World

WORKSHOP A: WELLNESS, ACCEPTANCE, YOUTH VOICES & EMPOWERMENT

This workshop will explore the themes of Wellness, Acceptance, Youth Voices, and Empowerment and how each of these areas is important in our lives. The presentation will include information as well as personal stories that the youth facilitators will share about their own personal struggles with mental health and well-being. The youth will work with you to develop your own "Stick with It!" kits to help you come up with ways that you can cope positively when life gets hard. Hosted by WAYVE.

WORKSHOP B: VULVAS, VIEWS AND FINDING YOUR VOICE!

Learn about your body, social media, and getting the respect you deserve! From a young age, girls are taught that their value lies in their bodies - and this is so limiting! Join Stacey and Maggie for an interactive workshop about appreciating the strength of your body, knowing your value is more than your online likes, and being your boldest self. Cool resources and SWAG will be provided. Hosted by SHORE Centre.

WORKSHOP C: MEAN GIRLS: FRIENDS, FUEDS AND FOMO

Girl friendships should be things that we can rely on - spaces and people to support us, lift us up, and make us feel awesome! But navigating girl friendships in a world of social media, competition, fear of missing out (FOMO) and bullying can be scary, harmful and isolating. Join us for a workshop that will unpack some of the reasons behind "mean girl" attitudes and behaviours, and learn strategies to find empathy and make the most of your friendships with other girls! Let's learn to celebrate and honour the things we have in common, and begin to lift each other up! Hosted by YWCA Cambridge's Girls' Programs.

"UnSlut: A Documentary Film"

In 2013, seventeen-year-old Rehtaeh Parsons took her own life. The Halifax teenager had been gang-raped a year and a half earlier by her classmates and labeled a "slut" as a result. Despite transferring schools many times, she could not escape constant cyber harassment and in-person bullying. Rehtaeh's is not the only story like this to make headlines in recent years. Why is the sexual shaming of girls and women, especially sexual assault victims, still so prevalent in the United States and Canada? "UnSlut: A Documentary Film" features conversations with those who have experienced sexual shaming, including the family and friends of Rehtaeh Parsons. We also spoke with Samantha Gailey Geimer, who was publicly shamed by the media after being sexually assaulted by director Roman Polanski at the age of thirteen in 1977; Gina Tron, who wrote about her experience being shamed out of pursuing charges against a serial rapist in Brooklyn, New York; N'Jaila Rhee, who coped with her sexual assault and the subsequent loss of support from her family and church by reclaiming her sexuality as a "cam girl"; and Allyson Pereira, who was ostracized in her New Jersey town after texting a photo of her breasts to an ex-boyfriend. Through interviews with sexuality experts, advocates, and media figures, "UnSlut: A Documentary Film" explores the causes and manifestations of sexual shaming in North America and offers immediate and long-term goals for personal, local, and institutional solutions.

Need to Know

IS EVERYONE REQUIRED TO PAY THE REGISTRATION FEE, INCLUDING TEACHERS/CHAPERONES?

Yes. The cost applies to anyone attending the conference. This allows us to provide the best quality workshops, materials and overall conference day for all attendees. Even if you choose not to eat the provided lunch, you will still be required to pay the full fee.

WHEN ARE REGISTRATIONS DUE?

The final day for registration will be Friday October 7th. However, space is limited, so we recommend registering as soon as possible to secure your spot as the conference may fill up prior to then.

HOW DOES PAYMENT WORK?

We accept cash, cheque or credit card payments. Payment is due within two weeks of registration to secure your spot. Payment not received by that point will result in releasing your spots to those on the wait list. No payments will be accepted on the day of the conference.

DO GIRLS CHOOSE WHICH WORKSHOPS THEY'D LIKE TO ATTEND?

Yes! Girls will have the opportunity to select which workshops they attend. These selections must be made on their registration forms. Girls are asked to rank their top 3 workshop choices. Please note that while we will do our best to accommodate all choices, workshop attendance is capped, and priority will be given in the same sequence registration comes in: First-come, first-served, so get your registrations in early!

CAN YOU ACCOMMODATE SPECIAL DIETARY CONCERNS?

Concerns/requests should be made on the lunch selection list, submitted with your registration. No accommodations or changes are able to be made on the day of the conference.

HOW DO WE GET TO THE CONFERENCE? ARE YOU PROVIDING TRANSPORTATION?

The conference is being held at the Cambridge Centre for the Arts, which is only two blocks away from the Ainslie Street Bus Terminal. We are unable to provide transportation to the conference, but encourage people to consider taking public transit if cars or school buses are not an option.

WHAT SHOULD WE WEAR?

Workshops are being held in a variety of buildings within the same block of downtown Galt. This means there may be a very short walk outside to some of the workshops. Please be sure to dress appropriate for the weather.



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...More Need to Know



Given the overwhelming response from the community in past years to the Power of Being a Girl Conference, the registration process will be as follows:

1. Please distribute and collect applicable registration information from girls interested in attending the conference.
2. Make sure the registration form is filled out completely for all girls including: Student's Name, Lunch Selection (if left blank, vegetarian will automatically be selected), Bread Selection and both Workshop Selections (please be sure each girl ranks her top three workshop choices).
3. When completing registration, please be sure to include ALL ADULTS (parents, teachers, youth leaders) who will be attending to supervise. We recommend that for every 8 girls at least one adult be present to help supervise. Adult fee is the same as student fee. Please be sure to identify lunch selections for adults in the allotted space on the registration form.
4. Completed registrations are to be forwarded to Kim Decker, YWCA Cambridge, by Friday, October 7, 2016. However, space is limited and may fill up prior to the deadline.
5. All forms and money must be received within two weeks of registering your group, otherwise your spots will be made available to those on the wait list.

Contact Information

All registration documents and any questions regarding the conference should be directed to:



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