

SESSION	WORKSHOP & TIMES	DESCRIPTION	STAFF
1	<b>Introduction &amp; Workshop 1 (75 mins)</b>  8:50 am - 10:05 am	<b>Intro:</b> Our presenter will welcome the students, share stories and set the scene to ensure they are 'in the zone' for a fun day of active learning. <b>Gender Bender/Media Wise:</b> Using a variety of genres from pop-culture as exploration tools, we discover how limiting gender stereotypes can be, and how sexism plays out in the media, politics, and at times in the students' own lives. We look at the media's influence in people's lives, including how it often presents narrow, unobtainable, beauty ideals for girls and women. We uncover the tricks of the trade and empower students to see and embrace their own beauty and style - inside and out, giving them the tools to become more critical and discerning consumers of media messaging	<b>FEL GER OMA SAU YUL</b>
<b>BREAK 1: 10:05 am -10:20 am</b>			
2	<b>Workshop 2</b>  10.20 am 11.35 am	<b>Respectful Relationships - Assert Yourself:</b> One of the first words we learn to say is 'NO'. Yet as we grow up, we sometimes find it difficult to assert ourselves. Using a variety of scenarios, we teach girls how to get themselves out of some tricky situations. With lots of hints and tips and some simple and effective self-defence techniques, your girls will be armed with the tools to set their boundaries, and develop effective personal safety strategies, online and off.  <b>Talking the Talk:</b> Vincent Van Gogh said "If you hear a voice within you saying 'you are not a painter', then by all means paint, and that voice will be silenced." Using art therapy to create a special take-home keepsake (materials provided by SEED Workshops) alongside group conversation, the girls will discover the power of positive identity and self-talk as they reflect on what's important to them.	<b>FEL HSM GER AVG VO YUL</b>
<b>BREAK 2: 11:35 am -11:50 am.</b>			
3	<b>Workshop 3</b>  11:50 am - 1.05 pm	<b>Stress Less:</b> With unprecedented levels of anxiety and stress amongst young people today, never before has it been so important to help them recognise, understand, and manage stress. We promote positive mental health by providing a range of proven stress busting techniques for students to use in their daily lives to increase well-being and facilitate better learning outcomes.	<b>FEL CAI HSM ZHO YUL</b>
<b>LUNCH: 1:05 pm -1:55 pm</b>			
4	<b>Workshop 4</b>  1:55 pm – 3:10 pm	<b>The Best of Friends:</b> Ask teen girls who they feel their most important relationships are with, and for many it will be their friends. In this workshop we help them develop the skills to create and maintain respectful relationships with their friends and peers. Your girls will learn how to find and be a good friend, how to recognise and manage toxic relationships, how to build resilience, and how to respectfully resolve conflict. Incorporating affirmative expression, this workshop is guaranteed to strike a chord with every girl! Upon conclusion of our event, your girls will be presented with a special takehome gift as a memento of our day together. They will be asked to complete our feedback form, and the results and comments will be collated and provided to your school soon after the event	<b>FEL MON SCE VO YUL</b>