



### Bring iGirl to your School!

iGirl is a straight-to-the-point, lighthearted, empowerment workshop that prepares 9–12 year old girls to make smart decisions in even the toughest situations. In a style that's relevant to pre-teens, renowned sexual health educator Saleema Noon and her team take the role of big sister, giving your daughter the power to successfully navigate the changes galloping into her young life.

**Who:** Girls in grades 4-7.

**When:** Workshops available during school hours, on Pro-D days and afterschool (evenings upon request, subject to availability).

**How Many:** Minimum 15 participants, maximum 30 participants.

**What we need:** Multipurpose Room, Library or Classroom and chairs for participants.

For more information or to book a workshop, contact Ashley McIntosh, iGirl School Program Manager, by phone at 778-836-1994 or by email at [ashley@saleemanoon.com](mailto:ashley@saleemanoon.com).

*Smart decisions start here.*

t 604.418.9417  
e [saleema@saleemanoon.com](mailto:saleema@saleemanoon.com)  
w [www.saleemanoon.com](http://www.saleemanoon.com)

## outline

### Two Hour Workshop (\$300 plus hst)

#### i am my own BFF

Celebrate your strengths and feel great about your unique self.

#### i think my body's a beauty

Magazine bodies are make-believe. We'll help you see how all of us are gorgeous in our own way.

#### i expect respect

Stand up to bullying and peer pressure in a way that works using — you guessed it — “i” statements.

### Five Hour Workshop (\$500 plus hst)

All topics listed above, plus:

#### i get the 'net

Facebook, sexting, and safety online ... we've got you covered.

#### i have healthy relationships

Friends, family, and [sigh] dating someday — let's make sure you know what you want and deserve.

