



Bring iGirl to your School!

iGirl is a straight-to-the-point, lighthearted, empowerment workshop that prepares students in grades 4-7 who identify as 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 modern life.

Who: Students in grades 4-7 who identify as girls*.

When: Workshops available during school hours and on Pro-D days.

How Many: Minimum 15 participants, maximum 30 participants.

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

iGirl Part 1 and 2 may be combined to form a 5 hour workshop

Travel fee may apply.

For more information or to book a workshop, contact Cath Blythe, Bookings Manager, by phone at (778) 855-3009 or by email at cath@saleemanoon.com.

**Non-binary and gender creative students are also welcome. Please consult with facilitator prior to workshop.*

Smart decisions start here.

t 604.418.9417
e saleema@saleemanoon.com
w www.saleemanoon.com



outline

Two Hour Workshop Part 1 (\$350 plus gst)

i am my own BFF

Celebrate your strengths and feel great about your unique self.

i think my body's a beauty

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

i expect respect

Deal with friendship challenges, bullying and peer pressure in a way that works using — you guessed it — “i” statements.

Two Hour Workshop Part 2 (\$350 plus gst)

i get the 'net

Instagram, selfies 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.

Two 2-Hour Workshops in a day (\$550 plus gst)

