



iGirl is a lighthearted, two or three-day workshop that prepares 9-12 year old students who identify as girls\* for the multimedia pressure-cooker they'll soon encounter. Saleema Noon and her iGirl team tackle topics including puberty, safety on the internet, healthy body image, and how to be assertive in even the toughest situations.

## outline

### 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 know the facts of life

Learn the real deal about puberty and brush up on your body science.

### 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.

### i am the best i can be

Get the low-down on what you need to do to reach your personal best, both now and when you're 90.

### i expect respect

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

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

## schedule

January 20 and 21: North Vancouver, Capilano Library \*

March 3 and 4: Vancouver, Jewish Community Centre

April 28 and 29: Port Coquitlam, Hyde Creek Recreation Centre

June 2 and 3: Burnaby, Cliff Avenue Clubhouse

## cost

Two-Day Session: \$179

- \$20 off if you register a month or more before, or
- \$25 off if you register with a friend

Three-Day Session: \$209

- \$20 off if you register a month or more before, or
- \$25 off if you register with a friend

**Price includes GST, one discount per participant. Limited sponsorship available.**

**Programs run 10am-3pm unless specified. Participants must bring a packed lunch.**

\* **Due to library hours, this workshop runs from 11:30am-4:45pm on January 20 and 12pm-4:45pm on January 21**

Smart decisions start here.

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