



Sarah Maitland, F.B.A.

For the past ten years, Sarah Maitland has worked to empower kids and youth. In 2011, she co-created a literary centre for inner-city kids called the Writers' Exchange, running fun writing programs in schools across East Vancouver. It was through these programs that she first connected with kids and parents who were seeking help with sexual health. Inspired to support these families, Sarah completed the Sexual Health Educator Certification program run by Options for Sexual Health, and she now facilitates workshops on sexual health, assertiveness, and violence-prevention for kids, teens, and the adults who support them.

Sarah is also the Program Manager for Saleema Noon Empowerment Foundation, a non-profit organization that exists so that every child in British Columbia can have access to empowerment education, regardless of their financial and life circumstances. When Sarah's not in the classroom, she likes to write and rearrange her houseplants. Her vast array of dad jokes and meme knowledge make her a hit with every audience.

Smart decisions start here.

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