



BE THE CHANGE LEAD THE WAY

ACTION. SOLUTIONS. CHANGE. YOUTH AGAINST BULLYING.

The Change Lead The Way – Girls Only Program (Middle/High School)

Being a teen girl has its ups and downs – especially in middle and high school when girls are trying to find their voices, discover their power and search for confidence and self-esteem. Often times, their relationships prove to be the playing ground for such self-discovery, commonly leading to relational aggression or “mean girl” behavior. Thankfully, it’s no longer thought of as just a normal part of growing up, and is recognized instead for the major impact it has on self-esteem, confidence and school performance.

Our breakthrough program will empower your girls with effective tools and strategies to create change in their schools and communities by discovering their leadership potential, taking 100% responsibility for their thoughts, actions and words, standing up and speaking out, being aware of the impact their words have on others, and by taking part in school based projects and initiatives to lead the way towards a more positive school environment.

Program Description

Programs are tailor made to meet your schools needs.

Part 1: Understanding

- The basics of relational aggression: where it comes from and why we do it - and why we must stop it
- The main players - The Bully, the Bullied (or "target") and the Bystander
- Words as weapons-their effect on others, understanding their impact
- Reclaiming your power, controlling your reaction and choosing what you think and say
- How to be a bad target

Part 2: Action

- Learning verbal self defense
- From standing by to standing up: What you can do to create change
- Taking 100% responsibility for what you think, do & say
- Using your words, thoughts & actions to lift people up, not bring them down
- Building a long term, student run campus wide program to foster caring, compassion and leadership to put an end to bullying
- Tips, strategies and tools to stop Cyber Bullying

What Girls Are Saying:

“Thank You! Your Speech was amazing it inspired me a bunch and gave me hope for the future. I loved the way you talked to us and described everything so clearly. I think its amazing what you do.” –Meygan, Grade 9, Mountain Secondary

“Out of all the speakers I’ve seen, I enjoyed you the most because I felt more at ease with you taking about stuff. I felt like I could relate to the situations you talked about and it was very informative and inspiring. I feel like I will pay more attention to what I say to others and take responsibility for the energy I put out into the world. ThanX!” – Sara, Grade 9

www.empoweredgal.com

Bullying and mean girls don't have to be a "normal" part of the high school experience. Bring the "Be The Change" program to your school and begin creating change now. Our program includes:

- 90 min or ½ day workshop for students (with workbooks)
- Evening presentation for parents/educators (with handouts)
- Classroom activity guide for teachers
- Empowered Gal Ambassador peer to peer mentoring program handbook + leadership training
- Year long follow up materials and resources
- Access to our newsletter
- Free copies of *The Empowered Gal's 9 Life Lessons*

Outcomes:

- Reduce/eliminate relational aggression, bullying and violence
- Create a strong, unified, compassionate student body
- Increase confidence, self esteem and leadership
- Improve attendance and school achievement
- Build a student run, peer to peer mentoring program

Parent & Educator Evening Session

- The basics of bullying: understanding the different kinds of bullying (relational, physical, verbal)
- How to spot the bully and the bullied: the signs
- What YOU as adults can do to foster the caring, compassion and leadership skills necessary to end bullying
- How to positively affect your teen's behavior and lead by example
- Helping Teens break the cycle of violence
- How to get the most from working with the school on behalf of your child, and communicating with your teen
- A crash course in Cyber Bullying
- Tips, strategies and tools to stop bullying and transform the negative roles into positive ones

To bring the program to your school or to learn more, please call

1 604 418 5803 or e mail us at kate@empoweredgal.com

SPECIAL LIMITED TIME OFFER:

Book the program for April/May '09 and **SAVE!**
Book the program for Fall '09 BEFORE JUNE 31 and **SAVE!**
ASK US HOW!!

Kate Whitfield is a speaker, author of *The Empowered Gal's 9 Life Lessons*, and founder of Empowered Gal Inc. She has traveled all over North America speaking to girls at schools, organizations and youth events about body image, self esteem, confidence, leadership, mean girls, sisterhood and anti bullying techniques and strategies. Kate offers a range of workshops and keynotes for girls that are innovative, high energy, interactive and motivational. She is an expert on all things gal, and is a frequent guest on TV an radio shows, including regular monthly appearances on Breakfast Television.

