



YWCA
EDMONTON

**WEEK
WITHOUT
VIOLENCE**

**THE POWER
OF BEING aGiRL**

WHAT IS THE POWER OF BEING A GIRL CONFERENCE?

For most young women, the teenage years represent a difficult and challenging phase.

THE POWER OF BEING A GIRL conference is a national YWCA initiative developed to engage at-risk girls in self discovery and awareness. The program is intended to help participants recognize their common challenges, develop personal awareness and work towards individual and group-oriented solutions.

This program is an excellent example of an innovative, cutting-edge preventative program for at-risk youth in our city. This conference is an extension of the YWCA **GIRLSPACE** program currently being delivered in several Edmonton Public and Edmonton Catholic schools, a program focusing on body image, relationships, dating, peer pressure, family violence, and bullying .

WHO IS AN 'AT RISK' GIRL?

At risk girls are preteens and teens. Research studies indicate the importance of addressing fundamental issues of self-esteem, confidence, autonomy and resilience with girls aged 10-17. When asked to complete a self assessment, young girls consistently ranked themselves lower than young men.

WHY IS THIS CONFERENCE SO IMPORTANT?

Unfortunately, while violence against women persists at very high levels across Canada, public levels of shock and disapproval are decreasing. This is thanks in part to our popular culture, which in some cases actually glamorizes violence against women*. **THE POWER OF BEING A GIRL** conference will provide tools to help girls recognize and prevent violence in their lives.

WHO IS INMOTION NETWORK?

InMotion Network is the provincial association for the promotion of girls and women in sport and physical activity. The Network was established as a non-profit society in 1995. InMotion Network is one of only three provincial organizations in Canada dedicated to increasing opportunities for girls and women in the sport and recreation delivery system.

*YWCA Canada 'Week Without Violence' release

Presented by:

