



GirlSpace®

Program Curriculum

PHASE 1	
Topic	Objective
Intro/About Me	Create a comfortable environment for the girls to share, begin to develop relationships with each other, and establish group rules. During this session, and throughout the rest of the program, the girls will be given the opportunity to discuss pressing issues or concerns about their day-to-day lives.
Healthy Relationships	Introduce techniques the girls can use to foster healthy relationships with family and non-family members, including female, opposite-sex peers, and cross-cultural peer relationships.
Bullying & Harassment	Address the topic of bullying and harassment, and provide the girls with techniques to counter bullying behaviours.
Influence of the Media	Teach the girls to critically evaluate media, and begin to investigate media literacy.
Self-Esteem	Discuss the importance of self-esteem and strategies for improving it.
Body Image	Introduce the influence of appearance ideals and weight/body-related conversations on girls' health, and provide tips to foster a healthy body image.
Digital & Online Safety	Learn about Internet safety, and teach the girls how they can be safe online.
Mental Health	Teach the girls the importance of fostering mental and physical health.
Physical Health & Nutrition	Introduce the importance of eating healthy and staying physically active.
Ethnic & Multicultural Awareness	Foster awareness of cultural traditions, beliefs, and current concerns impacting women from around the world. The girls will also explore their own multicultural and ethnic identities.

For more information on GirlSpace®, visit our website at www.ywcaofedmonton.org/girlspace.

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PHASE 2	
Topic	Objective
Healthy Decision-Making	Increase the girls' knowledge of healthy behaviours and critical thinking skills to make healthy choices.
Violence Against Women – Sexual Assault & Consent	Address issues of personal safety, and identify strategies to deal with violence.
Substance Use & Addictions	Provide tools to talk about the issue of substance abuse and the ways in which drugs and alcohol can interfere with a person's physical and social development.
Sexual Health	Increase the girls' understanding of the effects of puberty on physical development, and provide an opportunity to discuss issues about this topic.
Sexuality & Gender Identity	Provide information about Canada's LGBTQ community; address issues regarding sexual preferences and behaviour, as well as the development of gender identity.

PHASE 3 <i>(For older participants only; programming is not guaranteed.)</i>	
Topic	Objective
Career Development & Professional Skills	Provide concrete skills to assist young women entering the workforce.
Financial Matters	Highlight the importance of financial management and separating needs from wants.
Leadership Skills & Community Engagement	Increase the girls' understanding of what it means to be a leader and how they can get involved in the community.
Civic Engagement & Advocacy	Learn how to advocate for important issues that impact women's rights, as well as how to drive change within the community to address these concerns.



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PHASE 4	
Topic	Objective
Program Wrap-Up	Provide an opportunity for the girls to have fun with each other and their mentors, while celebrating the program's successes and the individual growth they each experienced.
Weekend Retreat at YWCA Edmonton's Camp Yowochas	The retreat will be a bonding experience for the girls and their mentors. It's comprised of many outdoor activities, including high ropes, zip lining, and cross-country skiing. The camp is staffed with trained and qualified camp counsellors, who provide a memorable experience for all participants. <i>(Details to be determined based on the number of interested participants.)</i>

For parents/guardians of GirlSpace participants – If you have questions or concerns about any of the topics covered during the duration of the program, please contact:

Wendy Salvisberg, M.Sc., Ph.D Candidate

Registered Provisional Psychologist
Manager of Youth Leadership Programs
Email | w.salvisberg@ywcaedm.org
Phone | 780-423-9922 Ext. 306

Ashley Lim, R. Psych

Registered Psychologist
Director of Counselling Services
& Youth Leadership Programs
Email | a.lim@ywcaedm.org
Phone | 780-423-9922 Ext. 292