



GRL: Girls Revolutionizing Leadership Registration Form

The Girls Empowered and Strong program provides teen girls with the skills and knowledge they need in order to make strong and positive choices for the present and their futures.

The event “GRL: Girls Revolutionizing Leadership” is a one day event where girls will create and foster change within themselves and in society, as leaders in their communities. This will be done through various workshops offered by community members on topics such as lifting each other up, ending homophobia and transphobia, body positivity, community building, self-care, and decolonization. This event is open to **all** girls ages 12-17, and is therefore an LGBTQQ2IA+ friendly event.

Registration Details

For this event, we are accepting participants aged 12-17.

Date: Saturday, March 3rd, 2018

Time: 8:30am – 3:30pm

Location: Education Building South, University of Alberta

Time		
8:30	Registration + Light Breakfast	
9:00	Greetings + Elder Welcome	
9:30	Body Positivity	Self-Care
10:00		
10:30		
11:00	The power of the ohtisiy (belly button)	Community Building
11:30		
12:00		
12:30	LUNCH	
1:00		
1:30	fYrefly in Schools	Down With Girl Hate!
2:00		
2:30		
3:00	Closing Remarks + Evaluations	
3:30	HOME TIME	

Elizabeth Fry Society of Edmonton
10523 100 Avenue, Edmonton
780-421-1175





Note: Light breakfast and a catered lunch will be provided.

If transportation will be an issue, youth bus tickets can be issued prior to the event.

Pre-registration is required. Spots are limited so please register as soon as possible.

Return completed form to Kristina, Program Coordinator, at youth@efryedmonton.ab.ca, by fax at (780) 425-8989, or in person at 10523-100 Ave during business hours (8:30am-4:30pm). Feel free to contact Kristina with any questions, concerns or to discuss the registration over email, or at (780) 904-8052.

Participant Information

First Name: _____ Last Name: _____

Birthdate: _____

Participant Phone Number: _____ Email: _____

School, if currently attending: _____ Grade: _____

FASD Diagnosis: Yes No Suspected

Please list any additional medical conditions:

Please list any special dietary needs (vegetarian, allergies, etc.)

How did you hear about GRL: Girls Revolutionizing Leadership?

Any additional comments/concerns _____

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Parent/Guardian Contact Information

First Name: _____ Last Name: _____

Relationship: _____

Phone Number(C): _____ (H): _____

Email Address: _____

Alternate Emergency Contact Information

First Name: _____ Last Name: _____

Relationship: _____

Phone Number(C): _____ (H): _____

Parental/Guardian Consent

I hereby give consent for (first and last name of participant) _____ to participate in the Girls Empowered and Strong Program. I will not hold the Elizabeth Fry Society of Edmonton liable in the event of an accident due to causes other than negligence on behalf of program staff.

Name of Parent/Guardian (please print): _____

Signature of Parent/Guardian

Date





Photo Consent Form

I, parent/guardian of _____, hereby DO / DO NOT (please circle) authorize the Elizabeth Fry Society of the right to use, publish and display or permit the use, publication in the form of negatives, slides, prints, photographs, videos, posters, stories, and other depictions of my child throughout the universe, in any medium whatsoever in which the images may appear.

Participant

Date

Parent/Guardian

Date

Elizabeth Fry Facilitator

Date





Please circle the three (3) workshops that you want to attend.

You can choose between Workshop 1 and Workshop 2 for each time block. If registration for a workshop you have chosen has already been filled, you will be placed in the other workshop.

Time	Workshop 1	Workshop 2
<p>9:30am-10:50am</p>	<p>Body Positivity</p> <p>We're finally seeing women and girls in the media rebelling against the ideas of what bodies and fashion are "meant to look like". But girls are still struggling with body love; still struggling with eating disorders, shame and cruelty. Using real life examples and fun activities, this workshop will cover some strategies for living a body positive life, tools and tips for online body positivity, and some exercises for feeling ok on days when it doesn't feel ok.</p>	<p>Self-Care</p> <p>We all deal with stresses and pressure in our lives. With school, work, friends, and family weighing us down, we need strategies for taking care of ourselves. In this workshop we'll look at what self-care is, why it is important, useful tools for practicing self-care, and we'll end with a craft that you can take home with you.</p>
<p>11:00am-12:20pm</p>	<p>The power of the ohtisiy (belly button)</p> <p>Transform how you introduce yourself from the English language to nêhiyawewin (Cree language). When you learn nêhiyawewin you re/connect with ancestral lineage and power. Participants will learn belly button teachings to retain the Cree words of introduction. When you learn a new language, you will see and interact with the world in a different way. nêhiyaw ways of thinking/being will inspire, ignite, and understand who you are as a powerful iskwew (female being).</p>	<p>Community Building</p> <p>Join the Social Equity Chair from the Edmonton City Youth Council for a presentation on community building!</p>





<p>1:30pm-2:50pm</p>	<p>fYrefly in Schools</p> <p>fYrefly in Schools is a for youth by youth program designed to help reduce discrimination against sexual and gender minority youth, increase awareness of the impacts of homo/bi/transphobia, and equip participants with the tools they need to become effective allies for diversity, equity, and human rights within their schools and communities.</p> <p>Session Goals:</p> <ul style="list-style-type: none"> • Explore and engage with LGBTQ+ terminology • Identify and analyze the effects of homophobic language • Debunk myths and stereotypes about LGBTQ people • Identify ways to act as an 'ally' [in support of LGBTQ people and their rights] 	<p>Down With Girl Hate!</p> <p>We're taught to compete with and compare ourselves to other girls, so we end up bringing each other down. Instead let's learn to lift each other up! In this workshop we'll explore how and why girls are mean to each other, and learn what we can do about it.</p>
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