

**Thursday, April 6, 2017**

**9am-1pm (Check-in at 8:30)**

**4th-8th grade girls\***

**Waterville, ME**



**You do you.  
I'll be ME.**

## 4<sup>th</sup> - 5<sup>th</sup> Grade Workshops

### Be the Boss

**Clio & River** (4th & 5th)

Has your leadership ever been labeled as bossy? In this workshop we are going to look at words used to describe strong women that downplay their accomplishments. By addressing words like bossy that limit the potential of girls, we hope that you will come out of the workshop feeling comfortable and proud of your leadership.

### Code it

**CGI**

An introduction to the wide world of coding. See what you can make and do once you learn the fascinating language of computers.

### How to Make Amends with Friends

**Susie, Grace, & Sophie**

Ever gotten into a fight with a good friend? We will discuss problem solving with friendships and prevent conflicts from arising in the future. We will do fun activities involving qualities in a relationship and maintaining a strong trust within friend groups.

### Girls Around the World

**Jess & Susan**

Ever wonder what life is like for girls in other places? Now is your chance to see!

### Explore Your World

**Hardy Girls Board**

Meet some adventuresome women who can broaden your horizons.

## 6<sup>th</sup> - 8<sup>th</sup> Grade Workshops

### Did You Really Say Yes?

**Ashley & Alex**

Everyday, society paints the picture to girls that they should be positive and virtuous, and that they should please others. This makes it difficult for women to refuse things out of fear of appearing rude or dissatisfying someone. In this workshop, Alex and Ashley will discuss how they do this, and how to get comfortable with saying you're uncomfortable.

### My Body, My Choice

**Gracelyn & Hannah C**

Knowing yourself and knowing your body means you need to know the important tools that'll help you make healthy and informed decisions and remind you that your voice is the most powerful.

### Media, Myself, and Food

**Meg & Skye**

The secret to self confidence? Learn about diet culture, society's expectations, and the secret behind food myths in order to view your body in a positive way.

### How to be a High School Rockstar

**Hannah Y & Erica**

High School isn't all burn books and sticking to the status quo. In this workshop, you'll get a play by play of what your 4 years of high school may look like, based on our personal experience. Figure out how to communicate with teachers, your peers, and maybe even date some people while still being a successful High School student.

### Keep it Zen

**Sarah & Emma**

Is life stressing you out? Need help keeping balance in your life? In this workshop you'll learn how to "keep it zen" with bullet journaling. Put together a notebook that can be a diary, planner, sketchbook, and anything else you want it to be. Make time for you!

**\*Inclusivity Statement:** Interested participants who self-identify as female are welcome to apply to our programs. This includes participants who were not assigned to the female sex at birth, but live and identify as female now. It also includes participants who are legally assigned to the female sex, but who identify as transgender or gender fluid.



**Central Maine  
CONFERENCE REGISTRATION**  
Online registration accepted at [www.hghw.org](http://www.hghw.org)

Each youth and adult should have her/his own form. Please make copies!  
Pre-registration deadline is Friday, March 31, 2017.

Youth/Adult \$20 (\$25 after March 31)  I will be attending at no cost.  
**T-shirt & lunch included.** Scholarships are available for students to participate at any cost. Donations of any amount help us keep our programming affordable or free.

<b>Name:</b>	
<b>Address:</b>	
<b>Emergency Contact (Name &amp; Phone #):</b>	
<b>Phone:</b>	<b>Email:</b>
<b>Grade (circle):</b> 4   5   6   7   8   Adult	<b>School:</b>
<b>My t-shirt size is (circle one):</b> YXS   YS   YM   YL   AS   AM   AL   AXL	

**Please rank your top three (3) workshop choices.**  
We'll make every effort to place you in your first and second choice. Space is limited.

**4<sup>th</sup> - 5<sup>th</sup> Grade Workshops**

- Girls Around the World
- Sciencey Something
- How to Make Amends with Friends
- Be the Boss
- Witchcraft 101

**6<sup>h</sup> - 8<sup>th</sup> Grade Workshops**

- Media, Myself & Food
- How to be a High School Rockstar
- Keep it Zen
- Did You Really Say Yes?
- My Body, My Choice

**Adult workshops available during youth workshops.**



Please return completed registration & payment to:  
**Hardy Girls Healthy Women, PO Box 821, Waterville, ME 04903-0821**  
Or scan and email to [Christine@hghw.org](mailto:Christine@hghw.org) (No Fax available)



Please check here if you or the girl you are registering have special needs. All conference activities are handicap accessible. Efforts will be made to accommodate needs, please call us at (207) 861-8131 to discuss. We are unable to accommodate dietary restrictions. People with allergies should plan accordingly.

By completing this registration, you (as parent or legal guardian) are agreeing to the following terms and conditions:

- Attendance/Transportation Waiver: Your child has permission to participate in this Hardy Girls Healthy Women program. She also has permission to be transported to the conference by bus through the school if that is applicable. She has permission for her transportation out of the conference location if she needs medical treatment in case of illness, injury or emergency.
- Audio/Video/Photo release: There will be photos and video throughout the day to be used for future Hardy Girls' public relations purposes, including website, social media and newsletter. Please check here if you DO NOT want your child to be photographed.

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Parent/Legal Guardian Signature Date