



## Girls ROCK!

Central Maine  
Conference

**Friday, April 27, 2018**  
9am-1pm  
(8:30am check-in)  
4th - 8th Grade Girls \*

Colby College  
Page Commons  
Waterville, ME 04901

**\* Inclusivity Statement** We welcome any person who self-identifies as female 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. We stand with and for our girls regardless of immigration status, sexuality, race, ability or religion.

## 4th & 5th Grade Workshops

### **Let Friendships Sail** *Anna and Alex*

Friendships can be hard to navigate, but once you get past the rocky waters, friendships can also be fun and can brighten your day. Through games and open questions we will help you raise your sails and set a course to healthy friendships.

### **Who Runs the World?** *Natalia and Sarah C.*

The world is full of awesome women. That's a fact. Travel around the world with us and uncover the women who have shaped their country's history and culture. In this workshop, we will explore the lives of women in the Middle East, Asia, Europe, Mexico, and how they've faced cultural injustices and expanded global awareness.

### **Feminist Cookbook** *Hannah C. and Kaitlyn*

Have you ever eaten? For most of us- this is a yes! Join us in our edible expedition into nutrition, cooking, and developing a healthy relationship with food!

### **Women in STEM** *Clio and Hannah Y.*

Science and math are fascinating and fun subjects! Come and conduct an awesome science experiment and learn about women who have broken boundaries in the traditionally male dominated science, technology, engineering, and mathematics fields. Find out why most well known scientists we learn about in school are men and how we can change that as young and emerging steminists!

### **Women Belong In The House... And The Senate** *River and Olivia*

Why do so few women run for office? Politics can be fun, meaningful, and a great way to make change! In this workshop, we will explore politics in our community and the world. We will take a nonpartisan hands on approach, from making campaign buttons, interviewing candidates, and even crafting our own Ruth Bader Ginsberg dissent collars.

## 6th - 8th Grade Workshops

### **Women Breaking Boundaries in Music**

*Emma Ivy and Susie*

Music can help find your voice and use your voice. In this workshop, we will talk about women in music that have made a difference, listen to some music, talk about how music makes an impact, and we will even write some music.

### **Sexy Health** *Skye and Ella*

We will open up the conversation about your body, sexual health, and sexuality through conversations centered around YOU. We want to help you learn what is necessary to be physically and mentally safe, why you should be comfortable in your own skin, and empower you with the knowledge that you have a choice to enjoy the sexual side of your being.

### **When to Defend a Friend**

*Jess and Sophie*

Friendships change as people grow, and that's okay. When is a friendship worth fighting for? In this workshop we will discuss the qualities of a good friend, both in yourself and others. Be sure to bring questions and enthusiasm!!!

### **Self Care: Anywhere** *Alex, Grace, Sadie*

Everyone has bad days. But did you know that those bad days are just as important to recognize as a scratch on your elbow? Physical health is just as important as mental health, whoever you are. Our workshop will be a mixture between discussion and activities about mental health and self care. How do you care for yourself when you aren't feeling 100%? How does your mental health impact your everyday life? Self care, anywhere.

### **Women in LIterature** *Lindsey and Meg*

Have you ever been made to read a book, by a man, for a man, about a man? We aim to shed light on the books you may not get the chance to read in school, we'll cover the Bechdel Test, female archetypes in literature, and female authors. By looking at how sexism and stereotypes appear in the literary world, we can discover ways to defy stereotypes and empower everyone through literature and female authors.



## Central Maine Conference Registration

### Online Registration accepted at [hghw.org](http://hghw.org)

Each youth and adult should have their own form. Please make copies!  
Pre-registration deadline is April 20, 2018. Each registration is \$20 with lunch included. (\$25 after April 20) T-shirt is included with each youth registration.

- Youth Registration       Adult Registration       I am attending at no cost

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Name

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Home Address

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Phone

Email

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Emergency Contact (name and phone number)

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School

Grade

Shirt Size:     YM     YL     AS     AM     AL     AXL     A2XL

### Please rank your top three workshop choices.

We'll do our best to place you in your first and second choice. Space is limited.

#### 4th & 5th Grade Workshops

- \_\_\_ Let Friendships Sail
- \_\_\_ Who Runs the World
- \_\_\_ Feminist Cookbook
- \_\_\_ Women in STEM
- \_\_\_ Women Belong in the House...And the Senate

#### 6th - 8th Grade Workshops

- \_\_\_ Women Breaking Boundaries in Music
- \_\_\_ Sexy Health
- \_\_\_ When to Defend a Friend
- \_\_\_ Self Care: Anywhere
- \_\_\_ Women in LITerature

### Adult workshops available during youth workshops.

- 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 accomodate needs, please call us at (207) 861-8131 to discuss. We are unable to accommodate dietary restrictions. People with allegries should plan accordingly.
- 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.
- Attendance/Transportation Waiver: Your child has permission to participate in this Hardy Girls Healthy Women program which will take place at the University of Maine. 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.

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Parent/Legal Guardian Signature

Date

Please return completed registration form and payment to:  
**Hardy Girls Healthy Women**  
**PO Box 821, Waterville, ME 04903-0821**  
or scan and email to [sarah.nichols@hghw.org](mailto:sarah.nichols@hghw.org). (No fax available).