



# GIRLS\* ROCK! CONFERENCE WITH THE RISING TIDE CENTER AT UMAINE

**Tuesday, April 9, 2019**

9am - 1pm (8:30am check-in)  
4th-8th grade girls\*



## WORKSHOPS FOR ALL GRADES

## 7TH & 8TH GRADE WORKSHOPS

### YOGA & MINDFULNESS Anna & Aurora

Everyone deserves to be healthy and happy! Learn how to take care of your body through fun and easy yoga and meditation. Together we will learn what you should be doing to treat your mind and body right. No previous yoga experience needed.

### SELF EXPRESSION Amna & Ella

This workshop will explore clothing stereotypes, respecting the way people present across religions and cultures, unrealistic/unhealthy beauty standards in the media, makeup stigmas, what it means to have a healthy mentality about it, and more! With your anonymous questions and an open dialogue, join the conversation, plus design your own ideal school dress code!

### POWERFUL WOMEN WINNIN' Grace & Terra

In this workshop we will be exploring powerful women in: politics and activism, entertainment and sports, and STEM. We'll ask what makes them powerful to us? To the world? We will expand on definitions through conversation and collaborative art. You'll learn about women worldwide and female strength, so that one day you can become a powerful woman yourself!

### FLAWLESS (4TH & 5TH GRADE) Emma & Susie

In this workshop, we will be encouraging young folks to learn about important female musicians, as well as empower them to make and appreciate music on their own time. We will be diving into women with feminist lyrics, as well as design our own CD covers!

### STEM-TASTIC Hardy Partners

Do you like tinkering, experimenting, programming, or hypothesizing? Join this workshop to spend some time with scientists, engineers, and other fans of science, technology and math!

### THE ABCS OF THE LGBT Alex & Jess

Our country has made such huge strides in LGBTQ+ inclusive laws. However, this isn't just a conversation for legislation, but also one for daily life! Not only will we give you a starter pack of helpful LGBTQ+ info/terms, we'll learn through an anonymous Q&A, open conversations, celebrity stories, and fun games. This workshop is not just for LGBTQ+ students, but anyone with an open mind!

### DOODLE BRAIN Emma & Kaitlyn

This workshop is a fun and interesting way to learn about what you're feeling and how to deal with those feelings. We will be making coping cards and sharing stories of how others have coped with their mental health. We will also have an anonymous question box so that you can ask questions without any pressure.

### BEHIND THE SCREEN Molly & Sooki

In this workshop, we'll be exploring different types of media and they change perceptions. We'll analyze how they portray different body types, races and religions. We'll play games to test our skills in noticing the difference between before and after in edited photos and commercials. After our workshop, you'll know what's what in media.

### SPEAK UP Brynne & Skye

In the climate we live in, sexual assault and how to prevent it is very prevalent. This workshop will discuss the #metoo movement, healthy relationships, the importance of consent, and how to say no in stressful circumstances. While the majority of the workshop will be discussion based, there will be skits and bracelet making to highlight consent.

Hardy Girls\* Healthy Women takes girls seriously through year-round, statewide programs that puts the power in their hands to challenge a society that ignores their brilliance. We dare adult allies to join us in standing with girls. Girls Rock! Conferences are planned and facilitated by our high-school age Girls Advisory Board (GAB). Join us for a day of learning, sharing, and girl-powered activism.

\* Self-identified, trans girls, and gender expansive folks



# BANGOR/ORONO CONFERENCE REGISTRATION

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

Each youth and adult should have their own form. Please make copies!  
Each registration includes lunch. T-shirt is included with each youth registration.

Youth/Adult Registration \$20  
(\$25 after April 5)

I will be attending at no cost.

Scholarships are available to cover the cost for any student. However, donations of any size help keep our programming low or no cost.

Name

Preferred pronouns

Home Address

Phone

Email

Emergency Contact (name and phone number)

School

Grade (or Adult)

Shirt size:  YM  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.

#### Workshops for All Grades

- \_\_\_ Yoga & Mindfulness
- \_\_\_ Self Expression
- \_\_\_ Powerful Women Winnin'
- \_\_\_ Flawless (4th & 5th grade only)
- \_\_\_ STEM-tastic

#### 7th - 8th Grade Workshops

- \_\_\_ ABCs of LGBT
- \_\_\_ Doodle Brain
- \_\_\_ Behind the Screen
- \_\_\_ Speak Up

### Adult workshops available during youth workshops.

\_\_\_ Please check here if you or the youth you are registering have special needs. All conference activities are handicap accessible. Efforts will be made to accommodate needs, please call us at (207) 387-0553 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. Your child also has permission to be transported to the conference by bus through the school if that is applicable. In case of illness, injury or emergency, your child has permission to be transported out of the conference location for medical treatment.  
-- 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.  
\_\_\_.

Parent/Legal Guardian

Signature Date

Please return completed form and payment to:

**Hardy Girls Healthy Women**

**PO Box 821, Waterville, ME 04903-0821**

or scan and email to [info@hghw.org](mailto:info@hghw.org). (No fax available)