

# GIRLS\* ROCK

PORTLAND: MARCH 27, 2020

FOR 4TH-8TH GRADERS - 9AM - 1PM - AT WAYNFLETE SCHOOL

## WORKSHOPS

### MADAM PRESIDENT

Isa & Aurora

Do you ever feel under-represented by your government? Ever thought that politics is male dominated? You've come to the right workshop! We will explore the paths of different women in politics and their stories: both past & present. Our workshop will include writing letters to your female political role models, making vision boards, and doing a mock election.

### HOW TO MAINTAIN YOUR DRAGON

Phoebe & Amna

Mental health is kind of like a dragon friend. You have to learn to maintain and take care of it to really be comfortable. In this workshop, we will talk about mental health and why it's important to identify and address. We will also discuss ways to maintain it by giving our tips and ideas on coping journaling. If mental health (and stickers) is something you're open to talking and learning about, join the conversation!

### DROP THE PHOTOSHOP

Jess & Maeve

Ever scroll through Instagram and wonder "why doesn't that look like me?" In this workshop, we will question beauty standards presented to us by media. Social media affects how we see ourselves whether we realize it or not. Explore how to develop a healthy relationship with social media and learn how it can be empowering instead of harmful.

### HOW TO: ACTIVISM

Molly & Sooki

Do you want to learn how to cause a ruckus in your community? Come join us! After teaching you about what it truly means to be an activist, we'll explore ways you can bring activism back to your community using crafts and dialogue!

### SOUND OF FEMINISM

Helen & Emma

This is a workshop about self expression through music, female artists, and songwriting. We will be learning about different female musicians of the past and present who have shaped womens' roles in the music industry. We will also be writing our own song and performing it!

### WEAR WHAT YOU WANT, WHEN YOU WANT

Sara C & Sophia

A place to learn about stereotypes and how the public opinion doesn't dictate who you are and who you want to be. Also, learning about powerful women who wear what they want, when they want. Inspiration and encouragement on how to find the real you!

### HERstory: THE HEROic HISTORY OF FEMINISM

Terra & Kaitlyn

Travel through time with us to explore the waves of feminism and the people of all identities killing it since day one. We'll be discussing the major events from the past 200 years that have shaped feminism into what it is today and use art projects and other collaborative activities to dive into the rights of women and gender expansive folk have had to fight for. This workshop will increase your understating of feminist history so you can go into the world and cause a RUCKUS!!

### CUZ I LOVE YOU

Coltrane & CJ

Our workshop is to discuss and learn about the LGBTQ+ community and how you can be apart of the LGBTQ community with also being a feminist. In this workshop, we will be talking about what LGBTQ is and what it stands for. We will share stories about personal experiences with the LGBTQ+ community, and we will be going over some questions that might be brought up in the storytimes. The last thing in our workshop is talking about being LGBTQ with different perspectives (race, religion, ethnicity).

### BREAK UP WITH YOUR SHAME, I'M BORED

Skye & Sarah K

Who sets the norm for our bodies? Is it us? Is it the media? Is it those around us? Whoever it is, they've got it all wrong, especially during the times when our bodies, hormones, and identities begin to change. In this workshop, we will explore what it means to grow up female bodied, the expectations put on us, and the truth behind our bodies, identities, and the beginnings of our sexuality in a setting relevant to you.

~This workshop was designed with mature audiences in mind. Attendees will not be placed in this workshop unless it is explicitly designated on the registration form.~

### KNOW YOUR IX

USM

Title IX prohibits sex discrimination in schools and that includes sexual and gender based harassment and violence, yet few students know about Title IX and how to access supports and/or enforcement of it. This workshop will share information about the policy and provide some facilitated conversation and brainstorming about possible actions for bringing more awareness to school communities.

## \*SELF-IDENTIFYING GIRLS AND GENDER EXPANSIVE FOLKS

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.



# GIRLS\* ROCK! PORTLAND

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 March 23)

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(FIRST AND LAST)

PRONOUNS

HOME ADDRESS

CITY

STATE

ZIP CODE

( ) -

PHONE

EMAIL

SCHOOL

GRADE (OR ADULT)

EMERGENCY CONTACT NAME

PHONE

Shirt size:

YM

AS

AM

AL

AXL

A2XL

## WORKSHOPS

Please rank your top three favorites. We'll do our best to place you in your first and second choice. Space is limited.

Madam President

Drop the Photoshop

How to Maintain Your Dragon

Cuz I Love You

HERstory

Wear What You Want

How to: Activism

Break Up with Your Shame

Sound of Feminism

Know Your IX

**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

REGISTRATIONS CAN ALSO BE COMPLETED ONLINE: WWW.HGHW.ORG  
COMPLETED FORMS CAN BE SCANNED AND EMAILED TO INFO@HGHW.ORG OR MAILED TO PO BOX 821, WATERVILLE, ME 04903