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Hardy Girls Healthy Women presents
Girls Unlimited!

POWERED BY GIRLS

Social Action and Leadership



Friday
April 9, 2010
8:30 am – 1:00 pm

Runnals Union
Colby College
Waterville, Maine



Hardy Girls Healthy Women
P.O. Box 821
Waterville, ME 04903-0821

**Girls Unlimited! Conference
Powered By Girls**

Schedule of Events

April 9, 2010

- 8:30 Registration and Activities
- 9:00 Welcome – Opening Presentation
Girls Advisory Board Presents: Being in the Know on Girl Culture
- 9:50 Morning Workshops
- 10:40 Lunch and Activities
- 11:40 Afternoon Workshops
- 12:30 Closing
- 1:00 End

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www.hghw.org

207.861.8131

Leadership & Social Action **why is it important**

and why do we need it to be powered by girls?

Girls have many of the qualities that make great leaders. Some have the ideas, others work well with teams and organizing groups, while others are great at listening — all of these qualities and more make girls the perfect people to be leaders!

When most people think of social change, they usually think of people older than them — generally adults, but this year we are powering the movement by you, the girls! Girls are great social activists because they care about the world and those around them, and they want to make a difference. At this year's conference you'll get to meet the fabulous team of the Hardy Girls' Girls Advisory Board and have the opportunity to make your own music video, learn about Photoshop, meet young women who are animal scientists, and design your own successful future. Join us for a day powered by girls where we'll interact with the media, support the positive, and dissect the negative — all by using our best assets: creativity, wit, and individuality.

Morning Activities

Investigating Girl Culture: Be in the Know

Have you ever thought about the kinds of changes that every photo in a magazine goes through before it's printed? What are those changes and why are they made? Have you ever really looked at the ads that appear on Facebook or MySpace? What kinds of messages do you see about what it means to be a girl? Join the Girls Advisory Board as they show us what they discovered when they went out with their magnifying glasses and notepads and investigated girl culture in print and social media.

Workshop for Women

Campaign By Girls For Girls and You

Lyn Mikel Brown, Ed.D., Professor of Colby College, and Aleah Starr, Colby College
Join Lyn Mikel Brown on a tour of Girl World and the campaign Hardy Girls is launching to celebrate real girls. In this workshop, women will learn more about Powered By Girls, the website which launched the campaign; participate in activities that engage girls in a dialogue and raise their awareness and critical thinking skills; and be a part of "Projections," created by Colby student Aleah Starr. Projections is an interactive multimedia art display that projects words onto images of people to raise awareness about eating disorders.

Workshops for Girls 7th - 8th grade

Eye on the Media

Sarajane Blaire and Beth Ponsot, Colby College
Did you know that the average person sees 5,000 media images a day and 40,000 ads each year? Have you ever seen an ad that just didn't look right? From movies to magazines, we are surrounded by pictures, but we rarely think about the effects these images have on our self-esteem, our health, and our spirit. In this workshop, girls will learn about media literacy and changing those images through hands-on activities.

Can't Touch This

Samantha Todd, Kalyn Van Valkenburgh, and Clara Porter of Prevention. Action. Change.
Discover strengths you never knew you had! Did you know that 1 in 5 girls will be in a relationship where their loved one will hit, kick, push, or punch them? Well, we think it's time that relationships became safe! In this workshop you'll learn skills that will help you identify, prevent, and confront dangerous situations including common street scenarios and relationship abuse. Practice strikes, defenses against grabs, and fighting from the ground using techniques that are effective regardless of your size or level of fitness.

Workshops for Girls 4th - 6th grade

Branded

Devan Brett Kelly and Ashley Whittemore
Have you ever been called a name at school and it stuck? What's in a label and where do they come from? How do you get rid of them? This workshop will look at bullying in school, cliques, and what we all can do about it. Girls will participate in hand-on activities and games. Walk away with some new skills on how to deal with peer pressure and how to be allies to other girls in school.

Crystal Ball

Elise Bragg, Maya Brown, and Laura MacDonald
Where do you see yourself 5, 10, 15 years from now? Will you be piloting a plane, fighting a fire, or healing the sick? It's important to keep all

MY MTV

Treva deMaynadier and Mackenzie Riley
MTV stands for Music Television. GAB girls Treva & Mackenzie have noticed that the current MTV isn't very girl-friendly, so in this workshop you'll learn to make it YOURS. There are many music videos out there and in this workshop not only will girls discuss what makes a video "girl-friendly" but also how to use technology to make their own videos powered by girls!

Canine Command

Women of Unity College
Do you love animals? Have you ever thought about what it would be like to work with animals for a living? Meet the women of Unity College who are doing just that. You'll learn how to help injured animals and hear from women studying conservation, law enforcement, marine biology, and captive wildlife care and education. In this workshop there will be demonstrations of the different and varied ways that people work to protect wildlife as their career.

of your options open and remember that in your future, the sky's the limit! In this workshop you'll use technology to make a collage of yourself in the future! Dream it. Be it.

Posing

Amelia Remillard and Ali Jean Reynolds
Models in magazines have the "look," down pat. What is that "look" and where does it come from? How does it feel when you wear it? What other ways do girls pose, and who are they posing for? Using props including costumes, Velcro poetry and a large cardboard box, girls will look at the way stereotypes impact other girls and how we can break out of the box!

Registration

Make a copy for a friend!
Each participant should have her own form!

Early registration deadline is Monday, April 5, 2010

_____ Student \$10 (\$15 after April 5th) Groups rates are available. For more information call 207-861-8131. Scholarships are available for students to participate at no cost.

_____ I am attending at no cost. Send in registration form.

Here is an extra \$_____ to support the conference and scholarships.

Name _____

Address _____

Phone _____ E-mail _____

Grade _____ School _____

I have attended the Girls Unlimited! Conference for _____ years.

I have participated in a Girls' Group for _____ years.

GIRLS' WORKSHOPS: Please select 3 workshop choices. We'll make every effort to place you in your first and second choices. Space is limited. Workshops will be filled on a first-come, first-served basis.

1st choice _____

2nd choice _____

3rd choice _____

Please return completed registration and payment to:
Hardy Girls, P.O. Box 821, Waterville, ME 04903-0821

ATTENDANCE/TRANSPORTATION WAIVER: I give my daughter permission to participate in Girls Unlimited: Powered By Girls, a program of Hardy Girls Healthy Women, Inc., which will take place at Colby College. I also give permission for my daughter to be transported to the conference by bus through her school if applicable. As legal guardian of this child, I give my permission for her transportation out of the conference location if she needs medical treatment in case of illness, injury, or an emergency.

(Parent or Guardian signature) _____

AUDIO/PHOTO RELEASE: As legal guardian, I understand that photographs and video pictures will be taken during the Girls Unlimited Conference. I hereby give permission for Hardy Girls to use such images, which may include pictures of my daughter, in any form whatsoever in the course of Hardy Girls' customary course of business, including, but not limited to, posting on Hardy Girls' websites and Hardy Girls' presentations and workshops. Names will not be used in connection with any of the videos or photos.

(Parent or Guardian signature) _____

Some locations for workshops are not handicap accessible. Efforts will be made to accommodate needs. _____ Please check here if you have special needs, and call us at 207-861-8131 to discuss.