



GirLtopia

2-DAY WORKSHOP FOR ADULTS



Sydney 2 & 3 July & Melbourne 10 & 11 July 2012

Working with girls to create healthy transitions through puberty and adolescence



This highly interactive two-day workshop is for anyone who works or lives with girls or young women including youth workers, teachers, counsellors, welfare workers, mothers... and dads who wish to stay close to their daughters as they grow to maturity. It is also for anyone wishing to explore important foundations in a woman's journey to maturity and empowerment – no matter what her age.

Puberty and adolescence is an important transition for any girl – a time of emerging female identity and potential empowerment; a time when genuine understanding of a girl's changing body and her emerging values, goals, skills and patterns of relationship can be greatly supported and celebrated by the adults around her.

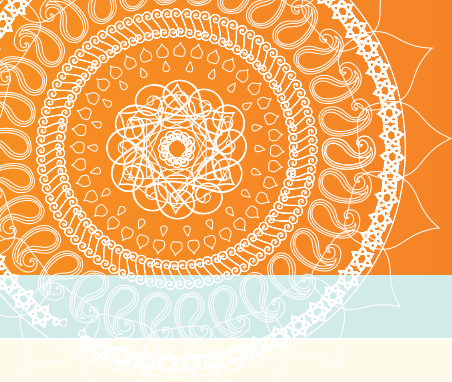
In a world where advertising images and myths of the perfect female body abound, how can we encourage conversations with girls that sparkle with understanding, self-acceptance, curiosity, reflection and celebration? In truth, we cannot have too many of these conversations during puberty and adolescence, for these potent years lay the foundations for the woman the girl is to become.

Such conversations can also be part of strategies for working with issues facing many girls and young women, such as body image, self-esteem, depression, eating disorders, sexualisation and bullying.

Using storytelling, small and large group conversations, quotes, multimedia, and a range of beautiful hands-on tools, participants will explore:

- Menarche (first period)
- Cultural attitudes to menstruation the female body
- Body image and its connection to self-esteem
- A range of conversational techniques such as images, metaphor and questions
- Tools and resources such as card sets and puppets created especially for girls and women
- A documentary on menstruation which recently premiered on French, German and Slovakian television: *The Moon Inside You*
- Introducing girls to their cycle and how to chart it
- Self-care and strategies for easing anxiety
- Girls' emerging sexuality and building healthy relationships
- Goal-setting strategies for girls and women
- Reminders of strengths such as beads and bracelets
- Our personal female lineage.





Jane Bennett

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Girltopia Facilitator Jane Bennett

Jane is a social worker, researcher, writer, counsellor and educator. She is the author of *Girltopia* (Innovative Resources, 2010) a set of 70 cards for creating dynamic conversations with girls, *A Blessing Not a Curse* (Sally Milner Publishing, 2002), and co-author of *The Pill: Are you sure it's for you?* (Allen & Unwin, 2008); as well as a range of kits for women. Jane works with a team of educators to write and train teachers to facilitate a year-long program called *The Rite Journey*, for Year 9 girls (14-15 year olds). In 2008 Iris Pictures filmed one of Jane's 'Celebration Day for Girls' workshops as part of their 'About Women' series. On International Women's Day in 2009, *The Moon Inside You* – a documentary on menstruation that includes an interview with Jane – premiered on Australian television and has since been shown throughout France, Germany and the Slovak Republic.

The Girltopia cards form a central part of these workshops and have been designed to support important, developmentally-appropriate, conversations with girls. The Girltopia cards are a powerful trigger for stories, questions, reflection, curiosity, awareness and learning which can help to name, heal and prevent many of the problems facing girls today.

In the Girltopia workshops you will discover a world where girls do stuff, tell stories, shape their identity, discuss what they think and feel about things, and generally explore the bridges of maturity in supported, healthy and intentional ways.

Workshop Details

Dates	Locations	Times	Cost
2 & 3 July	SYDNEY The Lower Hall The Centre, Randwick	9:30—4.00pm	\$450
10 & 11 July	MELBOURNE Mary Rice Room The Treacy Centre, Parkville	9:30—4.00pm	\$450

Registration

Registration includes lunch, morning and afternoon refreshments and a set of the Girltopia cards (RRP \$62.50).

Payment will be required to secure your place in the workshop as places available are limited.

For registration forms and all details please email girltopia@janebennett.com.au

or contact Andrea Philipp on **03 5443 3987** or **0427 177 314**