

SKIN DEEP

WORKSHOP OVERVIEW

RECOMMENDED for YEAR 9 & 10 STUDENTS

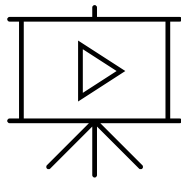
SKIN DEEP is a seminar that examines the messages that girls receive about what it means to be a woman in our culture. Within our modern culture, many young women battle each day with anxiety, their peers, unhelpful and inaccurate messages from the media as well as their deep desire to belong and be accepted for who they are. This can be demonstrated by trying to appear or emulate everyone else and therefore let go of passions and interests that once gave them much pleasure. Research shows that when surrounded with a strong and authentic community where the girls are accepted for who they are and their gifts, intrinsic qualities shine through.

SEMINAR AIMS:

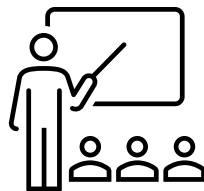
1. Exploring cultural messages of being a woman including stereotypes
2. Investigating what determines the value of a person
3. Understanding of what it means to make the transition from a girl mind-set to a healthy woman mind-set
4. The need for greater self-awareness and more respectful communication with peers and family
5. Highlights the importance of a healthy self-worth and how to maintain this
6. Looking at factors in identity formation including peers, media and individual values
7. Exploring rites-of-passage for young women and highlighting ways in which they can become a responsible adult



Includes activities



Uses multimedia



Educational

SECONDARY SCHOOL SEMINAR DETAILS

Seminars may include a single or mixed year level,

Maximum number of students per seminar is 100 students

We require a data projector to plug into

Costs are calculated on several variables including location

The duration of seminars are 45 to 90 minutes

Cancellations: Less than 21 days receive no refund

All presenters have a WWCC and we have OH&S policies