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MCRC



# She Can!

GIRLS EMPOWERMENT PROGRAMS  
2022-2023 Program Guide

In partnership with:

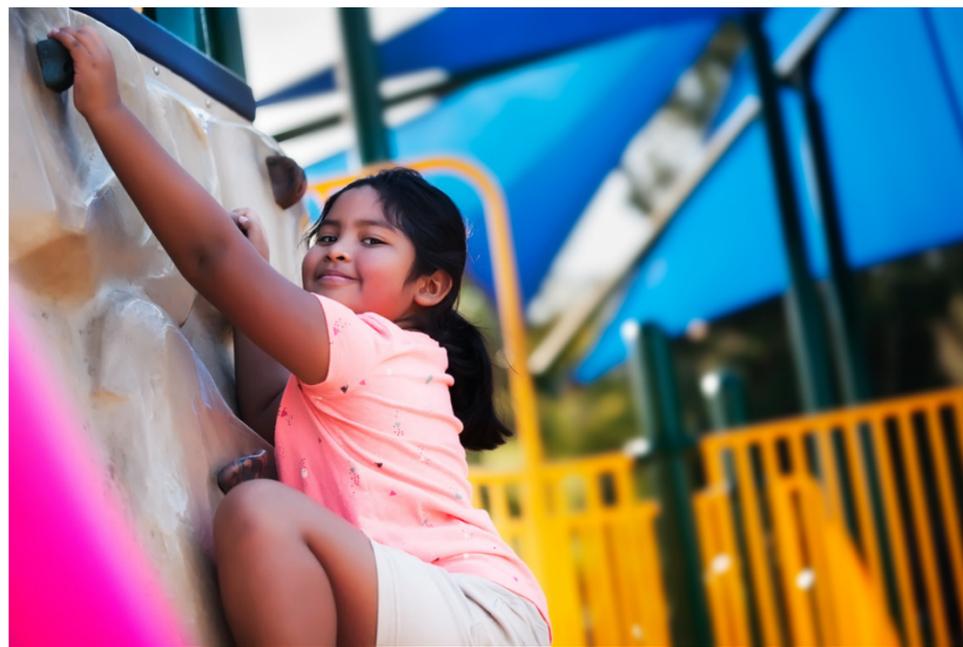


# SHE CAN! PROGRAM GUIDE

IN-SCHOOL LUNCH HOUR/NUTRITION BREAK, AFTER SCHOOL, VIRTUAL.

Milton Community Resource Centre's She Can! programs are girl centered, designed to empower and uplift girls in our community. These programs will foster strength, leadership and resilience through hands on activities and thought provoking discussions.

She Can! facilitators design the activities alongside the girls, ensuring that it is age appropriate and that it meets the needs and interests of each specific group.



## CURRENT PROGRAMS

Currently, MCRC is offering 5 different She Can! programs.

1. SHE CAN LEAD!
2. SHE CAN BE MEDIA SAVVY!
3. SHE CAN BE STRONG!
4. SHE CAN CHOOSE!
5. SHE CAN THRIVE!

# SHE CAN LEAD!

Participants in the She Can Lead! program will build relationships with their facilitators and their peers as they explore communication styles, conflict resolution techniques and leadership skills. This will be delivered through a variety of cooperative games, team building activities, discussion groups and role plays.

## PROGRAM DETAILS

AGE RANGE: 6-12 YEARS OLD

# OF PARTICIPANTS: 10-15

# OF SESSIONS: 10 WEEKLY SESSIONS

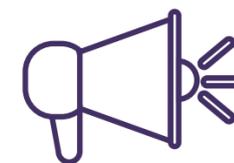
DURATION: 45-90 MINUTES

FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,  
AFTER SCHOOL, VIRTUALLY



## LEARNING FOCUSES

This program has three learning focuses. While the program will touch on each one, facilitators will adjust the emphasis depending on the girls' needs and interests.



COMMUNICATION



TEAM BUILDING



LEADERSHIP  
SKILLS

# SHE CAN BE MEDIA SAVVY!

In the She Can Be Media Savvy! program, girls will learn to analyze what they see and hear in the media, separating fact from fiction, develop critical thinking skills, become smart consumers of products and information, and understand the role of media in our culture. Discussions and activities will include the traditional types of media (radio, television and print) as well as texting, social media, viral videos, memes, and video games. Girls will analyze beauty standards set by North American media and how it impacts their self-esteem and confidence.

## PROGRAM DETAILS

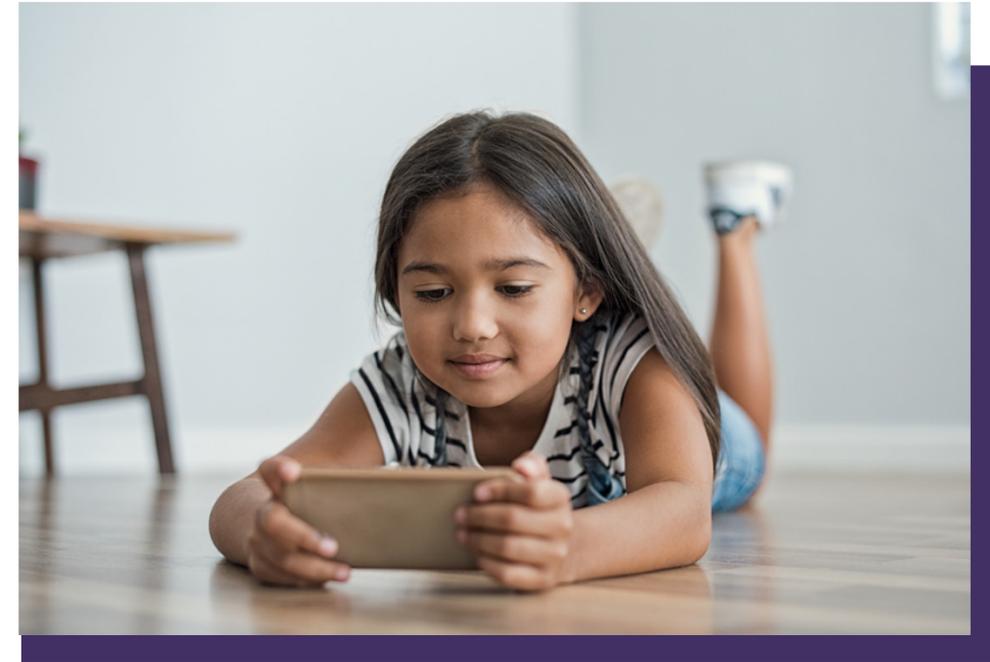
AGE RANGE: 8-12 YEARS OLD

# OF PARTICIPANTS: 10-15

# OF SESSIONS: 10 WEEKLY SESSIONS

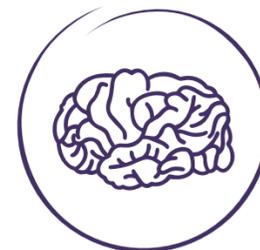
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## LEARNING FOCUSES

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CRITICAL THINKING



ONLINE SAFETY



SELF ESTEEM &  
BEAUTY STANDARDS

# SHE CAN BE STRONG!

The She Can Be Strong! program is a combination of physical activities, nutrition and healthy eating, stress management and building self-esteem. These areas encourage girls to take care of their bodies, minds and souls! Problem solving skills and conflict resolution will be incorporated throughout the experiences with an emphasis on avoiding dangerous situations. Emotional self-defence, including setting boundaries and the ability to say no, will be explored. Physical self defense techniques may be taught by a qualified martial arts instructor if/when an appropriate space is available.

## PROGRAM DETAILS

AGE RANGE: 8-14 YEARS OLD

# OF PARTICIPANTS: 10-15

# OF SESSIONS: 10 WEEKLY SESSIONS

DURATION: 45-90 MINUTES

FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,  
AFTER SCHOOL, VIRTUALLY



## LEARNING FOCUSES

This program has four learning focuses. While the program will touch on each one, facilitators will adjust the emphasis depending on the girls' needs and interests.



PHYSICAL  
ACTIVITY



HEALTHY  
EATING



MINDFULNESS



BOUNDARY  
SETTING

# SHE CAN CHOOSE!

The She Can Choose! program focuses on the power of choice each of us has. A variety of hands on and group experiences will teach and reiterate the power of choice – choosing to be healthy, choosing to do the best you can, choosing to be accountable, choosing to celebrate what makes you unique. Girls will develop stronger communication skills and learn how to recognize stress and healthy ways to respond to stress. These skills are essential for healthy decision making and resisting negative peer pressure. Real life scenarios and role play will allow girls to think through how they could respond when feeling pressured in a social setting. This program is designed for girls ages 10-14.

## PROGRAM DETAILS

AGE RANGE: 10-14 YEARS OLD

# OF PARTICIPANTS: 10-15

# OF SESSIONS: 10 WEEKLY SESSIONS

DURATION: 45-90 MINUTES

FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,  
AFTER SCHOOL, VIRTUALLY



## LEARNING FOCUSES

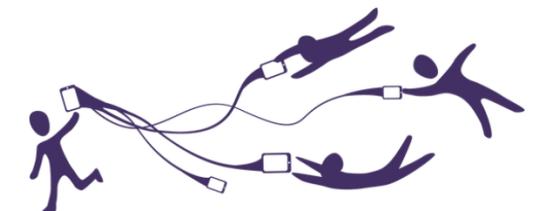
This program has three learning focuses. While the program will touch on each one, facilitators will adjust the emphasis depending on the girls' needs and interests.



COMMUNICATION



STRESS



PEER  
PRESSURE

# SHE CAN THRIVE!

The She Can Thrive! program was designed in response to the social and emotional challenges caused by the Covid-19 pandemic, and continues to be useful today as the program provides tools to better cope with anxiety and stress, and provides an opportunity for connection and social engagement. According to Statistics Canada, 7 % of youth aged 12-14 have fair or poor mental health. This rate more than doubles by the ages of 15-17 with 17 % having fair or poor mental health (Canadian's Women Foundation). She Can Thrive! aims to help girls learn strategies to deal with fear, stress, and worry as well as develop critical thinking skills that will assist them in consuming media in a healthy way. They will learn habits and techniques to positively increase their emotional well-being. Girls will have space to self-reflect on what makes them unique and inherently valuable, which will in turn increase their self-esteem. This program is designed for girls ages 8-12.

## PROGRAM DETAILS

AGE RANGE: 8-12 YEARS OLD

# OF PARTICIPANTS: 10-15

# OF SESSIONS: 10 WEEKLY SESSIONS

DURATION: 45 MINUTES

FORMAT: IN SCHOOL LUNCH HOUR/ NUTRITION BREAK,  
AFTER SCHOOL, VIRTUALLY



## LEARNING FOCUSES

This program has four learning focuses. While the program will touch on each one, facilitators will adjust the emphasis depending on the girls' needs and interests.



MINDFULNESS



MEDIA  
LITERACY



SELF -  
EXPRESSION



SOCIAL  
CONNECTION