

May 23, 2019

Re: Young Women's Safety & Empowerment Programs

On behalf of the North Shore Women's Centre, I am pleased to share some details about two exciting programs we are offering to high school aged girls over the summer. This year, in addition to our annual Girls' Empowerment Camp – *Fearless*, we are excited to be piloting a new sexual assault resistance program for young women aged 16-19 called *Flip the Script™*. We believe that both the education program and the camp would interest some of your students.

Flip the Script™ is a 12-hour, empirically-based education program that has been proven to significantly reduce the incidence of sexual assault. Participants will learn about healthy intimacies, risk cues for sexual violence, how to overcome personal barriers, and effective self-defense strategies. The program focuses on teaching young women how to feel worthy and capable enough to defend themselves against acquaintance sexual assault, which accounts for roughly 80% of all sexual assaults. You can find more details about the program on the [SARE Centre's](http://www.sarecentre.ca) website.

On Wednesday, June 5th, from 7-8:30pm we are hosting a parent information night at Sutherland Secondary School. Registration for this event can be found on [Eventbrite](https://www.eventbrite.com). The program itself will be running for two days on July 23rd and 24th (group 1) in West Vancouver at the West Vancouver United Church and on August 10th and 17th (group 2) in North Vancouver at the Delbrook Community Recreation Centre. The cost for this two-day program, including a formal certificate of completion, is \$85/person. Many scholarships will be made available and no one will be turned away for lack of funds. Registration for this program is now also available directly on [Eventbrite](https://www.eventbrite.com).

Our *Fearless* Girls' Empowerment Camp will take place this year during the weeks of July 15th-19th (group 1) and August 12th-16th (group 2). With the help of an experienced youth facilitator, the camp will explore intimidating topics in a supportive and welcoming space for girls entering grades 8-12. Due to our generous funders, this day camp is offered completely free of charge, including all activities, an outdoor day-trip, as well as lunch and snacks. Some of the topics covered during the camp include: friendships and relationships, assertiveness and boundary setting, self-esteem and body image, bullying and cyber-bullying, and media/social media awareness and critique. Please visit our website for more detailed information: <https://www.northshorewomen.ca/girls-empowerment-camp>. I have also included a link to a video testimonial from our 2018 participants in: <https://youtu.be/BlxPBHP1Jd8>. For *Fearless* camp registration, participants may contact us directly, or register online on [Eventbrite](https://www.eventbrite.com).

We have found that students are most interested in attending these programs when they hear about them in person. We would love to come to any spaces, classrooms or groups where myself and our program

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facilitators could speak briefly and directly to students. If there is anyone else at your school I can contact to make these arrangements, please let me know.

I have attached our program posters for your reference. Please feel free to share them! Should you have any questions, please do not hesitate to contact me via telephone, 604.984.6009 or at danielle@northshorewomen.ca.

Thanks very much for your time and consideration.

Sincerely,



Danielle Knopfel

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