



YWCA NIAGARA REGION

Hope for Homeless Women and their Families since 1927

Hello and Welcome!

Teen Talk is a program that was created to offer to young women ages 13-18 who are in uniquely vulnerable positions as they become more consumed by the world outside their immediate family and friends and attempt to categorize what they see (modeled relationships, internet content, pop culture, consumerist messages) and make sense of what they feel (fear, insecurity, stress, self-criticism).

It is with our hope that offering the Teen Talk program within the secondary schools that it will assist women in developing a positive sense of self and increase their resilience to the often negative messages they will receive about how they look, how they should behave, and what they should expect from their relationships with others as they grow up. It is also expected that this program will contribute to participant's ability to advocate for others as well as themselves.

Teen Talk's primary goal is to reduce isolation, increase both knowledge of and access information concerning emotional health and peer justice and lastly to increase awareness of appropriate rights and expectations in order to both demand and create conditions of safety and inequality in girls personal lives, relationships and communities.

The YWCA will provide a free pizza lunch each group for the women who attend the program for the hour. In the past we have provided this program to other high schools and have partnered with the guidance, youth counselor, or health nurse within the school to provide additional support for the women and become aware of any issues within the school and the lives of teens.

Teen Talk consists of ongoing workshops, each based on a different topic determined to be a current source of concern for teens aged 13-18 years of age some of these topics would include:

Bullying, body image, recreation, stress, anger, family violence, discrimination, healthy relationships, peer violence prevention, internet safety and many more!

If there are any other questions you have please feel free to contact me.

Thank you,

Noella Iradukunda
Skills Development Worker
mdemoe@ywcaniagararegion.ca
YWCA Niagara Region



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All we need from you is permission that she can attend this group!

Please sign below and return this form indicating that your daughter can take part in this group. If you have any questions regarding this program please do not hesitate to contact me at the number below.

Noella Iradukunda *Skills Development Worker*
YWCA Niagara Region
905-988-3528 ext. 3244

-----I
_____ give my child _____ permission to
(Parent/Guardian) (Participants Name)
attend the YWCA Lunch Time Program.

Signature of Parent/Guardian