

# Parents' Night Out

2012

Parents' Night Out are **free** parent info sessions that focus on current and emerging topics. The evenings are from **7pm to 9pm** and open to all parents/caregivers in New Westminster. Light refreshments and child minding (**for children 3 and up**) will be provided. Parents are also encouraged to bring

## Body Image and Self Esteem—presented by iGirl

École Glenbrook Middle School—Multipurpose room May 16th, 7pm—8:30pm

We know parents want tools. This workshop provides parents with tools that will help reinforce the skills their girls have learned in an iGirl workshop. By continuing the iGirl lessons in the home, it is ensured that the girls will not forget these essential skills.

- Body Image & Self-Esteem
- Bullying & Assertiveness
- Healthy Relationships
- Internet Safety
- Canadian girls as a group score significantly poorer than boys on many indicators, such as happiness, wanting to be someone else, feeling they need to lose weight, loneliness, depression and suicide attempts .
- T-shirts that say “Yes, but not with you.” are now sold to 8 year olds. Girls understand what these t-shirts are about: pretending to be sexually aware .
- On social networking sites like Facebook, 14 year old girls are essentially presenting themselves as a brand, trying to create a public persona, polishing an image of themselves that’s all surface: how you look and what you did yesterday, not who you are and what you want to be .

To register for the session and for child minding (age 3+) contact Ashley Currie

E: [acurrie@sd40.bc.ca](mailto:acurrie@sd40.bc.ca) or T: 604-517-5995 — or show up!

