

**ONE FORM PER STUDENT.** Forms must be signed by a parent/guardian.  
Registration includes lunch. T-shirt is included with youth registration only.

## WORKSHOPS

### **Friends & You: LGBTQ+ Support**

**Julia & Sophie**

This workshop is for both queer youth and allies. We will focus on how to support yourself and your friends through coming-out, loving your identity, and standing up for LGBTQ+ rights. You will learn about inclusivity and leave with a queer vocab booklet.

### **Piecing Together Privilege & Identity**

**Becky & Layla**

A discussion of the foundations of privilege & identity, how they impact each other and why they are important to your life. Attendees will have the opportunity to make a personal puzzle that represents their own identity, while also puzzling how this connects to their own privilege that they have in their communities.

### **Love Your Mother (Nature)**

**Kaethe & Emily**

In this climate advocacy 101 workshop, you'll explore topics such as the climate crisis, climate justice (what it is), climate anxiety, and how to be an advocate for the climate. This workshop will be mostly hands on and also includes a slideshow & guided conversations about the climate and how to be a climate ally.

### **Self-Expression & the Arts**

**Lulu & Amorette**

Discover how you can use the arts to help express your emotions and/or identity. Through discussion & activities, you'll learn some of the ways that people use art to improve their mental health. Discussion topics also include identity and what it means to find & express your unique identity through the arts.

### **Nurturing Yourself & Others**

**Addie & Sarah**

In this workshop, you'll learn how to speak positively about yourself, create healthy mental health practices and change culture through kindness to yourself and others. Participants will learn these skills through expression in the arts.

### **Enthused to Move**

**Anica & Phia**

Learn how to begin building healthy relationships with food & exercise by understanding food as nourishment for our bodies, and exercise as a way to feel healthy and strong. You'll learn what body neutrality & body positivity means and explore ways that food & exercise can be positive & fun parts of your daily life.

### **Healthy Friendships 101**

**(\*FOR 4th, 5th & 6th GRADERS\*)**

**Ruby & India Sky**

What does it mean to be a good friend? In this workshop, we will be discussing ways to create healthy friendships, and to recognize when friendships are toxic. Join us for friendship bracelet making!

### **Go with Your Flow**

**Ella & Fallon**

This workshop is all about periods. Through discussion & creative activities, you will explore topics that include sanitary products & safety, menstrual health, period stigma, why periods are not exclusive to people who use she/her pronouns, and what it means to support the period movement.

### **Toxic vs. Healthy Relationships**

**(\*FOR 7th & 8th GRADERS\*)**

**Ruby & India Sky**

Relationships can be hard. In this workshop, we will be discussing the ins and outs of what a healthy relationship looks like by looking at red and green flags in relationships and talking openly about what are effective ways to maintain a healthy relationship.

### **Body Positivity Through Movement**

**(\*FOR 6th, 7th & 8th GRADERS\*)**

**Elise & Sophia**

Learn about body appreciation through speaking topics, group yoga and dance movement, and a welcoming space. Activities done will be appropriate for all body types and abilities.

### **Learning to Shine**

**Sky & Ali**

In this discussion/art& crafts workshop, you'll learn why it's important to be who you are and discover ways that you can do that. You'll discuss different modes of expressing yourself, through clothing and aesthetics and you'll gain tips for how to feel comfortable being who you are.

Hardy Girls takes girls and nonbinary youth seriously through year-round, statewide programs that put the power in their hands to challenge a society that ignores their brilliance. Be You Boldly! Conferences are planned and facilitated by members our high-school Feminist Action Board (FAB). Join us for a day of learning, sharing, and youth-powered activism.

Youth/Adult Registration \$20 (\$25 after April 6)     Youth Partial Scholarship \$10

I will be attending at no cost. Scholarships are available to cover attendance for any student. A donation of any size helps to keep our programs accessible for all.

STUDENT name (first & last)

pronouns

street address

city

state

zip code

name of school

grade

name of emergency contact

relationship to student

best contact phone #

shirt size     YL     AS     AM     AL     AXL     A2XL

## STUDENT WORKSHOP SELECTION

Please choose 3 workshops that interest you most. We'll do our best to place you in workshops you select, but cannot guarantee it. Space is limited and workshops will be assigned in the order forms are received.

<input type="checkbox"/> Go with Your Flow	<input type="checkbox"/> Love Your Mother (Nature)	<input type="checkbox"/> Healthy Friendships 101 (*FOR 4th, 5th & 6th GRADERS*)
<input type="checkbox"/> Enthused to Move	<input type="checkbox"/> Nurturing Yourself & Others	<input type="checkbox"/> Toxic vs. Healthy Relationships (*FOR 7th & 8th GRADERS*)
<input type="checkbox"/> Learning to Shine	<input type="checkbox"/> Self-Expression & the Arts	<input type="checkbox"/> Body Positivity Through Movement (*FOR 6th, 7th & 8th GRADERS*)
<input type="checkbox"/> Friends & You: LGBTQ+ Support		<input type="checkbox"/> Piecing Together Privilege & Identity

## PARENT/GUARDIAN PERMISSIONS

Please check here if the youth you are registering has special needs. All conference activities are handicap accessible. Efforts will be made to accommodate needs. You may call us at (207) 387-0553 to discuss. We are unable to accommodate dietary restrictions. People with allergies should plan accordingly.

By completing this registration, you (as parent/legal guardian) are agreeing to the following terms and conditions:

### attendance/transportation waiver

Your child has permission to participate in this Hardy Girls program. Your child also has permission to be transported to the conference by bus through the school if that is applicable. In case of illness, injury or emergency, your child has permission to be transported out of the conference location for medical treatment.

### audio/video/photo release

There will be photos and video throughout the day to be used for future Hardy Girls' public relations purposes, including website, social media and newsletter. Please check here if YOU ALLOW your child to be photographed.

parent/guardian name (print)

parent/guardian signature

date