



### Bring iGuy to your School!

iGuy is a straight-to-the-point, interactive and playful empowerment workshop that prepares students in grades 4-7 who identify as boys\* to make smart decisions in even the toughest situations. We'll challenge our society's definition of masculinity, encourage each other to break out of our boxes and blow off some steam (in a healthy way). We'll role-play assertiveness skills, learn how to be active bystanders of bullying, tackle online safety and identify what builds healthy relationships. iGuy celebrates diversity. In an environment of respect and inclusion, Saleema Noon's team takes the role of older brother, giving your son the skills and information needed to ace his teenage years.\*\*

**Who:** Students in grades 4-7 who identify as boys\*.

**When:** Workshops available during school hours and on Pro-D days. Can be offered alone or in conjunction with an iGirl School Program.

**How Many:** Minimum 15 participants, maximum 30 participants.

**What we need:** Multipurpose Room, Library or Classroom and chairs for participants.

**iGuy Part 1 may be booked as a stand alone workshop or in conjunction with iGuy Part 2.**

**Travel fee may apply.**

For more information or to book a workshop, contact Cath Blythe, Bookings Manager, by phone at (778) 855-3009 or by email at [cath@saleemanoon.com](mailto:cath@saleemanoon.com).

*Smart decisions start here.*

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### outline

#### Two Hour Workshop Part 1 (\$350 plus gst)

##### i don't need to be Superman

Superheroes, video games, sports culture and YouTube teach us lots about masculinity. Let's talk about what it really means to "be a man", kryptonite and all.

##### i am not my biceps

Real power comes from within and has nothing to do with muscles.

##### i express myself (with control and composure)

Newsflash: Guys have feelings too! Let's learn how to express them in a healthy way.

##### i am strong and courageous

It takes strength and courage to take responsibility for your actions, to ask for help, and to stand up for yourself or somebody else. Let's redefine what these two words mean.

#### Two Hour Workshop Part 2 (\$350 plus gst)

##### i have healthy relationships

It's true – honest communication, respecting boundaries, understanding consent makes us better friends, partners, and humans in general.

##### i get the 'net

From the G-rated to the X-rated and everything in between, smart decisions online put the 'social' back in 'social media'.

#### Two 2-Hour Workshops in a day (\$550 plus gst)

*\*Non-binary and gender creative students are also welcome. Please consult with facilitator prior to workshop.*