



iGuy Arts

iGuy's straight-to-the-point, interactive and playful empowerment workshop is now being offered as an arts camp for boys. This two-day program will teach empowerment and leadership through visual, musical and movement arts in a physically active and experiential learning environment. iGuy Arts teaches participants how to be assertive, how to deal with bullying, how to make smart decisions online and how to build healthy relationships. It builds on the iGuy workshops we offer in schools and connects it with the great lessons we learn from art; how to connect with our feelings, express ourselves creatively, feel confident and expand our minds. In iGuy Arts it's all about expression, expansion and self-awareness.

Next workshop: July 16 and 17 in Vancouver, Creekside Community Centre

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

When: 10am to 3pm

Cost: \$179 (\$25 off if you register with a friend, \$20 off if you register one month before)

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

For more information contact Ryan Avola, iGuy Facilitator, at ryan@saleemanoon.com or 604-657-4628

Smart decisions start here.

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outline

i don't need to be Superman

But I could be if I wanted to! Superheroes, video games, sports and YouTube teach us lots about masculinity. Let's talk about what we think it means to "be a man".

i can express myself

The saying "boys will be boys" reinforces the idea that it's OK for boys to use violence to express themselves. Let's take time to express ourselves in creative, healthy and non-aggressive ways.

i am creative and powerful

Exploring our creativity helps us imagine the life we want to have. Let's dive into our inner artist and start making it happen.

i have healthy relationships

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

i move

Some feelings are easier to express with our bodies than with our words. We can dance, stretch, freeze and freak out to help us release blocks and hard to reach emotions.

i belong

Society likes to make us feel like we have to be like everyone else, but we think being our unique selves is where it's at. Let's represent our true selves through art and celebrate how our differences make a more interesting world.