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GIRLS
ONLY!




Manitoba 

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THIS GUIDE WAS CREATED ESPECIALLY
FOR ONE PERSON – YOU – THOUGH MANY
PEOPLE WERE INVOLVED IN THE PROCESS.

WHO HELPED

We would like to thank all the girls who spoke to us over the years and helped us with the content of this book. We received input from communities all around Manitoba. Girls from Brandon, Gimli, Lac Brochet, Thompson, Flin Flon, The Pas and Winnipeg offered excellent suggestions for this guide. We also got great feedback from Manitoba teachers, parents and other adults.

WHO SHARED

Thanks to the Nova Scotia Advisory Council on the Status of Women for allowing us to share the layout and content from their *Guide for Girls!* www.women.gov.ns.ca/sites/default/files/documents/Guide%20for%20Girls_3rd.pdf

Thanks to everyone
who helped us out!



FOLLOW YOUR DREAMS

We should all have something to look forward to (ex: a dream, a goal) no matter how young or old we are. We encourage you to use this guide to help you decide the kinds of goals you want to accomplish. Once you decide what you want, you can begin to take the next step toward making your dreams a reality.

LET'S TALK

This guide helped us start talking with girls in Manitoba. We hope you enjoy the guide and use it often. If you have ideas or opinions about it that you would like to share, please email us at msw@gov.mb.ca. We look forward to hearing from you.

A NOTE ABOUT WEBSITES AND ADDRESSES

When we created this guide, we reviewed every website and checked the URLs.

They were OK then, but may have changed by the time you read this. If you visit a site and it's changed, especially if it's been taken down or is no longer appropriate, let us know at the email address above.

You can also visit our website at www.manitoba.ca/msw to find more links for girls.





How to Use This Guide

1. Open it up! This book is made for you! It's yours and only yours!
2. Check things out. Read the sections and find the information you need.
3. Write or draw your thoughts. Ask questions. Look for answers.
4. Scribble and mark anywhere and everywhere. It's your book — you can do whatever you want with it!
5. Post photos... rip out pages...It'll remind you about how fun and awesome it is to be a girl.
6. Discover and express yourself. Explore your culture and your history – and where you want to be in the future.
7. Be awesome.
8. Be a girl.
9. *Be you!*

This guide is available in alternate formats upon request.





Girl Power!

**THE POWER OF BEING A GIRL
IS DISCOVERING, EXPRESSING
AND PURSUING WHO YOU ARE!**

As you go through life's journey,
KNOW YOU ARE VALUABLE. YOU ARE UNIQUE.

YOU HAVE A VOICE.

Celebrate OUR diversity!

If we were all the same, just think
of how boring the world would be!

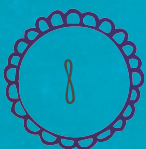


I am special because...

I can do many things!
My favourite things to do are...



GIRLS IN MANITOBA



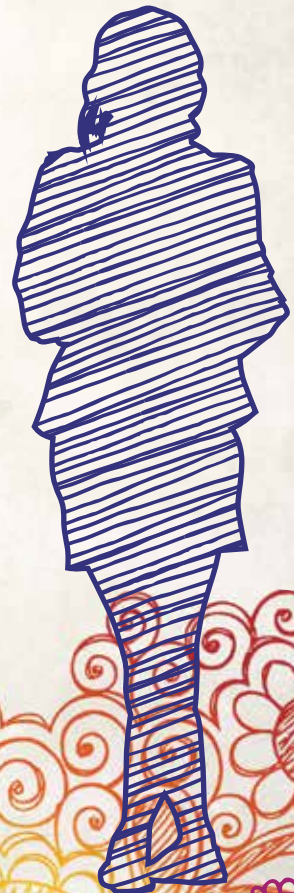
IN MANITOBA, THERE WERE 117,058 GIRLS AGE 14 AND UNDER IN 2012. (FROM: MANITOBA HEALTH POPULATION REPORT. JUNE 2012). THAT MEANS **YOU REPRESENT 9.2% OF THE TOTAL POPULATION OF OUR PROVINCE.**

Each one of you is special.

Whether you live in the north, a city or in one of our province's rural areas, we want you to remember that, as girls, you have value.

Life is all about discovery and acceptance of ourselves and of others.

*You are wonderful
in so many ways,
both inside and out.
Celebrate being a girl!*



Some facts about Manitoba

- ★ We are at the centre of Canada. Our province is blessed with clean air, brilliant blue skies, remarkable scenery and wide-open spaces.
- ★ We are very proud of our multicultural heritage and celebrate our diversity as well as our similarities.
- ★ Manitobans are known throughout Canada for their friendliness and community spirit.



In Manitoba, we celebrate diversity – diversity of colour, age, abilities and culture, as well as ideas. For over 100 years, people from around the world have come to Manitoba to share their cultures, stories and the way they see the world.

DIVERSITY MAKES EACH OF US AMAZING AND SPECIAL!

- ✦ Diversity describes the many differences and similarities among people. It is what makes each of us special and unique.
- ✦ Diversity includes characteristics that are seen such as our race, ethnicity, colour, language and sex. But it also includes characteristics that are not so obvious, such as our gender, sexual orientation, age, ability or disability, religion, political belief, cultural heritage, family background, social class, education or geographic origin.
- ✦ It takes time and curiosity to get to know ourselves and others well. It also takes time and effort to respect and appreciate our differences and similarities.



I am unique because...

What aspects of your culture are you most proud of?

One of Manitoba's first symbols of cultural diversity, still used today, is the Métis sash. The Métis sash begins as individual strands in a multitude of colours. Each colour represents different elements of the Métis people, their cultures, traditions and beliefs – diversity within diversity without division. Alone, each strand is relatively strong but when woven together, they form a solid, powerful fabric. The individual strands become the breadth and the strength of the sash.



DID YOU KNOW THAT ABORIGINAL PEOPLE WERE THE FIRST PEOPLE OF THIS LAND?

THE HISTORY OF MANITOBA'S ABORIGINAL PEOPLE GOES BACK THOUSANDS OF YEARS.

DID YOU KNOW THERE ARE SEVEN TREATIES WITH FIRST NATIONS IN MANITOBA?

TO LEARN MORE ABOUT TREATIES, PLEASE VISIT:

www.trcm.ca/treaties.

The name *Manitoba* comes from languages of the Aboriginal people who lived on the prairies and travelled the waters of Lake Manitoba. In fact, Manitoba's largest city also gets its name from Aboriginal people. Winnipeg gets its name from the Cree words "win" for muddy and "nippee" for water.

Winnipeg was once a busy Aboriginal trading centre, before the arrival of the Europeans. For many years, Winnipeg was at the heart of the country's fur trade and helped to develop Canada's expansion to the west.

Today, Manitoba is home to seven distinct groups of Aboriginal people. They are the Ojibway, Cree, Oji-cree, Dakota, Dene, Métis and Inuit.

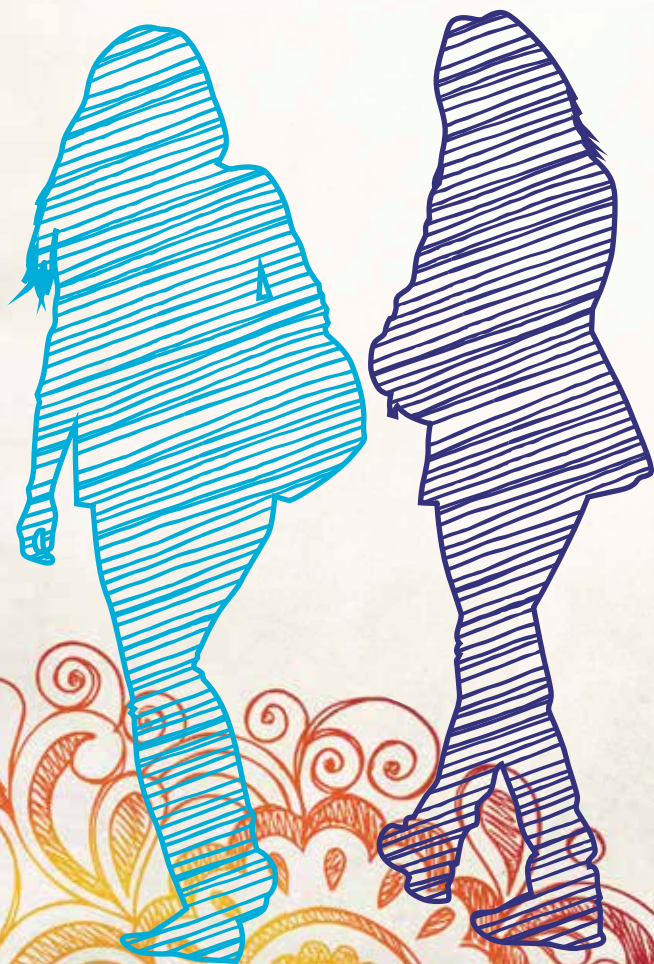


DID YOU KNOW THAT WOMEN ARE CENTRAL FIGURES IN ALMOST ALL ABORIGINAL CREATION STORIES?

In Ojibway and Cree legends, it was a woman who came to Earth through a hole in the sky to care for the earth. It was a woman, Nokomis (grandmother), who taught people (Anishinabe, an Ojibway word meaning “human being”) about the medicines of the earth.

To the Ojibway, the earth is woman, the Mother of the people, and her hair, the sweetgrass, is braided and used in ceremonies.

The Dakota and Lakota (Sioux) people of Manitoba tell how a woman – White Buffalo Calf Woman – brought the pipe to their people. It is through the pipe that prayer is carried by its smoke upwards to the Creator in their most sacred ceremonies.



IMMIGRANTS TO CANADA COME FROM ALL OVER THE WORLD AND TOGETHER, WE ADD TO THE RICH DIVERSITY OF OUR COMMUNITIES.

Manitoba is a top immigration spot for people from the Philippines, India and China (From: Manitoba Immigration Facts: 2012 Statistical Report). When you look around, it is easy to see many other people from around the globe in your own community. Maybe you're in Brandon, Winkler, Neepawa, Steinbach or Thompson and see the faces of many different people and cultures in your own backyard.

Where is your family from?

Over 100 languages are spoken by people living in our province. The most common languages spoken by newcomers to Manitoba are Tagalog, Punjabi, Mandarin, Chinese, Russian and Spanish.

What languages can you speak?

If you and your family are new to Canada, there are services to help you and your family settle. For more information, go to:

✦ www.manitobastart.com

✦ www.manitoba.ca/labour/immigration

Girls have rights!

WHAT ARE HUMAN RIGHTS?

Some dictionaries define the word “right” as “a privilege,” but when we talk about “human rights,” we are talking about something more basic.

All people, as humans, are entitled to certain basic rights. They are “rights” because they are things you are entitled to be, to do or to have. These rights are there for your protection against people who might want to harm or hurt you. They are also there to help us get along with each other and live in peace.

Human rights ensure that all people are treated with dignity, equality and respect. They protect us from violence and abuse and work to end ignorance and hatred.

NO MATTER WHAT COUNTRY WE LIVE IN, WHO OUR PARENTS ARE, OR WHAT RELIGION WE PRACTICE, OUR HUMAN RIGHTS ARE ESSENTIAL.

The YWCA Canada has many resources for girls including *A Girl's Guide to Knowing Her Rights* – a publication about the rights of girls at home, at school, and at work.

Check it out at

www.ywcacanada.ca/data/documents/00000083.pdf,

or visit their website for other cool information

www.ywcacanada.ca/en.

In Manitoba, we have a set of laws called *The Human Rights Code* which protects Manitobans from **discrimination.** Under the code, it is discrimination to treat a person or group differently, to their disadvantage and without reasonable cause, on the basis of a protected characteristic, such as race, age or disability.

To learn more about your human rights:

✦ in Manitoba www.manitobahumanrights.ca/youthcentre.html.

✦ around the world, please visit:
www.kidsforglobalpeace.com





FEELING
FINE

Your Health Matters



Health is important to everyone.

Being healthy is not just about not being sick. *It's much more than that.*

Being healthy includes caring for our physical bodies and how we feel and think. It is about the situations we find ourselves in, our relationships with others, who we are and where and how we live.

ASK YOURSELF THIS QUESTION:

What are some things that make you feel healthy and happy?



Our physical bodies

Our bodies come in all **shapes and sizes**.

Taking care of our bodies is important to being healthy.

When you're healthy, you feel good and look good. Learn about how to care for your body and how to prevent the health problems that most often affect women. Take time to learn about healthy eating and exercise. See a doctor or nurse for regular check-ups, especially if you don't feel well.

YOU CAN START TAKING CARE OF YOUR HEALTH NOW!

There are many ways we can take care of ourselves and our bodies:



drink lots
of water



eat well



get lots
of sleep



be active



practice
good hygiene

Have you ever been asked, “Are you a healthy eater?” What does that even mean?







Healthy eating means getting the right amount of calories, vitamins and nutrients your body needs to be its best.

What we eat is absorbed by our bodies and affects our health. When we eat healthy and well, we can:

- ✦ have more energy
- ✦ have stronger muscles and bones
- ✦ have a healthy body weight
- ✦ be sick less
- ✦ have better health overall
- ✦ feel and look great

What are some of your favorite foods?

Here are some ways you can be a healthy eater:

-  **Learn how to read food labels.** If you know what's in your food and how much, you can limit those nutrients that you want to cut back on and up the ones you want to eat more of. For example, you may want to eat foods with less salt and more that are high in fiber.
-  **Don't skip meals.** Breakfast is especially important!
-  **Watch your portion size** (ex: *Canada's Food Guide* — www.myfoodguide.ca). Don't stop eating foods you love. It's OK to have a snack once in a while and always in moderation.
-  **Avoid emotional eating** — eating because you are bored, stressed or feeling sad. Try writing in a journal, talking to someone you trust, exercising, making crafts or volunteering in your community.
-  Don't forget to **enjoy food and mealtimes** with friends and family.
-  And remember, **always drink plenty of water.**

Want more information about healthy eating? Then talk to a health professional, such as your family doctor or a dietician.

Here in Manitoba, you can call a dietician at no cost. Call 204-788-2048 in Winnipeg; toll free 1-800-830-2982, or visit: www.manitobaparentzone.ca/dial-a-dietitian for more information.

Being Active

OUR BODIES ARE MEANT TO MOVE!

Every teenager needs at least 60 minutes of physical activity every day.

IT'S ABOUT MOVING A LOT DAILY AND NOT NECESSARILY ABOUT TRAINING AS AN ATHLETE.

Keeping fit can challenge your mind and body and is key to good health. Exercise can:

- ✿ help prevent serious illness (ex: heart disease, certain cancers, type 2 diabetes, anemia, osteoporosis)
- ✿ boost your energy level and mood
- ✿ help you stay at a healthy weight
- ✿ help you feel good about yourself
- ✿ *be fun!*

Get active and keep moving!





HERE ARE A FEW TIPS TO STAY ACTIVE

- Spend less time online on your computer or phone. Get outside, move and enjoy the outdoors.
- Look for a friend in your neighborhood or school who would like to do an activity with you. Activities are more fun when shared with friends.
- Find the right activity for you. Try different physical activities until you find the ones you like the most.
- Just starting out? Begin by setting small goals you can reach. Over time, reach for higher goals. If you want to run, start by switching between running and walking. Build up your distance and speed over time.

What physical activities
do you enjoy doing?

Are you interested in learning more about recreational opportunities in your area? Check out the following links:

Lighthouses are youth programs run by Manitoba Children and Youth Opportunities throughout the province. They were designed to help communities ensure there are youth programs available after school and on weekends. For a list of locations, please visit www.manitoba.ca/justice/safe/lighthouses.

The City of Winnipeg's Leisure Guide (www.winnipeg.ca/cms/recreation/leisureguide.stm). It contains information about a wide variety of programs for various ages and ability levels. It also offers information about free programs provided by the City of Winnipeg. Among the programs offered are wading pools, children's drop-in activities, youth action centres, community centres, free swims, mobile play vans.

There are also many **community centres** that provide a broad range of sport, recreational and leisure programs for people of all ages. For more information, go to www.gcwcc.mb.ca.



It can sometimes feel uncomfortable doing activities around people you don't know. You may feel unsure about your body and clothing. You may worry others will disapprove of the activity you like.

Being a girl **does not** have to limit the activities you choose or how you participate. You don't need to look a certain way to join in.

The more you move, the more confident you will become with the way your body looks, moves and feels. When you find an activity you enjoy, it is just one part of who you are.

*It doesn't define
everything that
you are.*



Sport Manitoba is the main planning, programming and funding agency for the development of amateur sport in Manitoba. The organization creates and manages sport programs and services and partners with more than 100 sport organizations that deliver sport in our province. Get some ideas about sports you may want to try, and other ways to get involved in your community, by visiting their website at www.sportmanitoba.ca.

Take a look at the website for **Canadian Association for the Advancement of Women and Sport and Physical Activity** www.caaws.ca to learn more about women's involvement in sport in Canada. Their On the Move initiative, encourages inactive girls and young women (ages 9 to 18) to participate in sports and physical activity.



Your body and the changes you'll go through

Our bodies change as we grow older. Puberty is a time hormones are changing your body, inside and outside. Safe, trusted family members, friends and health professionals can help you with girl stuff, such as buying the right size bra, using female care products and getting advice from medical professionals about decisions you need to make about your health.

DID YOU KNOW THAT MOST CULTURES AROUND THE WORLD MARK THIS RITE OF PASSAGE IN LIFE WITH SPECIAL CEREMONIES, OBSERVATIONS OR EVENTS?

Customs vary. In Africa, for example, some villages separate girls for several weeks from the rest of the village once they have their first period. During this time, girls are instructed in social customs regarding courtship and relationships. Then, a village-wide ceremony and celebration takes place, presenting the girls back to the community.

Most, if not all, traditions of Native American spirituality consider moon-time as a sacred time of purification. Sometimes women do not go into ceremony or use sacred objects such as pipes and feathers. Traditional people view a woman on her moon-time as sacred, a time where girls and women should be honored.





YOUR BODY IS AMAZING!

EVEN THOUGH YOU MIGHT KNOW ABOUT SOME OF THE CHANGES THAT HAPPEN DURING THIS TIME, IT'S A GOOD IDEA TO LEARN MORE.

Have you ever had a question you were too shy to ask? Maybe something like:

- How do you feel during your period?
- What should I do if I get my period when I wasn't expecting it?
- How do I know my sexual orientation?

Don't worry—you're not the only one! Every young woman has questions like these and everyone can use some advice.

Check out *Growing Up OK!* (www.manitoba.ca/healthychild/mcad/growingupok.pdf). This guide has general information about puberty. It's made for girls just like you!

IT MAY FEEL A LITTLE AWKWARD, BUT DON'T WORRY,
YOU ARE NOT ALONE!
EVERY GIRL GOES THROUGH THIS.

YOU CAN ALSO CHECK OUT THE FOLLOWING:

www.kidshealth.org

www.youngandhealthy.ca

www.teentalk.ca



STILL HAVE MORE QUESTIONS?

Whether you have questions about menstruation, nutrition, your skin or finding healthy ways to stay in shape – there are a number of teen clinics located around Manitoba that are designed for teens (and only teens) to use.

You can just walk in, without an appointment, during Teen Clinic hours. The people there like working with youth. They will help you with whatever you need, with respect and no judgement. You can go by yourself, with a friend or with a partner. Medical services are free and/or low cost.

Here is a list of things you can get at a Teen Clinic:

- counselling
- access to a doctor if you have any other health issue that you need to talk about
- pregnancy tests
- STI/HIV tests
- information about all birth control options
- counselling on all three legal pregnancy options (adoption, abortion, parenting)
- respect!

Find your nearest Teen Clinic please visit www.teenclinic.ca.

HAVING QUESTIONS IS A SIGN THAT YOU ARE GROWING UP. IT SHOWS THAT YOU WANT TO TAKE CARE OF YOURSELF. DON'T BE AFRAID TO GO TO A PARENT, GUARDIAN, SIBLING, SCHOOL NURSE OR OTHER TRUSTED ADULT FOR HONEST, STRAIGHTFORWARD ANSWERS. THEY WERE YOUNG ONCE, TOO!

Here in Manitoba, you can also call **Health Links** (24/7) at 204-788-8200 in Winnipeg or toll free 1-888-315-9257 for information and referral services about health-related matters, provided by nurses.

You're Amazing!



When you stand in front of a mirror, what do you see?

Do you see how unique and amazing you are?

Remember that everyone is unique. Girls and women come in all shapes, sizes and appearances.

**DIVERSITY IS THE BEAUTY THAT MAKES EACH OF US AMAZING AND SPECIAL,
JUST THE WAY WE ARE.**

Body image involves attitude and feelings – how we think about and feel about our bodies. Some people are satisfied with the way they look, while some may think they are too “something”— too thin, too fat, too tall, too short. But remember, just like everyone else, we have good days and bad days...and our mood can affect how we see ourselves.

One way we become unhappy about ourselves is by playing the comparison game. Any time you're tempted to compare yourself to others, **STOP** and consider who you are. No two people are ever the same. We are all unique!

**THINK ABOUT YOUR STRENGTHS, YOUR UNIQUENESS,
YOUR TALENT, YOUR BEAUTY – BOTH INSIDE AND OUT!**

Celebrate who you are, and others around you.
Think about positive things.

You can be healthy at every size!



What are some things that you love about your body?



DO YOU SEE WHAT I SEE?

When we watch TV, movies, music videos, read magazines and see women on billboards we are constantly hit by images of the media's idea of the "perfect" woman or girl. It is important to learn what is real and what is not in the images we see.

PERFECT PEOPLE?

Most of these "perfect" people don't look that way in real life. Instead, you are seeing images that look that way because of special hairstyles, lots of make-up, expensive clothes and computer programs that erase flaws. The media knows these perfect images will sell magazines and TV shows, but *these images are not real*.

We need to remember that what we see on TV and on the Internet, including the models in magazines and in advertising, can create unnecessary pressure to look and dress a certain way. That is why it is very important that we remember what's real - and not an unrealistic image of what is supposed to be beautiful or sexy.

YOUR BODY IS STILL CHANGING. YOU HAVE THE POWER TO DECIDE HOW YOU WANT TO EXPRESS YOURSELF WITH THE WAY YOU LOOK.

We can resist, stay real and be ourselves. Remember, there is much value in our diversity. Surround yourself with people who love you and accept you just the way you are. And accept and love others just the way they are.

www.sparksummit.com

SPARK is a girl-fueled activist movement to demand an end to the sexualization of women and girls in media. They collaborate with hundreds of girls aged 13 to 22 and more than 60 national organizations to reject the sexualized images of girls in media and support the development of girls' healthy sexuality and self-esteem.

www.mediasmarts.ca

More about media images and the messages in popular culture. It's all about empowering yourself!

www.ywcagirlspace.ca

The YWCA's online community for girls. Where you will find information about body image and a variety of other topics in French, English and Inuktitut.



Did you know

that it has been over four years since the launch of the groundbreaking *Quebec Charter for a Healthy and Diverse Body Image* (also known as *La Charte quebecoise pour une image corporelle saine et diversifiée*, or *La Chic*, for short)? The charter is the result of a group effort involving the fashion industry, the advertising industry, media, government and others.

Its goal is to demand that realistic body images (ex: different heights, weights, ages) are shown in media and advertising. To learn more about the charter, visit: www.jesigneonline.com (in French) or www.ijoinonline.com/en/ (in English).

You can also check out these cool websites for information about body image, designed for girls like you:

- ✿ www.adiosbarbie.com
- ✿ www.about-face.org
- ✿ www.size-acceptance.org



EATING DISORDERS ARE COMPLICATED ILLNESSES THAT ARE NOT JUST ABOUT FOOD.

They can be a way for girls to cope with feelings that they find too hard to deal with. They can also begin because of pressure, real or imagined, to look a certain way. *Eating disorders are a serious threat to your mental and physical wellness.*

Anorexia vs. Bulimia: What's the difference?

Anorexia usually involves starving yourself. It can also include bingeing and purging (eating a lot and then forcing yourself to throw up). People with anorexia have an intense fear of becoming fat and a distorted image of their body size and shape. Even if they are very thin, they think they are fat.

The effects of anorexia include:

- abnormal weight loss
- no period for at least three months in a row
- dry skin
- brittle hair
- a weakened immune system (making it easier to get sick)
- a life-threatening weakening of the heart muscle

Bulimia usually involves regular and repeat bingeing and purging to stop weight gain. This is usually done in secret. Some people with bulimia may not purge, but take part in other extreme habits (ex: excessive physical activity or starvation) to avoid weight gain.

The effects of bulimia include:

- severe dental problems (constantly throwing up ruins tooth enamel)
- digestion problems
- dehydration
- serious heart problems



www.nedic.ca

The National Eating Disorder Information Centre (NEDIC) is a Canadian non-profit organization providing resources about eating disorders and weight preoccupation. Check out its website for some helpful information.

You can also call the National Eating Disorders Helpline at 1-866-633-4220 (open from 9 a.m. to 9 p.m. EST, Monday to Friday). It offers counselling, information and support for people dealing with or affected by eating disorders and disordered eating.

www.anebquebec.com

The Quebec Association for Persons Suffering from Anorexia and Bulimia for advice and other information in French.

Call 1-800-630-0907 (open from 8 a.m. to 12 a.m. EST - weekdays and 12 p.m. to 12 a.m. EST on weekends) to talk to someone about it.

Are you or any of your friend's suffering from anorexia or bulimia? If you need help and would like a list of help in Manitoba, check out www.manitoba.ca/healthyliving/mh/eatingdisorders.

Handling Stress

Do you have days when you feel that everything is out of control?

Or some days when you feel burned out, crabby, pressured, wired and panicky? Maybe you feel cranky, restless, wound-up and moody. There are so many things going on, from school and family responsibilities to friends and planning your future.

Being a girl these days isn't like it was ever before. There are a lot of pressures to deal with. The good news is that there are also more ways to help you conquer your anxiety and stress.

IT'S NORMAL TO BE UNDER STRESS AND THERE ARE WAYS TO MANAGE IT.

Write down what stresses you the most.



Here are some suggestions about how to manage stress:

TALK TO YOUR PARENTS OR A TRUSTED ADULT

If you ever feel like the stress is becoming too much, be sure to talk to an adult. Outline your problems, give clear examples of what it is in your life that is stressing you out and get advice about how to deal with these issues.

REACH OUT TO YOUR FRIENDS

Being able to really vent with your friends can help you ease some of the stress you're feeling. Ask your friends if they have also felt this way and see how you can get through it together. If your friends are a part of the problem (ex: causing you stress), then consider whether the friendships should continue. It may be hard, but you want to surround yourself with positive people who help make you a better you.

RELEASE TENSION THROUGH MOVEMENT

If letting out all your feelings isn't your style - and that's perfectly OK - find something that allows you to free your mind. Physical activity, that lets you to focus your attention on what's happening in the moment and not what's bugging you, can actually help you out. Try walking, running, swimming, biking or dancing powwow.



LEARN TO RELAX

You can help yourself relax by learning simple breathing exercises and using them when you're in stressful situations.

Make sure you stay relaxed by building time into your schedule for calming activities that you like, such as reading a book, making time for a hobby, spending time with your pet, taking a relaxing bath, volunteering or doing other things you enjoy making arts and crafts.

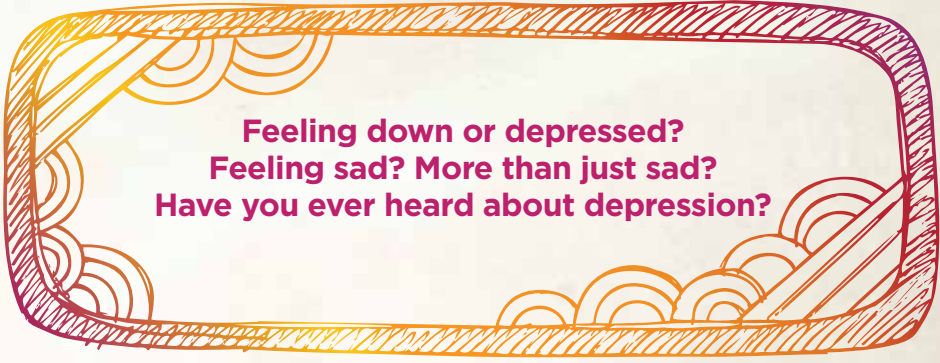
Listen to your favourite songs or write a song that describes your feelings. You may find that you can better think through what is causing your stress and sort out what you need to do about it.

Watch what you're thinking.

Your outlook, attitude and thoughts affect the way you see things. Is your cup half full or half empty?

A healthy dose of positive thinking can help you make the best of stressful circumstances. Even if you're out of practice, or tend to look at the bad side of things, everyone can learn to think more positively.





**Feeling down or depressed?
Feeling sad? More than just sad?
Have you ever heard about depression?**

Check out www.mindyourmind.ca, an award-winning, non-profit mental health program and online space for youth and young adults to find support when going through tough times.

Sometimes, making healthy decisions is hard, especially when we are in stressful situations and we feel angry or pressured. Some people haven't learned how to deal with their emotions in a healthy way. They may start cutting, burning or purposely hurting themselves as a way to deal with their emotions. Unhealthy actions to cope with stress are often used to shut out and forget about the problems or to feel in control.

If you are thinking about suicide, or if you are worried about someone else who might be suicidal, you need to tell someone. It can be really hard to talk about, but talking about it to someone you trust can be the starting point to getting help.

Don't forget, we all need attention, especially if we are struggling.

If you need someone to talk to, you can call the **Kids Help Phone** at **1-800-668-6868** or online at www.kidshelpphone.ca. They offer free counselling and are available 24 hours a day.



Talking through a problem can be a good way to sort out your own thoughts.

You can also call:

Klinic Crisis Line 1-888-322-3019 or 204-786-8686 (24 hours)

- provides counselling, support and information for people in crisis or distress

Manitoba Suicide Line 1-877-435-7170 (24 hours)





- offers counselling/info for people thinking about suicide, or affected by another's thoughts or attempts of suicide

IT IS IMPORTANT THAT

you make healthy choices for you.

Remember that using alcohol, drugs or smoking is not the best way to cope with stress and all can do damage to your body!

Let's Think About This:

-  Do you, or someone you know, use drugs, alcohol or smoke to reduce the stress in their lives, or before they go through stressful situations?
-  Is drinking alcohol, using drugs or smoking making it hard to do well at school, on sports teams or in extracurricular activities?
-  Are you or someone you know using drugs, alcohol or smoking to stop feeling hurt, or to hurt other people?
-  Does your mom, dad, brother, sister, grandparent or other close relative have problems with drugs, alcohol or smoking?

If you've answered YES to any of these questions, it may be worth it to talk to a safe and trusted adult such as a parent or guardian, guidance counsellor, youth health centre worker, health professional or an Elder.

If you think a friend, family member or someone else important to you has overdosed on alcohol or another drug, call 911 right away. You might just save someone's life.

You can also check out the following links for more information on quitting smoking, drinking and other addictions:

www.manitoba.ca/healthyliving/addictions/youth

To find out what services are available to youth in Manitoba.

www.mantrainc.ca

To help you quit smoking, visit the Manitoba Tobacco Reduction Alliance Inc.

www.mbswat.com

Manitoba SWAT (Students Working Against Tobacco) website.

www.afm.mb.ca

The Addictions Foundation of Manitoba (AFM). They have many resources for youth and families.

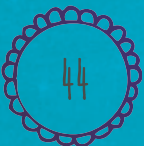
www.taddmanitoba.com

Teens Against Drinking and Driving (T.A.D.D) is sponsored by the Manitoba School Boards Association. It promotes awareness about the dangers of drinking and driving.





ALL ABOUT RELATIONSHIPS



Healthy Relationships with Yourself

PEOPLE ARE SOCIAL BEINGS.

We have many relationships — from acquaintances, to best friends, to family members.

In this section, we'll talk about how we're connected to ourselves and to one another — through family, friends and our dating relationships. We'll talk about what healthy relationships may look like and how to recognize when they're not, what we can do when we encounter difficult situations and where we can go for help.



THE ONE THING ALL OF YOUR RELATIONSHIPS HAVE IN COMMON IS YOU!

So, know yourself. Like yourself. Care about yourself.

Use the space below to draw or paste items that represent you. For example, if you like basketball, place an image of you playing basketball or your favourite basketball player. If you like to travel, you can paste an image of your favourite place to visit. You can also use the space to write about yourself as if you are introducing yourself to a new person you want to be friends with. Whether you're pasting images, drawing or writing, think about who you are and what you like about yourself, and express that to other people.



Sometimes, we like to be around many people.
Sometimes, we just want to be alone. We all have
different moods at different times.

Being alone can be a nice break. It's a time to think and dream
without interruption. It's a time to plan what to do and who to
do it with. It's a time when you don't have to work hard at anything.
It's a time when you can just be yourself and relax.

Take some time to think about both of these times:

I like to be alone because...

*I like to be with other
people because...*



Healthy relationships... with your family and other adults

Families can be made up of many different relationships. There can be two parents, single parents, step parents, foster parents or adopted parents. Even extended family, like grandparents, aunts, uncles and cousins, may live together or close by. Some families have a parent or caregiver that stays home and looks after younger kids, while some families have parents or caregivers that work full-time.

There is no right or wrong way a family can be put together.

The important factor is how everyone is getting along with each other. It is usually through your family relationships that you learn how to get along with others, form your view of yourself and understand what is appropriate behaviour.

Who are the adults in your family? In your life?

What are the different ways you spend time together with your family?

FINDING A WAY TO COMMUNICATE WITH THE ADULTS IN YOUR LIFE IS REALLY IMPORTANT.

All families face challenges as a normal part of life. Getting through these times requires respectful communication and care for each other. However, some families face significant problems such as not having a place to live, having a parent going to court, coping with a parent's long-term illness or parents who work away from home for long hours.

Parents, siblings and relatives will argue from time to time. Conflict is part of life, and so is making up. Talking about what happened, apologizing and stopping behavior that hurts others are important ways to heal relationships.

Some girls are able to talk more with the women or the men in their lives. Whoever you communicate with best, finding a way to share what you're thinking and how you're feeling with safe and trusted adults in your life is really important. One of the best ways to sort out a conflict or misunderstanding is by talking about it, sharing your view and listening to the other person's side.

Unfortunately though, some families may experience violence during these times. If you feel or know that someone is getting hurt in your family, it's important to tell someone that you can trust, such as a parent, guardian, teacher, Elder or a guidance counsellor.

REMEMBER, YOUR SAFETY AND THE SAFETY OF YOUR LOVED ONES IS VERY IMPORTANT. HELP IS AVAILABLE.

Ask for help! You can call the **Kids Help Phone at 1-800-668-6868.**

For information about what to do about abuse in the family, you can visit www.manitoba.ca/fs/fvpp/children to learn more about resources that are available to you in Manitoba.



Healthy relationships... with your friends

We all need friends....

Your friends might be your neighbours, your cousins or siblings, people at school or on your sports team, or people you grew up with. You may be the kind of person who has a lot of friends, or you might enjoy the company of a few close ones. Whatever you prefer, we all want to live and share life with other people we click with.

It can be a real confidence booster to be surrounded by friends who make you feel good about yourself. But remember, it's not that easy for everyone. Some people have a tough time finding good friends.

WHY NOT REACH OUT TO SOMEONE IN YOUR CLASS WHO MIGHT BE IN NEED OF A FRIEND? WHO KNOWS? HE OR SHE MIGHT HELP YOU BECOME AN EVEN BETTER PERSON!

Who are some of your closest friends?

How did you meet them?

What do you like about them?

RELATIONSHIPS WITH FRIENDS CHANGE OVER TIME.

If you are having problems with your friends, there are lots of ways to deal with them.

One of the most obvious ways – the one that people don't often think of – is...just talk to them! Of course, when it really comes down to it, the people who stress you out are not good for you. Your real friends will stick by you, no matter what.

At different times in your life, you might find yourself with different groups of friends. Maybe you have one group of friends for sport activities and another for crafts. You might even have certain friends who are really good at helping you out with particular issues. It's OK to have different groups of friends – **variety is healthy!**

Take this survey:

- Am I trying to fit into the right group for me?
- Am I sacrificing myself to be with the “in crowd?”
- How important is this, really?
- What is it costing me to fit in?
- Do I really like them and want to spend time with them?
- Do I like to do the same things they do?
- Do I like the way they treat other people?

IF YOU ARE SACRIFICING YOUR BELIEFS OR VALUES JUST TO FIT IN WITH SOME PEOPLE, THINK ABOUT IT AND ASK IF THESE 'FRIENDSHIPS' ARE REALLY WORTH IT.

Getting – or keeping – a friend at any cost may be too costly. Think about the pros and cons of your friendships with different people.

What do I do if one of my friends is saying bad stuff about me online?

SPEAK UP

If someone sends you a text, tweet or email that makes you uncomfortable, tell someone safe that you can trust (ex: a family member, Elder, teacher, police officer or a friend).

CONTROL YOUR ONLINE PRESENCE

Increase your privacy settings online, hide your profile and block users you don't want to connect with.

SAVE THE EVIDENCE

With the help of a safe and trusted adult, save negative messages, pictures and copies of online or text conversations.

KNOW WHERE TO GO

There are supports and services available to help you deal with this kind of stuff. You can find help at www.getcybersafe.gc.ca/index-eng.aspx.

ALWAYS REPORT INCIDENTS OF CYBERBULLYING

Inform the appropriate authorities (ex: teachers, principals, police).

Programs like RespectedED Violence and Abuse Prevention, run by the Canadian Red Cross, offers helpful information about dealing with this issue. Go to www.redcross.ca and click on *What We Do* for more information on this program.

Healthy relationships... in the dating world

CRUSHING OVER SOMEONE SPECIAL AND FALLING IN LOVE CAN BE A WONDERFUL EXPERIENCE. BUT LET'S ALL REMEMBER TO BE SAFE!

Remember, relationships start with you.

Get to know your personal interests and your relational boundaries, and share them with someone who will accept and respect you for you.

Be good to yourself. Ask what you need. Here are my...

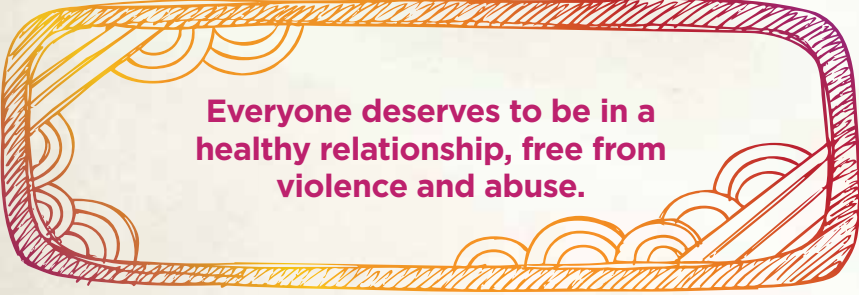
STRENGTHS

NEEDS

THERE ARE PEOPLE WHO CARE ABOUT YOU AND WANT TO SUPPORT YOU.

WHO ARE YOUR BEST SUPPORTERS?

BEING IN A RELATIONSHIP IS A BIG DECISION AND INVOLVES MUTUAL RESPECT FROM BOTH PARTIES.



Everyone deserves to be in a healthy relationship, free from violence and abuse.

ALWAYS STAY TRUE TO YOURSELF.

Not sure if you're in a healthy relationship? Click on the Break the Silence toolkit, www.manitoba.ca/stoptheviolence, and learn about what healthy, unhealthy and abusive relationships may look like.

HEALTHY RELATIONSHIP

- You and your partner feel safe and share how each other are feeling.
- You and your partner listen to and respect each other.
- You can spend time apart, pursuing separate interests and friends.
- You can disagree and talk to each other about it in a respectful way.

UNHEALTHY RELATIONSHIP

- Your disagreements often turn into fights.
- Your partner is jealous if you talk to other guys or girls.
- You are embarrassed to say how you are feeling because your partner will not care.

ABUSIVE RELATIONSHIP

- Your partner treats you with disrespect, ignores you or makes fun of you.
- Your partner orders you to not talk to other guys or girls.
- Your partner does not allow you to spend time doing things on your own.

You can also watch videos (www.manitoba.ca/stoptheviolence/index.html) showing young men and women sharing what they bring to a healthy relationship and what is expected in return. These videos were created by The Broadway Neighbourhood Centre's JustTV program and the Manitoba government.

Most girls don't think they are at risk for an abusive relationship. But if the person you're dating is hurting you with their words or their hands, this is not healthy. Tell a trusted adult, such as an Elder, a teacher or your parents. People can't help you if they don't know you need help.

If you find yourself in an unhealthy relationship, you still have the right and ability to make the best choices for you, even if it means letting the relationship go.

IF ONE PERSON IS DOING ALL THE SACRIFICING ALL THE TIME, THE RELATIONSHIP IS UNEQUAL.

Keep in mind that it's not always the "other" person that is abusive in a relationship. Girls can be violent or abusive, too. Do you use mentally or physically abusive behaviour toward the person you are dating? It's important to keep yourself safe from abuse, but it is equally important not to manipulate or abuse the person you are dating.

REMEMBER, DON'T RESPOND TO ABUSE WITH ABUSE!

For more information about what to do about dating violence, go to:
www.manitoba.ca/fs/fvpp/dating.





HAVING SEX FOR THE FIRST TIME
IS A BIG DECISION,

so it's worth thinking carefully about it
AND WAITING UNTIL YOU
ARE REALLY READY.

*But how do you know
when you are ready?*

IT'S OK TO WAIT

as long as you want before having sex.

AND DON'T WORRY ABOUT WHAT EVERYONE ELSE IS DOING –
INDEPENDENCE IS A SIGN OF MATURITY.

YOU CAN ALSO VISIT THE FOLLOWING WEBSITES FOR MORE INFORMATION:

www.yesmeansyes.com

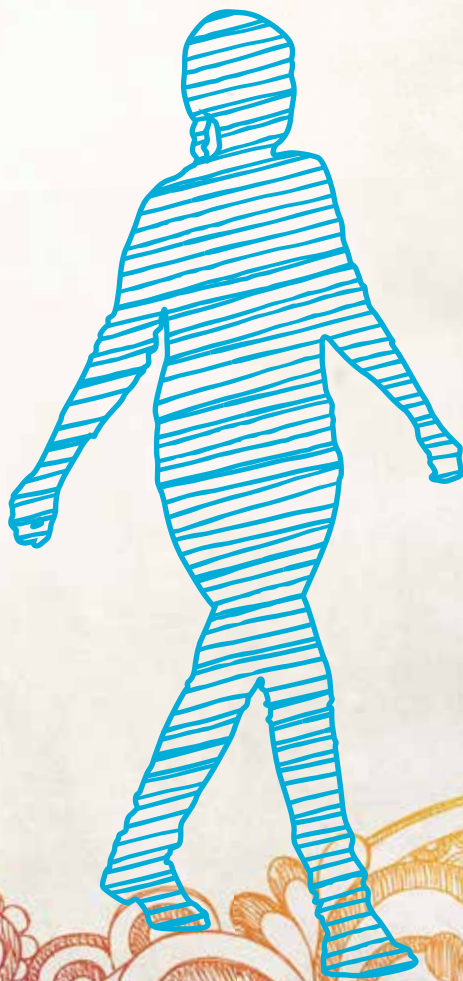
Consent and sexual assault info for youth.

www.teentalk.ca

Teen Talk is a youth health education program that is part of the Klinik Community Health Centre. You will find fact sheets on a variety of topics (ex: birth control), a question-and-answer section and tons of other cool information.

www.nativeyouthsexualhealth.com

The Native Youth Sexual Health Network is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the U.S. and Canada.



All About Consent

If something happens “against your will,” it means you did not agree to it and did not give your permission or consent. Consent means giving permission for something to happen.

This is especially important with sex.

ALWAYS REMEMBER: YOU HAVE THE RIGHT TO STATE YOUR OWN SEXUAL LIMITS.

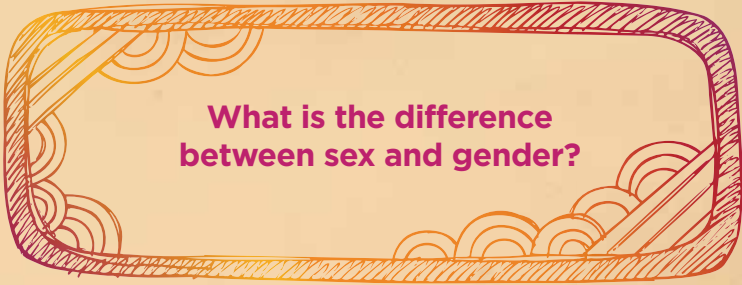
You cannot consent to sex if:

- 🚫 you are drunk or high
- 🚫 you feel threatened or bullied
- 🚫 the other person is someone in a position of trust (ex: teacher, coach or babysitter)
- 🚫 the other person is a family member (ex: relative, extended family or foster family)

It does not matter if the person who assaulted you is your boyfriend or girlfriend, someone you want to have sex with, someone you have had consensual sex with before, or if they have assaulted you before. **If you do not or cannot give consent, it means that they have committed sexual assault.**

SEXUAL ASSAULT IS A CRIME.

Please call the **Klinic 24-Hour Sexual Assault Crisis Line at 204-786-8631** in Winnipeg; toll free **1-888-292-7565** in Manitoba for counselling, information, support and advocacy about sexual assault. Or visit their website for more information at **www.klinic.mb.ca/counsel-sexual.htm**.



What is the difference between sex and gender?

BIOLOGICAL SEX AND GENDER ARE DIFFERENT.

Sometimes people get confused about the difference between gender and sex. Gender refers to the gender that someone identifies with, while sex usually refers to the sex someone is assigned at birth.

Sex is what you are assigned at birth.

Your sex is usually determined by a variety of things including chromosomes, reproductive organs and secondary sex characteristics.

Gender refers to how you identify.

Someone can **identify** as **male**, **female**, **in-between**, **both** or **neither**. Gender identity can be influenced by culture, feelings, thoughts, clothing, people around us and more.

What is Sexual Orientation?

Sexual orientation is who we are romantically, emotionally or physically attracted to.

Sexual orientation is about who you like, who you crush on, who you form relationships with — who you love.

There are so many ways to be! There are lots of ways to be attracted to other people. You may find that you are interested in boys, girls or both. Sometimes adults, friends or the media make us feel that it's only OK to like someone of the opposite sex.

Everyone has a sexual orientation. Many people are just not sure how they feel about their sexual orientation, and that's OK

Many people identify as lesbian (women liking women), gay (men liking men), bisexual (attracted to both sexes), transgender (feeling or being the opposite of your birth sex), two-spirit (First Nations/ Aboriginal word for lesbian, gay, bisexual or transgender) or questioning.

Still today, some people do not accept LGBTTTQ* people, and this is called homophobia. It can be tough not to be accepted, but there are lots of people who do accept LGBTTTQ* people.

**IF YOU ARE UNSURE ABOUT YOUR SEXUAL ORIENTATION
OR GENDER IDENTITY, YOU ARE NOT ALONE!**

Express yourself!

There's lots of ways to express your gender. Sometimes, adults, friends or the media tell us to behave in ways we have learned that boys or girls are supposed to behave. Girls can be feminine, masculine or both.

**What's most important is
how you feel about yourself.**

These web sites can help:

★ www.rainbowresourcecentre.org

★ www.serc.mb.ca

★ www.pflag.ca





STAYING SAFE ONLINE

Stay Safe

BEWARE OF ONLINE DANGERS

The Internet has changed our world. Most girls your age are great with computers. Chat sites, social networking sites, blogs...they're all pretty cool places to visit in cyberspace. Who wouldn't be tempted to spend time in a new hot site where you can share opinions and music files and communicate with interesting new friends?

The problem is that as wonderful as the Internet is, it's just a reflection of society, the good and the bad. You may have heard this before, but it's worth repeating the message.

The Internet isn't as safe or anonymous as you might think. In fact, it can be dangerous.

We all love photos and share them with safe and trusted friends and family online or through text messages. But with all of these social media tools and our smartphone gadgets, let's keep things smart and real.

REMEMBER THAT EVERYTHING YOU SAY AND POST ONLINE CAN BECOME PERMANENT AND PUBLIC!




Know the environment and be smart about what images and videos are posted online. Whatever is shared electronically may/can be seen and shared by many people, including people you don't know.

Check out www.cybersafegirl.ca for more information about how girls like you can be safe online.

Also check out www.texted.ca/app/en an interactive website designed to teach Canadian teens how to be safe, responsible and respectful users of texting technologies.

Sometimes, people have posted harmful pictures on the Internet or girls have been exploited online. If there are hurtful pictures on the Internet that you want taken down, www.NeedHelpNow.ca can provide help on how to get through it, including the steps that can be taken to remove content from the Internet.



- 
- ⊗ NEVER give personal information to anyone you have not met in person.
 - ⊗ NEVER agree to meet someone you have met only online.
 - ⊗ Choose your screen name carefully. "Hottie 100" might be a no-no...something simpler is better. And keep in mind, you would never talk to a stranger on the street, so be just as careful of who you're letting onto the screen in your bedroom!

Here are some sites where you can have some fun while learning about Internet safety:

Jo Cool or Jo Fool

www.mediasmarts.ca/sites/default/files/games/joecool_joefool/en/start_tour.html

NSTeens - Games

National Centre for Missing and Exploited Children

www.nsteens.org

That's Not Cool

www.thatnotcool.com



WORKING
TOWARDS
YOUR FUTURE

We hope this section inspires you to explore educational opportunities, careers and follow your dreams!

Ask yourself:

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

When you were younger, you might have said you wanted to be a firefighter, a ballerina or even a professional athlete. Very few young people express an interest in being an insurance adjuster, a market researcher, a policy analyst or a database administrator. Why is that?

Although there are literally billions of people in the world working in all sorts of jobs, you might only know about the jobs held by people you know. For example, you might be familiar with the jobs your parents, friends or relatives have or those shown on TV. You may also see in your community many doctors, dentists, lawyers and teachers.

BE SURE TO INVESTIGATE ALL KINDS OF CAREERS. THE PERFECT JOB FOR YOU MIGHT BE SOMETHING THAT YOU'VE NEVER HEARD OF... YET!

What is important is that you know that you can pursue anything! You can dream big dreams and work to make your dreams a reality. You can try things out, explore and decide for yourself what you want to do, and who you want to be.



What can I do?

DREAM! AND MAKE IT A REALITY.

FIND YOUR **PASSION** – AND YOUR OWN PATH.

There's never a bad time to think about your talents and interests and wonder how those might shape your future career. Here are some questions to consider:

- ✦ What do you want to do and who do you want to be in the future?
- ✦ What subjects do you enjoy and are good at in school?
- ✦ What do you enjoy doing? Do you like working with people, animals or in the outdoors?
- ✦ Do you want regular hours and a regular schedule or do you want flexibility?
- ✦ Do you like to work with others or alone?
- ✦ Do you want to travel the world or stay close to home?

ARE YOU A MATH WHIZ? MAYBE YOU COULD BE AN **ENGINEER** OR A **SCIENTIST** SOMEDAY.

IF YOU'RE GOOD AT LANGUAGE ARTS, PERHAPS YOU COULD BECOME A **WRITER**.

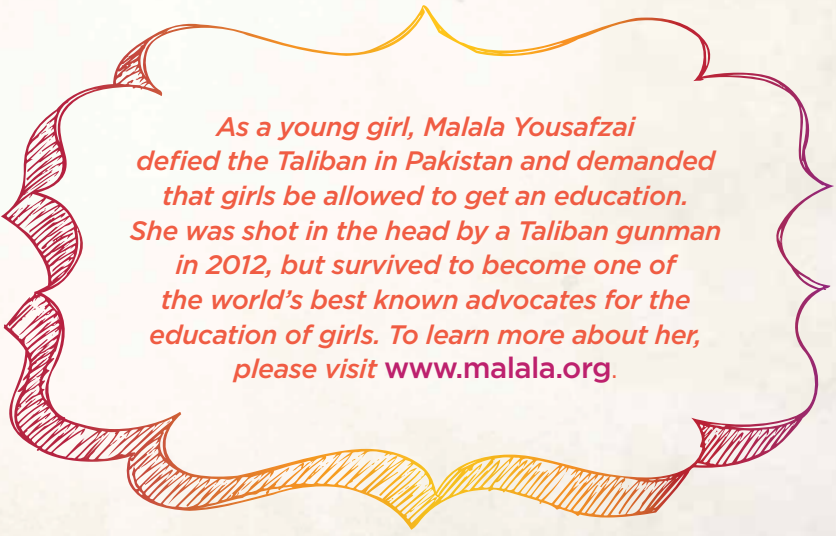
DO YOU LOOK FORWARD TO ART MORE THAN ANY OTHER CLASS? PERHAPS A CAREER IN **DESIGN** IS IN YOUR FUTURE.

Planning for success in the future starts today.

As you think more about your career, explore what skills and education you will need to be successful in the jobs that interest you. Some of you may really like school, and some of you may find it's not your favorite thing right now.

Education is important for everyone, but this is especially true for girls and women. Not only does education offer an entry point to other opportunities, but also because the educational achievements of women can have ripple effects within the family and across generations.

In developing countries, investing in girls' education is one of the most effective ways to reduce poverty. To learn more about the challenges faced by girls around the world, visit www.girlrising.com.



As a young girl, Malala Yousafzai defied the Taliban in Pakistan and demanded that girls be allowed to get an education. She was shot in the head by a Taliban gunman in 2012, but survived to become one of the world's best known advocates for the education of girls. To learn more about her, please visit www.malala.org.

In Canada, we are lucky that all girls have the right to go to school. Many of you not only learn the basics of reading, writing and math, but also receive an education that is related to your rights, needs, and hopes. Your education is delivered in a safe school environment where the teaching methods and curriculum are free from gender bias and actively promote gender equality.

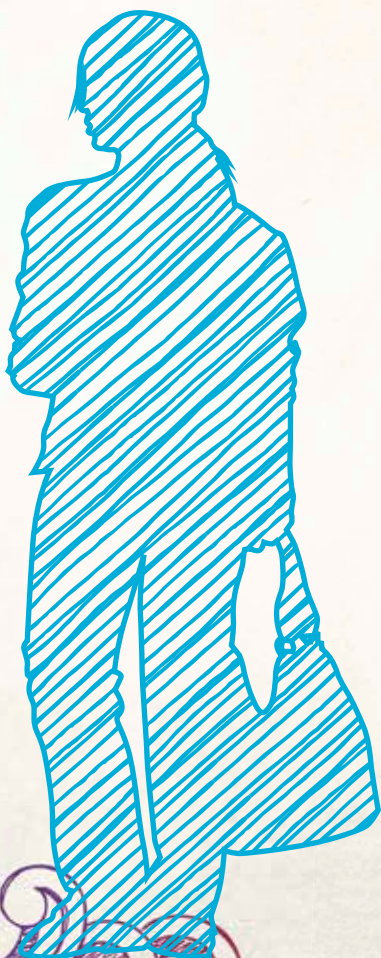
WHAT'S IMPORTANT TO KNOW IS THAT EDUCATION OPENS A LOT OF DOORS FOR GIRLS JUST LIKE YOU.

FINISHING HIGH SCHOOL IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO. DON'T GIVE UP, ASK FOR HELP. KEEP ON TRYING.

Once you finish high school, it will help you find work or go on to more education.

Did you know that women in Manitoba are now the majority of the student body population in universities and many colleges?

Knowing what type of education or training you need for various careers will help you plan today to get where you want to be tomorrow. Many girls your age are starting to think about their options after they graduate from high school. Many want to know the difference between college and university.



In Canada, colleges and universities are different institutions. Usually, colleges have different kinds of programs than universities do.

Colleges tend to be more directly career-oriented than universities. This means they offer practical or hands-on training. Generally, a certificate program is one year or less and a diploma program is two or three years. Colleges also have pre-trades and apprenticeship training, language training and skills upgrading.

Universities are institutions that can award degrees. All universities have undergraduate (bachelor's) degrees and many have graduate (Master's and doctoral) programs. Undergraduate degrees usually take three to four years to complete, if you study full-time. An Honours degree (the fourth year) is usually required if you want to go into a graduate program (Master's degree). Many universities allow students to combine subject areas (ex: a Bachelor of Science in Chemistry and Biology) into a double major.

Many universities also offer professional programs, such as medicine, dentistry and law. In some cases, you can begin these programs after two or three years of undergraduate study.

New students and their parents or guardians can visit universities and colleges to get more information about how post-secondary education works. It is important to see what programs each school has to offer, the requirements for admission, application deadlines, program length, tuition fees and any financial help available to you, such as bursaries or scholarships from each university or college.

For more information on all of your post-secondary options in Manitoba, please visit: www.edu.gov.mb.ca/ael/unicoll/index.html.



Why not explore a career that involves using math and science? Ever thought of becoming a rocket scientist?

It's a myth that girls aren't good at math or science.

The fact is, until girls reach high school, they are actually generally better at numbers than boys. Girls who engage in math and science-based activities are up to five times more likely to consider a career involving science and math. You could be an astronomer, chemist, marine biologist, veterinarian...the possibilities are endless.

Try to stay on top of the math game, and have some fun at the same time, by checking out some of these websites with math and science games:

www.ctkmathgamesforkids.com

www.explorecuriosity.ca

www.cagis.ca

Canadian Association for Girls in Science

www.sharpbrains.com/teasers

Why not join the *Girls Club*, a program offered through WISE Kid-netic Energy (www.wisekidneticenergy.ca) that invites girls to explore a new area of science each week, participate in activities, meet with local scientists or go on a field trip to a facility where real-life engineers and scientists are applying their knowledge.

What an exciting opportunity!



Have you ever thought of becoming a welder or an electrician? Working on an oil rig? How about working as a power line technician?

One option for work after high school is to enter jobs in trades and technology. In Manitoba, there is a shortage of trained tradespeople. There are many openings with good salaries available.

Why choose a trade?

The right trade will provide you with lifelong skills. A trade career can offer you advantages such as:

- ✿ earning a good income
- ✿ job security
- ✿ career development
- ✿ as a trade apprentice, you will earn money while you learn!

So, how do you know if working in the trades is right for you?

Do you enjoy:

- 🌸 practical, hands-on activities?
- 🌸 problem solving?
- 🌸 physical activities?
- 🌸 working as part of a team?
- 🌸 lots of variety?
- 🌸 creating and making things?

Then, you might want to consider a career in the trades. Check out:

www.skillsmanitoba.ca

This organization introduces girls your age to careers in the skilled (or non-traditional) trades or technology. They even offer a Young Women's Conference for Grade 8 girls to explore these careers.

www.engineergirl.org

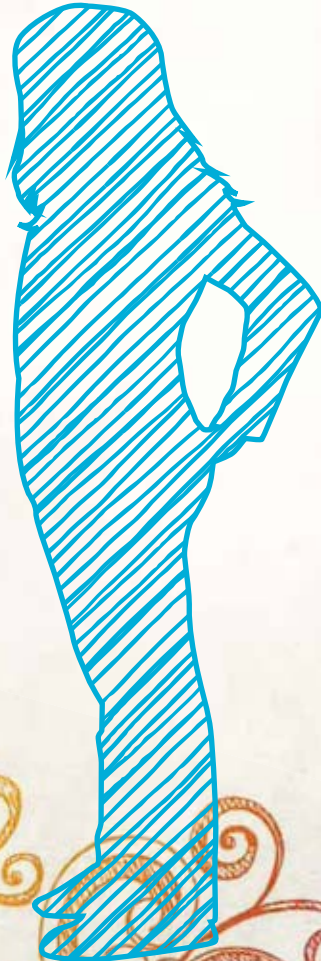
This is a website loaded with information about women in engineering.

Remember:

Don't limit your explorations to careers that exist today. Many of the people working in the field of computers and Internet technology have jobs that did not exist when they were young. Believe it or not, you may one day work in a job that no one has yet dreamed into existence.

FIND SOMETHING THAT REALLY **MOTIVATES** YOU, SOMETHING YOU ARE **PASSIONATE** ABOUT. IT WILL MAKE WORKING ALL THE MORE FUN FOR YOU!

Deciding on what you want to do may seem like an overwhelming task. Don't worry, there are many people and resources that can help you make your dreams come true. Talk to your parents, a trusted adult, a teacher or a guidance counsellor.




Here's a great way to get some work experience for the future and learn about responsibility - take a babysitting course offered through the Canadian Red Cross. Whether you're taking care of your brothers and sisters, cousins or other kids in your neighbourhood, if you're 11 years old or older and you've decided to become a babysitter, this course will help prepare you for this important responsibility.

For many young people, babysitting is their first job and the Red Cross can help you become real pros! The course will teach you how to care for younger children in a variety of age groups and how to prevent and respond to emergencies. The course also offers training to promote yourself as a babysitter to prospective employers.

For more information, visit www.redcross.ca/what-we-do/first-aid-and-cpr/first-aid-at-home/first-aid-training/babysitting to find a course in your area.





GIVING
BACK AND
GETTING
INVOLVED

WHAT DID YOU DO FOR OTHERS THAT MADE YOU FEEL GOOD ABOUT YOURSELF TODAY? BY VOLUNTEERING, YOU CAN HELP MAKE A POSITIVE CHANGE IN THE WORLD.

MAKE A DIFFERENCE

Want to make a difference in the world and have fun at the same time? Want to do something positive for your community?

GET INVOLVED

Getting involved in your community can make a difference to others. It can also help you fight stress and open up a world of new friends and opportunities.

Changing the way things are starts with you. Take the lead. Become involved. You have what it takes and what others need.

HELP SOMEONE ELSE

It's good advice when you're feeling blue - help someone else and you'll feel a lot better about yourself and your life. Find a charity that you believe is important and donate some time to it. Try the local food bank or seniors' centre. They welcome volunteers and can use your help.

Volunteering is a great way to meet people who share your concerns, values and beliefs. It's also an excellent way to learn more about issues that interest you.

When you volunteer, you are contributing your very valuable time and energy to an issue you care about.

Every girl has the potential to be a change maker in her life and in the lives of others.

People volunteer their time for lots of different reasons. You can pick your own reasons, but are some we think are important:

- **Pump up your resume** – When you're looking for a job later, volunteer experience helps. It shows you're responsible and gives you references who can prove you do good work.
- **It feels good to help people** – Try helping somebody and see how you feel. Giving of your time and energy makes you feel good about yourself.
- **Make the world a better place** – Making the world better, safer, happier, healthier or cleaner starts with small projects, so get in there and get your hands dirty.
- **Learn something about yourself** – You might be a great leader or more outgoing than you ever thought and there's only one way to find out – try new things!
- **Figure out what kind of career you want** – Thinking about becoming a doctor? Volunteer at a hospital!
- **Activism is cool!** – If you're passionate about causes like the environment or human rights, there are lots of charities and groups you can join.
- **Meet new people** – Your best friends might be the coolest, but volunteering is a chance to meet a whole new circle of people.
- **It's fun** – If you volunteer doing something you love, the work you do won't feel like work at all.



SO WHAT'S OUT THERE FOR YOU?

Plenty!

Think about the different things you care about. It may be caring for the environment or anti-racism, reading a book or playing an instrument. Whatever you're passionate about and whatever your skills, there are plenty of ways to get involved in your community. There are many organizations and local events looking for volunteers like you.

Check out the MB4Youth website at www.manitoba.ca/cyo/youth/index.html. MB4Youth works closely with youth, businesses, not-for-profit organizations, community groups, schools, provincial departments, and other levels of government to accomplish two main goals:

- to encourage employers to hire students and youth up to age 29 by providing internships, grants, job referrals, mentorship and bursary opportunities, and wage incentives. MB4Youth delivers over 20 employment programs.
- to be the single source of information for all youth programs and services offered by the Manitoba government. MB4Youth would like to make it easier for youth to access over 200 provincial programs and services through the Opportunities MB web portal at www.manitoba.ca/opportunities.

Or check out Volunteer Manitoba's section on youth resources at www.volunteermanitoba.ca/youth_resources.php. You will find a list of volunteer opportunities and lots of other info on jobs, scholarships and how to create your own service projects. It's a great way to get involved!

Try a world view!

Are you interested in making a difference in the world and becoming inspired? Then check out the Girls Action Foundation – a great place for teenage girls in Canada to meet, learn, have fun and get inspired.

For more information, visit www.girlsactionfoundation.ca.

DON'T BE AFRAID! IT TAKES COURAGE TO SPEAK OUT!

For other opportunities across Canada and around the world, check out:

Volunteer Canada

www.volunteer.ca

Get Involved

www.getinvolved.ca

Canada World Youth

www.canadaworldyouth.org

**The Youth Zone of the
Canadian International
Development Agency**

[www.international.gc.ca/development-developpement/
youth-jeunes/index.aspx?lang=eng](http://www.international.gc.ca/development-developpement/youth-jeunes/index.aspx?lang=eng)

In today's digital world of smart phones and the Internet, there are many more ways to communicate with others. Through social media, we can share our thoughts and passions on any particular issue, help others and improve our communities. There are many social media platforms that give you the potential to reach many people from around the world.

SHARE YOUR VOICE AND VISION FOR THE WORLD TODAY.

There are also several community events that are held throughout the year that celebrate women's milestones or focus on an issue that concerns many different groups of women right here in our province. Why not volunteer to help organize a walk in your community or spread the word to all of your friends through social media. Keep an eye out for these events:

Feb 14	Annual Women's Memorial March
Mar 8	International Women's Day
Apr 22	Earth Day
May 1	May Day
Sept	Grandmothers Protecting Our Children Sacred Walk
Sept	Annual Take Back the Night March
Oct	Women's History Month
Oct 4	National Day of Remembrance for Murdered and Missing Indigenous Women in Canada
Oct 4	Sisters in Spirit Vigil
Oct 11	International Day of the Girl
Oct 18	National Day of Action to End Violence Against Aboriginal Women and Girls
Nov	Take Your Kids to Work Day
Nov 20	Transgender Day of Remembrance
Nov 25 - Dec 10	16 Days of Activism Against Gender Violence
Nov 25	International Day for the Elimination of Violence against Women
Nov 29	International Human Rights Defenders Day
Dec 1	World AIDS Day
Dec 3	International Day of Persons with Disabilities
Dec 6	Canada's National Day of Remembrance and Action on Violence Against Women
Dec 10	International Human Rights Day

If we work together and make our voices heard, we can make a difference!



Girl power didn't just happen!

WOMEN'S SUFFRAGE – IT SOUNDS PAINFUL, BUT IT MEANT HUGE CHANGES FOR WOMEN!

Suffragists were women working to break down barriers long before it was cool (in the late 1800s). These women worked tirelessly to gain suffrage – to have the same right to vote as men did.

Members of the Political Equality League, who believed in peaceful activism, made a plan to raise public awareness and gain support for their cause. The league staged a mock parliament on January 28, 1914. Gender roles were reversed and they made fun of how society would be in chaos should men be allowed the right to vote.

Nellie McClung played the part of the premier, using her wit and humour in mimicking the style and tone that the premier at the time had used when addressing the people about this issue. The mock parliament was a success, making the news in Manitoba and across the country.





**WOMEN SCORE IN
DRAMA AND DEBATE**
Clever Satire on Provincial Events
in Mock Parliament—Bright
Sketch Presented

**HOW THE VOTE WAS
NOT WON--BURLESQUED
IN WOMEN'S PARLIAMENT**

**Premier Roblin Says Home Will
Be Ruined by Votes for Women**
Children Will Be Left to the Servant Girls—Retrogate Step, and
Can See Nothing to Commend It—Tells Big Delegation He Has
Been in Politics 30 Years and Has Never Seen Anything Corrupt.

**SIR RODMOND'S WEAK
POSITION ASSAILED
BY WINNIPEG WOMEN**
Premier Was Hopeless in Discussion With the Able Woman Advo-
cates of Suffrage Extension—His Old-Fashioned Theories Ex-
ploded—One Woman Declares the Premier Has Not Advanced
With the Times

It is important to note that, even though women were granted the same right as men to vote, many people continued to be denied the vote for decades.

Being granted voting rights was tied to a number of factors such as a person's:

- property ownership
 - marital status
- cultural or ethnic group

Here are some quick facts:

- ❁ Manitoba was the first province in Canada to give some women the right to vote in provincial elections on January 28, 1916.
- ❁ Chinese and Indo-Canadians were not granted the right to vote in federal elections until 1947.
- ❁ Japanese-Canadians won this right in 1948.
- ❁ The Inuit received the right in 1950.
- ❁ First Nations peoples could not vote, without giving up their treaty rights and registered Indian status, until 1960.
- ❁ Manitoba was the second province to grant the unrestricted right to vote to First Nations peoples in 1952.

For more information about some inspiring Manitoban women who have become leaders in their communities, business or the labour movement, check out:

www.manitoba.ca/msw/publications.

See history in action – Go to www.histori.ca, to watch Heritage Minutes – short videos about important women in Canada's history.



What is Canada's Political System?

In Canada, there are 3 levels of government. Each level of government has different responsibilities.

- **Federal government** (the Government of Canada) – Responsible for things that affect the whole country, such as citizenship and immigration, national defence and trade with other countries.

For more information, please visit: www.canada.ca

- **Provincial and territorial governments** (the Manitoba government) – Responsible for such things as education, health care and highways.

For more information, please visit: www.manitoba.ca

- **Municipal (local) governments** (cities, towns and villages in Manitoba) – Responsible for firefighting, city streets and other local matters. If there is no local government, the province provides services.

For more information visit:
www.amm.mb.ca



DID YOU KNOW THAT IN OUR PROVINCIAL GOVERNMENT THERE IS AN OFFICE DEDICATED TO WORKING ON WOMEN'S RIGHTS? THIS OFFICE IS CALLED THE MANITOBA STATUS OF WOMEN.

You may have read the Minister's message earlier in the book and wondered who she is and what she does?

Here in Manitoba, the Minister responsible for the Status of Women is an elected official who is the head of Manitoba Status of Women — a branch within the provincial government (www.manitoba.ca/msw). Part of her job is to promote issues of concern to women, both within government and the community. Girls rights and issues are important part of that work, so Manitoba Status of Women created this guide which is full of information about topics that are relevant to girls and young women just like you.

Check out www.apathyisboring.com, a youth-led charitable organization that helps youth make sense of Parliament and the democratic process in Canada.

To learn more about voting here in Manitoba and the electoral process, please visit www.citizennext.ca. *Try out their games section!*



Even if you're not old enough to vote now, you can still be involved in politics, especially if you're interested in what goes on in your world. We know that each of you is driven by your commitment to specific causes that are close to your heart.

Given the right opportunities and supports, we hope that girls, like you, can speak your mind to your peers, adults in your life and others and even change views and practices in your community.

WHAT ARE YOU PASSIONATE ABOUT? WHATEVER YOUR PASSION, IT'S IMPORTANT TO BEGIN BY UNDERSTANDING THE ISSUES. BE PREPARED TO TAKE THE TIME TO LEARN.

Women who are already active and involved are usually happy to share their knowledge.

Don't be shy!

IT TAKES COURAGE TO SPEAK OUT!



You can make a difference.

Every girl has a voice!

Some may be soft, some may be loud, some may use words, some may use art, some may use music, some may dance...

But we all have a way to express ourselves and share what's in our hearts and our minds.

Today, girls are taking charge of their lives, telling their stories, working for change - for themselves and for others.

Activists are people who see the need for change, improvement and motivation on a large scale. They are people driven by passion, keen to share facts they want understood more widely and led by a vision for a better future.

Whatever your reason for wanting to become an activist, you have the ability to do so, no matter your age, your means, or your background. Believing that you can make a difference and that you have the power to do something about an issue are at the heart of creating change for the better.


You have a voice.

Express yourself.

Discover your potential.

Be positive.





Shannen Koostachin, youth education advocate from the Attawapiskat First Nation in Ontario, had a dream – safe, comfortable schools and culturally-based education for First Nations children and youth. The young activist not only arranged protests and letter-writing campaigns to Canada’s government, but also met with the Indian Affairs Minister, afterwards speaking to a crowd of over 5,000 people on the steps of Parliament Hill in Ottawa. In 2009, she was nominated for the International Children’s Peace Prize for her work.

Although she passed away in 2010, her dream still lives on (www.fncaringociety.ca/shannens-dream) and she will be featured as the newest heroine in DC Comic’s Justice League Canada series. Always believe that

YOU can make a difference!

Here are some ways to begin:

DEFINE YOUR PASSION

Is there one cause that moves you? Maybe it’s getting more women involved in non-traditional sports or careers. Maybe you’re interested in raising awareness of how women are shown in the media. Maybe you’re worried about the environment or animal rights. Get involved in an issue that interests you, then start to make a difference in the world around you!

LEARN THE ISSUE

You have the passion. Now, you need the facts. Google it. Follow activists on Twitter. Call leaders in your community. Knowledge is power. You’ll also need to learn which organization or level of government is responsible for your issue.

TEAM UP

Talk to your friends. You'll gain support, create great ideas and form a team of people looking to help. You can even start a club at your school.

MAKE A PLAN

It's time to take action. Start with something small, something you can do in your school or community, or even on your computer. Create a petition. Make a newsletter and post it at school. Write an article for your school newspaper. Post information on the Internet on a blog or through social media.

ASK FOR HELP

Talk to your parents, teachers and coaches. Contact community organizations or your church.

SPREAD THE WORD

Go public with everything you and your club are doing. Use the school newspaper. Contact your local newspaper or TV station. Go crazy on social media. Facebook, Twitter, and Tumblr are your best friends.

STAY IN THE KNOW

Follow the local and national news. See what similar organizations are doing. Contact them. Organize with them. You're all on the same team.


CELEBRATE SMALL VICTORIES

Make workable steps and small goals. Pat yourself – and your team members – on the back every time you achieve one of those goals.

DON'T GIVE UP

Something will go wrong. Someone will tell you 'no.' At times, it will feel like you're not making progress. But you are. Be patient – and persistent. Just keep going. You will – and are – making a difference.

Don't speak out only against
oppression, speak out for equality!



RESOURCES IN MANITOBA

ADDICTION SERVICES

Al-Anon/Alateen Central Services

Winnipeg crisis line: 204-943-6051
Toll free: 1-888-425-2666
Email: al-anon-enquiries@mts.net
Website: www.mb.al-anon.alateen.org

AFM Youth Services

Winnipeg MB
Phone: 204-944-6235
Email: youth@afm.mb.ca
Website: <http://afm.mb.ca/programs-and-services/for-youth/>

Behavioural Health Foundation

Winnipeg MB
Phone: 204-261-6111
Toll free: 1-866-233-2152
Email: info@bhf.ca
Website: www.bhf.ca

Manitoba Adolescent Treatment Centre

Winnipeg MB
Phone: 204-477-6391
Email: info@matc.ca
Website: www.matc.ca

Nelson House Medicine Lodge

Nelson House First Nation
Phone: 204-484-2256
Website: www.medicinelodge.ca

Sagkeeng Mino Pimatzizin Family Treatment Centre

Sagkeeng First Nation
Phone: 204-367-2172
Toll free: 1-866-329-0736
Email: director@sagkeengfamilytreatment.ca
Website: www.sagkeengfamilytreatment.ca

Whiskeyjack Treatment Centre

Norway House Cree Nation
Phone: 204-359-8995

BODY IMAGE

Child and Adolescent Eating Disorders Service

Winnipeg MB
Phone: 204-958-9660

Women's Health Clinic Provincial Eating Disorders Prevention & Recovery Program

Winnipeg MB
Phone: 204-947-2422, ext. 137
Toll free: 1-866-947-1517, ext. 137
Website: www.womenshealthclinic.org

Westwind Eating Disorder Recovery Centre

Brandon MB
Phone: 204-728-2499 or
Toll free: 1-888-353-3372
Email: info@westwind.mb.ca
Website: www.westwind.mb.ca

DISABILITY SUPPORT

Canadian Multicultural Disability Centre

Winnipeg MB
Phone: 204-453-0391
Email: cmdci@cmdci.ca
Website: www.cmdci.ca

Disabilities Issues Office

Winnipeg MB
Phone: 204-945-7613
TTY: 204-948-2901
Email: dio@gov.mb.ca
Website: www.gov.mb.ca/dio

Society for Manitobans with Disabilities (SMD)

Winnipeg MB
Phone: 204-975-3010
Toll free: 1-866-282-8041
TTY: 204-975-3012 or
1-800-225-9108
Website: www.smd.mb.ca
Email: info@smd.mb.ca



CULTURAL AWARENESS

Immigrant and Refugee Community Organization of Manitoba

Winnipeg MB
Phone: 204-943-8765
Email: info@ircom.ca
Website: www.ircom.ca

Immigrant Centre Manitoba

Winnipeg MB
Phone: 204-943-9158
Email: info@icmanitoba.ca
Website: www.icmanitoba.com

Ka Ni Kanichihk

Winnipeg MB
Phone: 204-953-5820
Email: admin@kanikanichihk.ca
Website: www.kanikanichihk.ca

Ma Mawi Wi Chi Itata Centre

Winnipeg MB
Phone: 204-925-0300
Toll free: 1-888-962-6294
Email: info@mamawi.com
Website: www.mamawi.com

N.E.E.D.S. Inc.

Phone: 204-940-1260
Email: needsinc@mts.net
Website: www.needsinc.ca

EDUCATION AND EMPLOYMENT

Adolescent Parent Centre

Winnipeg MB
Phone: 204-775-5440

MB4 Youth

Phone: 204-945-3556
Toll free: 1-800-282-8069
Website: www.gov.mb.ca/cyo/youth

Manitoba Youth Job Centres/ Odd Job Squad

Website: www.gov.mb.ca/cyo/youth/services

Skills Manitoba - Young Women's Conference

Winnipeg MB
Phone: 204-927-0250
Website: www.skillsmanitoba.ca

HEALTH AND SEXUALITY

Health Links-Info Santé

(24 hours)
Toll free: 1-888-315-9257
Phone: 204-788-8200 in Winnipeg

Growing Up OK!

www.gov.mb.ca/healthychild/mcad/growingupok.pdf

Play it Safer Network

Flin Flon MB
Phone: 204-687-8856
Website: www.playitsafer.ca/

Sexuality Education Resource Centre

Brandon MB
Phone: 204-727-0417
Email: brandon@serc.mb.ca
Website: www.serc.mb.ca

Sexuality Education Resource Centre

Winnipeg MB
Phone: 204-982-7800
Email: info@serc.mb.ca
Website: www.serc.mb.ca

Teen Talk

Winnipeg MB
Phone: 204-784-4010
Email: teentalk@teentalk.ca
Website: www.teentalk.ca

Teen Clinics in Manitoba:

Interlake Eastern Region

Selkirk Teen Clinic

Ecole Selkirk Junior High
516 Stanley Street
Selkirk MB
Phone: 204-482-TEEN (8336)
(Call for hours of operation)

Wanipigow Teen Clinic

Adam Hardisty Health Centre
Hollow Water First Nation

Northern Region

Cranberry Portage Teen Clinic

Frontier Collegiate Institute
Cranberry Portage MB
Phone: 204-427-3431
(Closed July and August)

Flin Flon Teen Clinic

Primary Health Care Centre
1 North Avenue
Flin Flon MB
Phone: 204-687-1340
(Call for hours of operation)

The Pas Teen Clinic

Primary Health Care Centre
111 Cook Avenue
The Pas MB
Phone: 204-623-9650

Thompson Teen Clinic

R.D. Parker Collegiate
272 Thompson Drive North
Thompson MB
Phone: 204-677-6213
(Closed July and August)

Prairie Mountain Region**Brandon Teen Clinic**

Town Centre, A5-800 Rosser Ave
Brandon MB
Phone: 204-578-2513
(Call for hours of operation)

Dauphin Teen Clinic

Dauphin Regional Comprehensive Secondary School
330 Mountain Road
Dauphin MB
Phone: 204-937-6261
(Closed July and August)

Roblin Teen Clinic

Goose Lake High School
225 Hospital Street
Roblin MB
Phone: 204-937-6261
(Closed July and August)

Swan River Teen Clinic

Swan Valley Regional
Secondary School
1483 - 3rd Street North
Swan River MB
Phone: 204-281-2815
(Call for hours of operation)

Southern Region**Portage Teen Clinic**

Portage Collegiate Institute
65 - 3rd Street S.W.
Portage la Prairie MB
Phone : 204-857-6843
(Call for hours of operation)

Oakbank Teen Clinic

576 Balsam Crescent
Oakbank MB
Phone: 204-266-3999
(Call for hours of operation)

Winnipeg Region

(call for hours of operation)

Aboriginal Health and Wellness Centre

215-181 Higgins Avenue (for youth of aboriginal decent or blended families where there is aboriginal ancestry)
Winnipeg MB
Phone: 204-925-3700

Access Transcona

845 Regent Avenue West
Winnipeg MB
Phone: 204-938-5700

Adolescent Parent Centre

136 Cecil Street
Winnipeg MB
Phone: 204-775-5440
(Closed July and August)
601 Aikins Street
Winnipeg MB
Phone: 204-940-2025

Children's Hospital (HSC)

840 Sherbrook Avenue
Winnipeg MB
Phone: 204-787-2664

Corydon Teen Clinic

102-1001 Corydon Avenue
Winnipeg MB
Phone: 204-940-2000

Elmwood Teen Clinic

505 Chalmers Avenue
Winnipeg MB
Phone: 204-938-5050

Klinik Community Health Centre

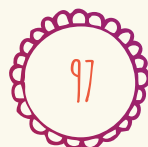
870 Portage Avenue
Winnipeg MB
Phone: 204-784-4090

Mount Carmel Clinic

886 Main Street
Winnipeg MB
Phone: 204-582-2311

NorWest at Bluebird Teen Clinic

100-97 Keewatin Street
Winnipeg MB
Phone: 204-938-5830



NorWest Co-op Community Health

785 Keewatin Street
 Winnipeg MB
 Phone: 204-938-5900

R.B. Russell High School

364 Dufferin Avenue
 Winnipeg MB
 Phone: 204-589-5301

Resource Assistance for Youth (RaY)

125 Sherbrook Street
 Winnipeg MB
 Phone: 204-783-5617

Seven Oaks Teen Clinic

3-1050 Leila Avenue
 Winnipeg MB
 Phone: 204-938-5900

Sisler High School

(students only)
 1360 Redwood Avenue
 Winnipeg MB

St. Boniface Hospital Adolescent Prenatal and Postpartum Clinic

409 Tache Avenue
 Winnipeg MB
 Phone: 204-237-2285 extension 1

St. John's High School

(students only)
 401 Church Avenue
 Winnipeg MB

Tec Voc Teen Klinik

(students only)
 1555 Wall Street
 Winnipeg MB

Vincent Massey Collegiate (students only)

975 Dowker Avenue
 Winnipeg MB

Women's Health Clinic

3rd Floor 419 Graham Avenue
 Winnipeg MB
 Phone: 204-947-1517

Women's Outpatient Department

735 Notre Dame Avenue
 Winnipeg MB
 Phone: 204-787-1781

Youville Centre

6-845 Dakota Street
 Winnipeg MB
 Phone: 204-255-4840

To find a clinic not listed here,
 please visit www.teenclinic.ca

LEADERSHIP AND VOLUNTEER OPPORTUNITIES

Girl Guides of Canada

Winnipeg MB
 Phone: 204-774-GIRL (4475)
 Toll free: 1-800-565-8111
 Website: www.girlguides.ca/mb

Manitoba 4-H

Brandon MB
 Phone: 204-726-6136
 Email: 4hassist@myrmts.net
 Website: www.4h.mb.ca

Manitoba Youth Volunteer Opportunities (MYVOP)

Volunteer Manitoba
 Winnipeg MB
 Phone: 204-477-5180
 Email: info@volunteermanitoba.ca
 Website: www.volunteermanitoba.ca/youth_resources

Opportunities Manitoba

Website: www.gov.mb.ca/opportunities

LGBTQ* INFORMATION AND SUPPORT

Rainbow Resource Centre

Winnipeg MB
 Phone: 204-474-0212 ext. 201
 Email: info@rainbowresourcecentre.org
 Website: www.rainbowresourcecentre.org



SEXUAL ASSAULT, SEXUAL EXPLOITATION & TRANSITION HOMES AND SHELTERS

The Canadian Centre for Child Protection (formerly Child Find Manitoba)

Winnipeg MB
Phone: 204-945-5735
Toll free: 1-800-532-9135
Website: www.kidsintheknow.ca OR
www.protectchildren.ca

Honouring the Spirit of Our Little Sisters – Ma Mawi Wi Chi Itata

Winnipeg MB
Phone: 204-925-1778
Toll free: 1-888-962-6294
Website: www.mamawi.com

Transition, Education and Resources for Females (TERF) Mentor Program & Youth Program

Winnipeg MB
Phone: 204-786-7051 ext. 5311
Email: terf@newdirections.ca
Website: www.newdirections.mb.ca

Marymound Treatment Program for Sexually Exploited Youth & Sexual Abuse Treatment Program

Winnipeg MB
Phone: 204-885-3310
Website: www.marymound.com

Ndinawe Youth Resource Centre

Winnipeg MB
Phone: 204-589-5545
Website: www.ndinawe.ca

SEY Coalition – Supporting Winnipeg’s Sexually Exploited Youth

Winnipeg MB
Website: www.seycoalition.com

Macdonald Youth Services Youth Resource Centre/Shelter (YRC)

Winnipeg MB
Phone: 204-477-1804
Toll free: 1-888-477-1804

Dream Catchers, Winnipeg KLINIC Community Health Centre

Winnipeg MB
Phone: 204-784-4090
Website: [www.klinic.mb.ca/
dreamcatchers.htm](http://www.klinic.mb.ca/dreamcatchers.htm)

Resource Assistance for Youth (RaY)

Winnipeg MB
Phone: 204-783-5617
Fax: 204-775-4988
Email: webservice@RaYinc.ca
Web Site: www.RAYINC.ca

Sage House

Winnipeg MB
Phone: 204-943-6379
Fax: 204-956-0384
Email: sagehous@mts.net

FRIENDSHIP CENTRES

Brandon Friendship Centre

836 Lorne Avenue
Brandon MB
Phone: 204-727-1407
Website:
www.brandonfriendshipcentre.net

Dauphin Friendship Centre

210 – 1st Avenue NE
Dauphin MB
Phone: 204-638-5707
Website:
www.dauphinfriendshipcentre.com

Flin Flon Indian and Metis Friendship Centre

57 Church Street
P.O. Box 188
Flin Flon MB
Phone: 204-687-3900

Indian and Métis Friendship Centre of Winnipeg

45 Robinson Street
Winnipeg MB
Phone: 204-582-1296

Lynn Lake Friendship Centre

P.O. Box 460
625 Gordon Street
Lynn Lake MB
Phone: 204-356-2407

Ma-Mow-We-Tak Friendship Centre

122 Hemlock Crescent
Thompson MB
Phone: 204-677-0960
Website: www.mamowwetak.mb.ca



Portage Friendship Centre

20 - 3rd Street NE
 Portage la Prairie MB
 Phone: 204-239-6333
 Website: www.ptgfc.org

Riverton and District Friendship Centre

53 Laura Avenue
 Riverton MB
 Phone: 204-378-2800
 Website: www.rivertonfc.com

Selkirk Friendship Centre

425 Eveline Street
 Selkirk MB
 Phone: 204-482-8656
 Website: www.selkirkfriendshipcentre.ca

**Swan River Friendship Centre /
Elbert Chartrand Friendship Centre**

1413 Main Street
 Swan River MB
 Phone: 204-734-9301

The Pas Friendship Centre

103 Edwards Street
 The Pas MB
 Phone: 204-627-7500

YOUTH CRISIS & HELP LINES

Farm and Rural Stress Line

Toll free: 1-866-FOR-FARM
 (1-866-367-3276)
 Email: info@ruralstress.ca
 Website: www.ruralsupport.ca

Kids Help Phone (24 hours)

Toll free: 1-800-668-6868
 Website: www.kidshelpphone.ca

Klinic Crisis Line (24 hours)

Toll free: 1-888-322-3019
 Phone: 786-8686 in Winnipeg

**Klinic Sexual Assault Crisis Line
(24 hours)**

Toll free: 1-888-292-7565
 Phone: 786-8631 in Winnipeg

Manitoba Suicide Line (24 hours)

Toll free: 1-877-HELP-170
 (1-877-435-7170)
 Website: www.reasonstolive.ca

**Manitoba Domestic Violence Crisis
and Information Line (24 hours)**

Toll free: 1-877-977-0007
 Website:
www.gov.mb.ca/domesticviolence

Project Gang-Proof Line

Toll free: 1-800-691-4264
 Phone: 945-4264 in Winnipeg

Seneca Help Line

Phone: 204-942-9276
 Website: www.senecahouse.org

**Salvation Army WRHA Mobile
Crisis Unit**

Phone: 204-940-1781

**Youth Emergency Crisis
Stabilization Services**

Toll free: 1-888-383-2776
 Phone: 949-4777 in Winnipeg

Interlake Eastern Region**Crisis Line (24 hours)**

Toll free: 1-866-427-8628
 Phone: 204-482-5419

Northern Region**Hope House Support Line (24 hours)**

Toll free: 1-866-677-6057
 Phone: 204-677-6054

On Call Emergency-Flin Flon (24 hours)

Phone: 204-687-7591 (Flin Flon General
Hospital)

On Call Emergency -The Pas (24 Hours)

Phone: 204-623-6431 (St. Anthony's
General Hospital)

Prairie Mountain Region**Mental Health Crisis Line
(24 hours)**

Toll free: 1-866-332-3030

**Westman Crisis Services
(24 hours)**

Toll free: 1-888-379-7699

Southern Region*East of Red River***Crisis Line (24 hours)**

Toll free: 1-888-617-7715



West of Red River

Crisis Line (24 hours)

Toll free: 1-866-588-1697

Winnipeg

Crisis Response Centre (open 24 hours)

871 Bannatyne Avenue
Winnipeg MB

Youth Mobile Crisis Team

Phone: 204-949-4777

RECREATION & SPORT

The City of Winnipeg's Leisure Guide

www.winnipeg.ca/cms/recreation/leisureguide.stm

KidSport

Phone: 204- 925-5907
Toll free: 1-866-774-2220
Email: kidsport@sportmanitoba.ca
Website: www.kidsport.ca

Thompson Boys and Girls Club

365 Thompson Drive North
Phone: 204-778-7575
Website: www.bgcthompson.ca

Winnipeg Boys and Girls Clubs

Phone: 204-982-4940
Website: www.wbgc.mb.ca

YWCA – Brandon

148 – 11th Street
Brandon MB
Phone: 204-571-3680
Email: ywca2@wcgwave.ca
Website: www.ywcabrandon.com

YWCA – Winnipeg

Winnipeg MB
Phone:
Downtown Branch – 204-947-3044
Elmwood-Kildonan Branch – 204-668-8140
South Branch – 204-233-3476
West Portage Branch – 204-889-8052
Website: www.ywinnipeg.ca

YWCA – Thompson

39 Nickel Road
Thompson MB
Phone: 204-778-6341
Website: www.ywathompson.com

Lighthouses in Winnipeg:

Broadway Neighbourhood Centre Lighthouse

185 Young Street
Phone: 204-772-9253

Burrows Lighthouse Program

1100 College Avenue
Phone: 204-582-2540

Dalhousie After School Club

262 Dalhousie Drive
Phone: 204-269-4101

East St. James Lighthouse – Parish of St. James Church

195 Collegiate Street
Phone: 204-885-1068

Elwick Boyz and Girlz Club

1417 Fife Street
Phone: 204-632-5992

General Byng School Lighthouse

North Fort Garry Youth Action Team
1250 Beaumont Street
Phone: 204-452-3040 (school principal)

George McDowell School Lighthouse

366 Paddington Road
Phone: 204-253-1492 (school principal)

Gilbert Park Lighthouse

Nor' West Co-op Community Health
Phone: 204-940-8581

Our Place Lighthouse – Hampstead School

920 Hampstead Avenue
Phone: 204-669-9412 ext. 2263

Hedges Middle School “The Hut” Lighthouse

369 Fairlane Avenue
Phone: 204-837-5843 (school principal)

Joseph “Beeper” Spence Lighthouse – Indian and Métis Friendship Centre

45 Robinson Street
Phone: 204-586-8441

Immigrant and Refugee Community Organization of Manitoba (IRCOM) Lighthouse

95 Ellen Street
Phone: 204-943-8765



J.W. Gunn Middle School Lighthouse

351 Harold Avenue West
Phone: 204-958-6500

Ka Ni Kanichihk Inc. “Circle of Courage” Lighthouse

587 Pacific Avenue
Phone: 204-480-2627

Keenleyside Lighthouse – Elmwood Community Resource Centre

22-394 Keenleyside Street
Phone: 204-661-6718

King Edward School**“Kids Time” Lighthouse**

825 Selkirk Avenue
Phone: 204-586-8381

Kildonan Youth Activity Centre Lighthouse (K.Y.A.C.)

Seven Oaks Middle School
800 Salter Street
Phone: 204-223-2639 (school principal)

La Barriere Crossings School Lighthouse

245 Rue Le Marie
Phone: 204-275-5048 (school principal)

Lord Roberts School**“Stay in the Light” Lighthouse**

665 Beresford Avenue
Phone: 204-453-6639 (school principal)

Macdonald Youth Services

“Positive Alternatives for Youth (PAY)”

175 Mayfair Avenue
Phone: 204-949-4834

Ma Mawi Wi Lighthouse –**Ma Mawi Wi Chi Itata Centre**

94 McGregor Street
Phone: 204-925-0359

Maples Youth Activity Centre Lighthouse (M.Y.A.C.)

70 Doubleday Drive, 1520 Jefferson Avenue, 20 Allan Blye Drive

James Nisbet Community School, Arthur E. Wright Community School and Ecole Leila North Community School

Phone: 204-632-0258

Ndinawe Lighthouse

Youth Resource Centre
472 Selkirk Avenue
Phone: 204-589-5545

N.E.E.D.S.

Newcomers Employment and Education Development Services – War Affected Children and Youth Lighthouse
251-A Notre Dame Avenue
Phone: 204-940-1261

Norquay After School Club

132 Lusted Avenue
Phone: 204-943-9541

Nor’ West on Alexander (NOA) Lighthouse

1880 Alexander Avenue
C/O Nor’ West Co-op Community Health Centre
Phone: 204-940-2662

Polson “After School” Lighthouse

491 Munroe Avenue
Phone: 204-982-4945

River Elm School Lighthouse – Elmwood Community Resource Centre

500 Riverton Avenue
Phone: 204-982-1720

St. John’s Youth in Action Lighthouse

Ralph Brown Community Centre
460 Andrews Street
Phone: 204-586-3149

Rossbrook House “Weekend Alternatives” Lighthouse

658 Ross Avenue
Phone: 204-949-4090

St. George School “Rainbow” Lighthouse

151 St. George Street
Phone: 204-253-2646 (school principal)

Spence Neighbourhood Association Lighthouse

430 Langside Street
Phone: 204-986-5467

Teen Stop Jeunesse “Art Club” Lighthouse

533A St. Anne’s Road
Phone: 204-254-1618

**Valley Gardens Lighthouse - Valley
Gardens Junior High School**

220 Antrim Road
Phone: 204-669-9412. ext. 2263
(school principal)

**“Valour Rocks” - Valour Community
Centre Lighthouse**

715 Telfer Street North
Phone: 204-775-3869

Victory School Lighthouse

395 Jefferson Avenue
Phone: 204-586-9716 (school principal)

Wellington School Lighthouse

690 Beverley Street
Phone: 204-772-9315

Manitoba Status of Women
409-401 York Avenue
Winnipeg, MB R3C 0P8

Phone: 204-945-6281
Toll Free: 1-800-263-0234
Fax: 204-945-6511
Email: maw@gov.mb.ca
Website: www.manitoba.ca/maw

