

4 Girls

ONLY!



Manitoba 

Welcome to 4 Girls

ONLY!

Welcome to the 2011 edition of 4 Girls Only! As Minister responsible for the Status of Women, I am pleased to bring you this booklet.

4 Girls Only! is full of information and quizzes about topics that are relevant to girls and young women.

I encourage you to check out the web links – there are a lot of sites that can help you deal with issues that you might be facing, and encourage you to get involved with a cause that matters to you.



Choose what's right for you...

There is a lot of pressure to fit in and be just like those around you. 4 Girls Only! acknowledges and celebrates the diversity of girls and young women. The booklet's message is that it is okay to let go of trying to be someone you are not, and instead surround yourself with people who respect differences, who are positive, and who believe in you.

Make it happen, whatever 'it' is...

Women and girls have made a lot of progress over the years. Be inspired by those who came before you who had the courage to stand up and make a difference – even if it was difficult and not the popular thing to do. Make your voice heard!

I hope this book helps you think about who you want to be, and how you can make our province and our world an even better place to live. I look forward to the great things that you will achieve.

Thank you,

Jennifer Howard
Minister responsible for the Status of Women

Credit



This book was created especially for one person: **YOU**. But many people were involved in the process.



Who helped

We would like to thank all the girls who spoke to us and gave their input from communities all around Manitoba. Girls from Brandon, Gimli, Lac Brochet, Thompson and Winnipeg participated and came up with some excellent suggestions for our book. 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 some of the content from their Guide for Girls!

About us

The Manitoba Status of Women Division works for the girls and women of Manitoba. You hold the keys to the future of our province. Your achievements and aspirations inspire us. We have lots of hope and optimism for your future.



Thanks 2 everyone who helped us out!



Introduction



Get prepared

Manitoba Status of Women has published this guide for girls in our province.

Use it to help prepare for all kinds of challenges. It has ideas from Manitoba girls like you, as well as from women who work with girls.

Follow your dreams

You can use the journal in this book to write about your dreams, think about them, re-work them as often as you need to, and make some decisions about your life.

Let's talk

This book helped us start talking with girls in Manitoba. We plan to keep up the conversation over the coming years. We hope you enjoy the book and use it. If you have ideas or opinions about it that you would like to share, please e-mail us at msw@gov.mb.ca. We look forward to hearing from you.

A note about websites & addresses:

When we created this book, 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 has become inappropriate, let us know at the e-mail address above.

You can also visit our website to find more links for girls. We're on the web at:

www.manitoba.ca/msw

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**"A winner's strongest
muscle is her heart."**

**- Cassie Campbell,
former captain of Canada's
National Women's Hockey Team**

**feeling
fine**



Your Health

Being healthy doesn't just mean being disease-free. It's about balancing your body, mind and spirit. It's being able to handle problems. It's the belief that you can make a difference in your own life.

Feel good & look good

When you're healthy, you feel good and look good. You can start taking care of your health now! Learn about how to care for your body, and how to prevent the health problems that most often affect women. Two common problems are osteoporosis (having brittle, easy-to-break bones) and anaemia (a blood condition that leaves you weak and tired). Learn about healthy eating and exercise, and see a doctor or nurse for regular check-ups, especially if you don't feel well.

Not everyone has healthy food available

Many Manitobans don't have enough healthy, nutritious food available in their homes. They don't have basics like milk, bread, cheese, fruit and vegetables, never mind treats like ice cream or candy. Some families rely on food banks to make sure everyone has enough to eat. If you don't have enough food in your home, there is nothing to be ashamed of — you are not alone. There are many organizations and groups helping hungry families in Manitoba.

Be a kid who cares

Check out Winnipeg Harvest (www.winnipegharvest.ca) for information about the causes of hunger and some solutions. Be part of the solution - collect canned food at your school, birthday party or other event. Ask everyone to bring a tin for the bin. Then, donate the food to a food bank in your area! You can also help out by volunteering your time. There are lots of other ways to get involved by volunteering at soup kitchens, homeless shelters and recreation centres.

Try it out!



Chew on this:

*Knowing how to cook means
knowing how to save money*

It's true! Learning to cook will help you learn to manage your budget when you eventually move out on your own. That may seem a long way off, but it's never too soon to learn to cook. Try it with your parents, someone you admire, school friends, someone from another culture or maybe even a grandparent who'll share the family's secret recipes.



Eat well

Getting exercise is not enough to stay healthy; you have to eat well, too! That doesn't mean dieting and cutting food out of your diet — just the opposite, in fact! Variety is one of the keys to eating healthy. Follow Canada's Food Guide to be sure you're getting all your daily necessary nutrients. Eat reasonable portions and don't skip meals. And remember, always drink plenty of water.

For more information: www.myfoodguide.ca

For healthy and yummy snack ideas and recipes, go to: kidshealth.org

www.heartandstroke.com - under the Kids/Teens zone, check the "Good Eats" page under the title "for kids"

www.coupdepouce.com - has more than 8,000 recipes in French (only)

Think you know about healthy eating?

Take the quiz at www.healthyfridge.org/kids.html

Did you know?

Some foods are particularly bad for you. Your basic junk foods like french fries, donuts and potato chips and sugary foods like cake, soda pop and candy are not so great for your health. However, they can be enjoyed in moderation as long as you ensure that you are eating healthy foods as well.



Stay safe in the kitchen.

Ask for help from an adult before using sharp knives, blenders or the oven.

Your body & the changes you'll go through during puberty... ☺

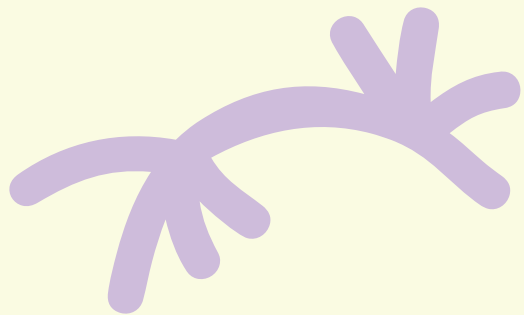
Your body is amazing. Puberty is the time of life when you begin to develop and change from a young girl into a young woman. Even though you might know about some of the changes that happen during this time, it's a good idea to learn more.

Try not to worry. Just remember:

EVERY GIRL GOES THROUGH THIS!

A new you

For girls, puberty is a time when new chemicals and hormones are changing your body on the outside and the inside. You will start to develop breasts, get your period and may develop acne. Most girls start puberty sometime between the ages of eight and 13, but some of you might start a little earlier or later.



Body makeover

During puberty, girls' bodies tend to get more curves. **Don't worry, gaining weight during this time in your life is normal. Going on a diet to try to control this is unhealthy.** You will also start to develop breasts. But, as one Manitoba teen told us, "Just because you've got breasts, doesn't mean you have to let boys (or anyone else) touch them!!!" If someone is making you uncomfortable and you've asked them to stop, keep telling adults that you trust until someone listens.

You will also start to develop hair in places you didn't have hair before – such as under your arms and around your genitals.

The zits zone

Acne is another normal part of becoming a teenager. Don't be alarmed! You may notice pimples on your face, upper back or upper chest. Acne is triggered by hormones. It can stick around for a while, but there are lots of ways to deal with it. Keep your skin clean and don't poke the pimples! If it is really bad, your family doctor or a dermatologist (a special skin doctor) can recommend ways to help clear it up.

Smell sweet

Body odour... It's not a pretty part of puberty, but everyone will have it, to varying degrees. It is usually caused by hormones, or even the things you eat. Remember, keeping clean is a good way to help deal with body odour. Take a bath or shower regularly and use a deodorant or an antiperspirant.

Your period

One of the most important changes that happen during puberty is menstruation, or getting your period. Everyone looks at menstruation a little differently: some girls are really excited, but others are afraid or anxious.

Got more questions?

Whether you have questions about sex, menstruation, nutrition, your skin or finding healthy ways to stay in shape – your area community health clinic should have some answers. **These are listed at the end of this book, under the Health and Sexuality section.** Your family doctor, school nurse or another health professional might also be able to answer your questions.

You can also check out the following:

Healthlinks

Call 1-888-315-9257 in rural Manitoba or 204-788-8200 in Winnipeg.

You can get quick, free health information and advice 24 hours a day, seven days a week from nurses through this phone line. Get answers to your questions, ask for advice and get help finding health care resources in your community.

www.youngandhealthy.ca

This site has information, tips and more, covering all aspects of adolescent health, including sexuality and addictions.

www.womenshealthmatters.ca

This site provides the latest information, news and research findings on women's health, diseases and lifestyle trends.

kidshealth.org

This site has some great information on the changes during puberty as well as lots of other issues important to kids and teens. You might find some answers to your questions there.



"What I have to say is far more important than how long my eyelashes are."

*-Alanis Morissette,
singer/songwriter/actor*

Body image

Do you see what I see?

We are constantly bombarded by images of the media's idea of "the perfect" woman or girl. We see her on television, in movies and magazines and on billboards. For that reason, 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.

Go to www.media-awareness.ca to learn more about media images and the messages of popular culture. It's all about empowering yourself!

You might also want to check out www.girlsinc.org. It's a site that encourages you to be yourself, resist stereotypes, express yourself, love your body, have confidence and more. There's even a Girl's Bill of Rights that's available in Arabic, Chinese, English, French, Japanese, Korean, Russian and Spanish!

Don't worry, be happy

Some people are happy with their bodies. Others think they're too fat, or too thin, too tall, too short, the wrong shape or the wrong size. Often, it's because we see so many false images of people who are tall and thin. After awhile, it's easy to think that everyone should look that way. If you know you're healthy, but you're not happy with the way you look, think about why you feel that way. Then try to change the way you feel.

Eating disorders

It's more about how you see yourself,
rather than your relationship with food.

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, amenorrhea (no period for at least three months in a row), dry skin, brittle hair, a weakened immune system (making it easier to get sick), or a life-threatening weakening of the heart muscle. You can die from anorexia.

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 (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 and potentially fatal heart problems. You can die from bulimia.

Are you or any of your friends suffering from anorexia or bulimia? Can't break the vicious cycle?

Contact the Eating Disorders Self-Help Program at the Canadian Mental Health Association's Manitoba office at 204-953-2358 or email eatingdisorders@cmhamanitoba.ca or check out:

www.manitoba.cmha.ca

The Quebec Association for Persons Suffering from Anorexia and Bulimia offers advice and tons of information on the subject in French. Call 1 800-630-0907 to talk to someone about it, or check out:

www.anebquebec.com

Check out page 3 of the journal. Write about how you feel about your body.

Build your self-confidence the healthy way

Did you know?

Girls who eat healthy foods and exercise have more than strong bodies: they have strong self-confidence.

Top 10 reasons to exercise!

1. relieves your stress
2. protects against cardiovascular (heart) disease
3. defends against brittle bone disease
4. speeds up metabolism
5. improves performance of mind and body
6. boosts energy
7. keeps your immune system strong so you don't get sick as often
8. builds confidence
9. controls cholesterol (so you won't get heart disease)
10. is a great way to get out and have fun

The good news is, you don't have to work out two hours a day or join the soccer league to enjoy feeling strong. There are lots of fun options.

Take a look at:

www.caaws.ca

The Canadian Association for the Advancement of Women and Sport and Physical Activity website has information about women's involvement in sport in Canada. Check out their "On the Move" initiative, which encourages inactive girls and young women (ages 9 to 18) to participate in sports and physical activity.

www.sportmanitoba.ca

The website for Sport Manitoba has information about over 100 organizations involved in developing and promoting amateur sport in Manitoba.

www.mbcamping.ca

This is the website of the Manitoba Camping Association. It has a list of various summer camps throughout the province for kids of different ages. It also has an application for The Sunshine Fund, which helps kids whose families need some financial support to attend summer camps at accredited camps throughout the province.

STRESSING
OUT?!?!?

How can you handle your stress?

A little stress can be a good thing – it can help you stay motivated and focused to reach your goals. Other times – whether it's school, parents, friends, work or love – it can get to be too much!

Try these stress busters:

(from www.focusas.com/Stress.html)

- **Exercise and eat regularly.**
- **Avoid too much coffee.** Caffeine can increase feelings of anxiety.
- **Don't use illegal drugs, alcohol or tobacco.**
- **Learn relaxation exercises** (abdominal breathing and muscle relaxation techniques).
- **Be assertive.** For example: State your feelings in a polite, but firm, way (“I feel angry when you yell at me.” or “Please stop yelling.”).
- **Rehearse and practice situations that cause stress.** For example, if talking in front of people makes you anxious, take a class on public speaking.
- **Learn practical coping skills.** For example, break a large task into smaller, more realistic ones.
- **Decrease negative self talk.** Challenge negative thoughts about yourself with positive thoughts. “My life will never get better” can be transformed into “I may feel hopeless now, but my life will get better if I work at it and get some help.”
- **Learn to feel good about doing a good job** rather than demanding perfection from yourself and others.
- **Take a break.** Listen to music, talk to a friend, draw, write or spend time with a pet to reduce stress.
- **Build a group of friends** who can help you cope in a positive way.



How should you handle stress?



Chill out. Teens who make time to relax are less stressed and more in tune with themselves. How do you relax? Go for a walk while listening to your favourite songs. Read alone in your room. Try yoga or meditation. Or simply stare out the window and let your mind wander for a while.



Nature's tranquilizer is exercise. It's true. Exercise can reduce stress by decreasing stress hormones and increasing endorphins, your body's "feel-good" chemicals. This gives your mood a natural boost!



Drinking and drugs are really lousy coping tools. Today, you are facing many challenges that your mother or grandmother didn't. And, there are many new ways to deal with these challenges. Drugs and alcohol are not healthy ways to deal with your life. Instead, talk to trusted friends or family members; start a new sport; write in a journal; or listen to music.

See page 5 of the journal to write about your stress.

Bullying

What should you do if someone is bullying you or your friend?

Would you step in and try to stop them? Are you unsure of when to talk things over or when to tell on someone? You aren't alone.

Before stepping in to help someone else, make sure that you'll be safe.

DECIDE FOR YOURSELF:

- **Listen to your gut.** You probably already know the right thing to do.
- **What happens if you see someone getting bullied?** Would you step in? Seeing someone else getting bullied can be scary, and you might even join in on the bullying to make sure that you aren't next. Would you want someone to step in and help if it was **YOU**? Some bullies have been victims of bullying themselves. Other bullies keep on bullying because they have people who stand by and cheer them on. But being a silent bystander doesn't help the victim. It doesn't matter what the reason for the bullying is.
- **You don't ever have to tolerate bullying, abuse or violence. Ever.** But do you know what to do when someone crosses your boundaries? Visit www.bullying.org or one of the other websites in the **Bullying and Harassment** or **Sexual Assault and Other Abuse** sections of the resource chapter. Programs like RespectED, run by the Canadian Red Cross, offer helpful information on dealing with this issue. Go to www.redcross.ca and click on **How we help – RespectED: Violence Prevention**. To check out Manitoba Education's Safe and Caring Schools site, go to www.edu.gov.mb.ca/k12/safe_schools/index.html

- **Ask for advice.** You might feel that asking for adult advice is “ratting” but EVERYONE has the right to be, and feel, safe. Your parents, a teacher, or another adult you trust are usually the best ones to contact. Or, if you want to remain anonymous, call one of the many help lines listed in the Youth Crisis and Help Lines at the end of this book.

“I encourage everybody and challenge everybody to strive towards their goals... There will be ups and there will be downs, but just keep working towards them and don’t let anybody tell you that you can’t do it.”

**-Catriona LeMay Doan,
speed skater/two-time
Olympic Gold Medallist**

BEWARE of Online DANGERS

The Internet has changed our world. Most girls your age are great with computers. You might even have a profile set up on a friend/networking site. 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.

- **CYBER-BULLYING:** Although a lot of bullying takes place in person, cyber-bullying is becoming more common. Cyber-bullying is when a person is harassed, abused or put down using technology. For more information, check out www.cyberbullying.ca or www.cyberbullying.co.uk.
- **CYBER-STALKING:** Stalking is when someone is constantly bothering you with unwanted attention. Stalkers aren't always strangers either. It could be someone you know, or even a person you really like. If the person you're dating is constantly texting, calling or messaging you to see where you are or who you're hanging out with, and it is making you uncomfortable, that is cyber stalking. You need to tell them to stop. If they continue, and they are getting obsessive, tell someone you trust.
- **ONLINE PREDATORS:** Information and pictures you post online exist online FOREVER, even after you think they have been deleted. People can view your files and have them saved on their computer – even without your permission. Some people lie about who they are. You may think you are talking online with a boy your age, but it could actually be an adult man trying to contact young girls. Strangers can get access to your online friend lists – even if you haven't approved them. They do it through your friends, or friend's friends. So keep your name, address, personal information, and especially your passwords to yourself.
- The Canadian Centre for Child Protection runs two programs that are really helpful for kids: Kids in the Know (www.kidsintheknow.ca) has information on personal safety. Cyber Tip (www.cybertip.ca) works with local police and law enforcement to deal with the online sexual exploitation of children.



You can't tell how old a person you're chatting with is based on the shorthand they use. It can be learned by anyone, of any age.



If you are in a chat room, stay in a public area. If you feel unsure or uncomfortable, leave.



If someone asks you to meet in person, always have an adult you trust come along. Meet in a busy, public place. If this person is really just interested in being friends, they will understand. If you are unsure, don't go!



If you are feeling down or depressed, it can help to chat with your friends, but remember, an online "friend" you are sharing these feelings with is still a stranger. The online friend might try to take advantage of you and will be banking on the fact that you're feeling blue and your defences are down. So keep your guard up!!!

For more information on net safety, go to www.cybertip.ca/app/en/respect_home or deal.org/the-knowzone/internet-safety.

Check out www.texted.ca to learn about safe texting and what to do when someone crosses the line.

*"I've never been cool —
and I don't care."*

-Celine Dion, singer

Sick of Smoke?



**Just like alcohol and drugs,
smoking cigarettes is dangerous.**

Thankfully, fewer young Manitobans are smoking. They are wise to the fact that it's unhealthy and expensive. They also know that people who smoke, and the people who hang with them, face a higher risk of disease.

If you don't smoke, way to go! If you do smoke, try to quit. You'll be glad you did and so will everyone who cares about you. Smoking, just like alcohol or drug dependency, is an addiction. If you want to quit or you want to help a loved one quit, check out the following:

www.quit4life.com

This website has lots of advice to help Canadian youth quit smoking.

www.cancer.ca

The **Smokers Helpline** encourages calls from smokers who:

- **want to quit smoking**
- **are thinking of quitting**
- **have stopped smoking**
- **even those who don't want to quit**

This program is also available to individuals who want information on how to help others quit smoking. Call toll free 1-877-513-5333.

www.madebyyouth.tv/mbg

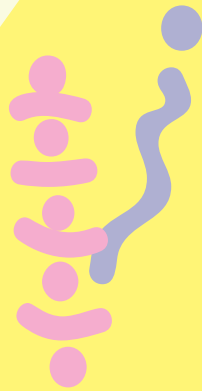
This site, by the **Smokescreen Project**, highlights some really powerful anti-smoking ads by, and for, girls in Canada.

www.smoke-fx.com

Check out this site to find out more about smoking and the tobacco industry. The site also has a section with ideas for homework projects about smoking, and a quiz.

www.ovx.org

Our Voices Xposed (OVX) is a youth-led movement that spreads the truth about tobacco and the tobacco industry. At OVX, you can make your own movie and read the online magazine.



Feeling down or depressed?

Feeling sad? Or more than sad?

Have you heard about depression? It's a disease.

Want to find out the signs of depression?

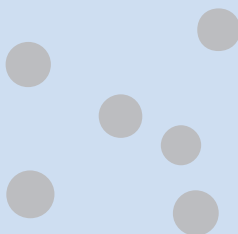
Try:

www.mindyourmind.ca

Do you know someone who is really depressed?

Are you afraid your friend may hurt, or even kill, herself or himself?
Teens are more likely than adults to be aware of a friend's troubles.
That means you can help, but you need to know what to do.

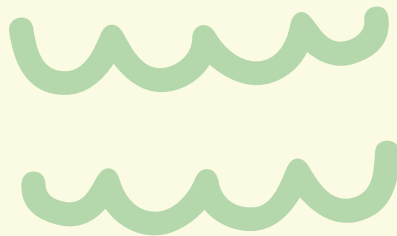
If you are afraid for a friend, contact the **Kids Help Phone** at
1-800-668-6868 toll free or go online at www.kidshelpphone.ca.
They'll help you make a decision about the right thing to do.



Self-harm or self injury

Some people haven't learned to deal with their emotions in a healthy way. They may resort to cutting, burning or otherwise purposely injuring themselves as a way to deal with emotions. Self-harm or self-injury is when you purposely act to harm your body, mind or spirit.

People who self-harm may not be trying to kill themselves. In fact, they might be trying to feel better. They are trying to take away bad feelings by dulling all their feelings. If you, or someone you know, is cutting themselves, talk to a parent or other trusted adult, and then contact the Canadian Mental Health Association (www.cmha.ca).



Disabilities

Having a disability isn't always something that is noticeable on the outside. There are physical and mental disabilities. People who learn differently than you might also be coping with a learning disability. If people do or see things in a unique way, making fun of them isn't helpful to you OR to them. Expand your horizons by trying to see the world as they do.

Check out the **Disability Support** section in the resource chapter for a list of organizations that help people with a disability.

Under Control

Q: Do you think you, or maybe even a friend or family member, has a drug or alcohol problem?

Take this test:

Is drinking, drug use or smoking making it difficult for you/your friend/family member to do well at school, job, team sports or extracurricular activities?

Are you/your friend/family member drinking or using drugs to deal with something that is painful, or maybe using them to hurt someone else?

Do you/your friend/family member drink, use drugs, or smoke to reduce the stress in life?

Do you/your friend/family member have problems as a result of alcohol or drug use?

Have you/your friend/family member ever had a complete loss of memory after drinking or done or said things you can't remember?

A: If your answer to any of these questions is “yes” it may be helpful to talk to an addictions counsellor about the situation.

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.

Check out the following sites for more information about addictions:

www.afm.mb.ca

The Addictions Foundation of Manitoba (AFM) runs education, prevention and counselling programs for people dealing with addictions to alcohol, other drugs and/or gambling.

www.luckyday.ca

This site is sponsored by AFM and has information on gambling addiction.

www.mts.net/~nacm/youth.html

This website is from the Native Addictions Council of Manitoba: Youth Program. They help young people (11 to 17) heal from the difficulties of addiction by using traditional Aboriginal teaching methods, ceremonies and individual counselling.

www.mast.mb.ca/tadd

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

"Know that although in the eternal scheme of things you are small, you are also unique and irreplaceable, as are all your fellow humans everywhere in the world."

**- Margaret Laurence,
Manitoba-born author
1926-1987**

relationships

"Life is like a roller coaster, live it, be happy, enjoy life."

**-Avril Lavigne,
singer/musician**



Healthy Relationships ... with yourself

Finding happiness

For some people, happiness comes from being with friends or family. Sometimes, happiness can come when YOU decide to pick yourself up out of a rut and get out there and enjoy life!

Always remember: be good to yourself and ask for what you need. No one can read your mind.

Being alone

There are times when we hate to be alone.
And other times when we want to be left alone.

Being alone can be good. 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.

🔗 Feeling better

We all get cranky. We worry. We feel sad. Sometimes we get jealous. These feelings can drag us down. They block happiness. They stop us from moving forward. What are some ways you can help yourself feel better?

Everyone feels sad at times and has disappointments. It's even healthy!

Check out page 6 of the journal for some questions to help you sort out how you're feeling!

Fact of life!

You will live with yourself all your life.
Enjoy who you are!

Who's responsible for what?

Remember: you are not responsible for anyone else's behaviour. But you are responsible for your own! Blaming other people, especially your friends or family, for choices you make doesn't help you become a strong adult. Strong, powerful women take responsibility for their decisions.

Erase these words from your vocabulary:

“They made me do it.”

**“Do not let your emotions take over.
But do use them and your inner strengths
when you feel you’re (at your) weakest,
and you may discover a power you did
not realize you had.”**

**-Margaret Buffie,
Winnipeg-born young adult
fiction writer**

Healthy relationships ... with your family and other adults

Remember, the adults in your life will probably be with you for a long time.

Sometimes you might feel like they don’t care about you. Other times you might feel like they’re trying to hang out with you too often.

Finding a way to communicate with the adults in your life is really important. Go to page 8 of the journal to write about the important adults in your life.

How to deal

Check out:

www.deal.org

This site provides information on healthy life choices and ways to deal with problems in your personal, family and community life.

Some girls may talk more to their moms or other women than they do to men (even their dads). So try talking to the adult woman in your life. You might be surprised, she might have some great advice to offer!

Or, if you are more comfortable getting advice from the men in your life, try talking to your dad or another trusted adult male. They might have an interesting view that you never thought of!

Things not good with the folks right now?

The website www.jparle.com [French only] has tricks for better communicating. It provides both the teen and the adult points of view.

Need some help getting the conversation started? Here's a suggestion: write them a letter.

Write a letter to your mom, dad or other important adult in your life. Tell them what you love about them. Tell them how you feel about what happened.

Wait! Don't give them the letter yet.

Keep it for a couple of days and then decide if you want to share it with them, or just keep your feelings to yourself for now.

Parents divorcing?

It's normal for you to feel lost, confused and frightened. Talk to your parents and ask questions to help you better understand what is going on. You can also talk to friends who have been in the same situation. They can help you feel less alone and give you tips for getting back on your feet. Finally, you can see a counselor. These specialists are there to serve you and will be able to help you get through the rough patches.

Remember that you are not the reason your parents are divorcing. They still love you.

Healthy relationships with your friends

We all need friends

Finding people you fit in with is helpful, but it isn't always easy. There has to be give and take on both sides.

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!

reality check

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

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?

How can I make this work for me?

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.

Finding friends



Some of your best friends might be your neighbours, people in your class at school, your cousins or other people you grew up with.

We asked Manitoba girls: **“What are some of the other places you’ve met your friends?”** They answered:

- 🌀 through a choir I belong to outside of school
- 🌀 through a craft class I took at my local community centre
- 🌀 through a sports team I belong to outside of school

If you do things that interest you, you’re going to meet people who have similar interests and you’re going to feel a lot better about yourself. So, knowing what you like to do is really important in developing friendships.

Problems with Friends

Sometimes relationships and friendships change over time. You might not have the same group of friends for your entire life.

THAT’S OKAY!

At different times people can be mean. People you thought were your friends might gang up on you, accuse you of saying or doing things that you did or didn’t do.

Solutions

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!**

“We’re constantly being told what other people think we are, and that’s why it is so important to know yourself.”

***-Sarah McLachlan,
musician/singer/songwriter***



Healthy Relationships ... in the dating world

Ask yourself:

Do I think I have to be a people pleaser?

**Am I experiencing abuse and am too shy/embarassed/
afraid to talk about it?**

Am I losing my self-respect?

If your answer is “Yes” to any of these questions, you might want to check out:

www.youngandhealthy.ca

www.sexualityandu.ca/teens

These websites may give you the information you need to make smart choices.

Don't take abuse

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, you don't have to take it. Tell a trusted adult, a teacher or your parents. People can't help you if they don't know you need help.

If one person is doing all the sacrificing all the time, the relationship is unequal.



Dating violence

If the person you're dating is making you do things you don't want to do (for example, have sex before you're ready, bullying you) or trying to keep tabs on where you are and who you're with all the time (texting or messaging you all the time), it could be a form of dating violence. You don't have to take it!

Keep in mind though: 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 on dating violence, go to:
www.gov.mb.ca/fs/fvpp/dating.html

Do you think you're ready to have sex?

Sex is a big deal and can bring some pretty serious problems, like disease and pregnancy.

Take charge of your life. If you are thinking about having sex, think about it very carefully.

Reasons to wait (from www.sexualityandu.ca/teens)

- religious beliefs
- possibility of pregnancy
- possibility of disease
- lack of trust in your partner
- concerns about reputation (being seen as “easy” or a tramp)
- personal belief in abstinence (not having sex)
- just waiting for the right guy/girl
- lack of trust in the future of the relationship
- you just don’t feel ready



It doesn’t really matter what your reason is. If you aren’t ready, you aren’t ready. Don’t let anyone pressure you into having sex. Remember it takes courage to say “NO”. You deserve to be respected for your decisions.

Want to talk to a real person? Need help?

Call Kids Help Phone @ 1-800-668-6868
Volunteers are available 24 hours a day,
7 days a week. It’s toll free and you don’t
have to give your name.

A lot of girls in relationships think “OK, I really like this person and I want to impress them....so maybe I should have sex. It’ll prove how much I like them.”

But that’s not at all how it should be.

If you’re not comfortable enough to talk to your partner about sex, then another VERY IMPORTANT question you should ask yourself is: Am I ready to have sex?

If someone offers you money, or things like a cell phone, or clothes in exchange for sex, you are being exploited. You don't have to do it. **Check out the Sexual Assault/Youth crisis and Helpline sections at the end of this book for places you can contact for help.**

If you think you might be ready to have sex, go to page 9 in the journal for some more questions and answers to think about.

Into girls? Boys? Both? Not sure?

Your sexual orientation (or who you're attracted to) is all your own!

Your gender identity (being female or male) and how you express your gender is what you make of it.

- Do you feel attracted to girls, boys or both?
- Do you feel anxious about your likes and dislikes?
- Do you feel or express yourself differently than other girls?
- Are you worried about what your friends and family might think?

These web sites can help:

www.rainbowresourcecentre.org

www.pflag.ca

www.rainbowhealth.ca



reality check

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.

All of these feelings are okay.

Sometimes adults, friends, or the media make us feel that it's only okay to like someone of the opposite sex.



Just like it's okay to be attracted to boys, it's also okay to like girls. Many teenagers are just not sure how they feel about their sexual orientation, and that's okay too. What's important to know is that liking boys, girls, or both is natural and normal.

Express yourself!

There's lots of ways to express your gender. Sometimes adults, friends or the media make us or tell us to behave in ways we have learned that a boy or a girl is supposed to behave. Girls can be feminine, masculine or both. What's most important is how you feel about yourself.

LGBTT

If you are unsure about your sexual orientation or gender identity, you are not alone! 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) and two-spirit (First Nations/Aboriginal word for lesbian, gay, bisexual or transgender). Still today, some people do not accept LGBTT people, and this is called **homophobia**. It can be tough not to be accepted, but there are lots of people who do accept LGBTT people. Know that you are not alone. Check out the websites listed on the other page and the resource section for more info.

getting out there



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

*- Margaret Mead,
anthropologist 1901-1978*

"How wonderful it is that nobody need wait a single minute before starting to improve the world."

- Anne Frank, author 1929 -1945

What did you do for others that made you feel good about yourself today?

Did you hold the door open for someone who needed a little help? Did you smile instead of ignoring someone who needed comfort?

Make a difference

Want to make a difference in the world and have fun at the same time? Want to put your head on your pillow at night knowing you've done something for your community?

Get involved

Getting involved in your community can make a difference to others. It can also help you fight stress, open up a world of new friends and adds to your résumé. Changing the way things are starts with you. Stand up for yourself. Take the lead. Become involved. You have what it takes, and what others need.



So what's out there for you?

Plenty!

Mentorship, friendship and youth drop-in sites:

- www.kanikanichihk.ca
Empowering Our Little Sisters is a mentorship program by Aboriginal women for Aboriginal girls ages 7 to 15. It encourages girls (particularly from the core area of Winnipeg) to build confidence and self-esteem. There are cultural activities and learning experiences for participants. Call 988-9200 for more information.
- www.bigbrothersbigsisters.ca
Big Sisters provides mentorship and friendship to girls from about 6-16 years of age.
- www.4h.mb.ca
This site belongs to the 4-H chapter in Manitoba. This is an organization for rural youth between the ages of 8 and 19 that teaches and helps develop skills in agriculture, leadership, communication and self-esteem. 4H creates social opportunities and a sense of teamwork.
- www.teen-talk.ca
A program of Klinik Community Health Centre. The focus is on sexuality, reproductive health, body image, substance use awareness, mental health, diversity and anti-violence issues. Also offers a Peer Support Training program for youth 14-19. Call 784-4010 for more information.

- www.girlguides.ca

This website is the national site for the Girl Guides of Canada and is available in English, French and nine other languages. This organization has more than nine million members in 144 countries. Through their other programs like Sparks and Brownies, the Girl Guides challenge girls aged 5 to 17 to reach their full potential. And, they empower girls to become leaders, volunteers and responsible citizens of the world.

- www.cadets.net

Cadets is a federally-sponsored program for young Canadians ages 12 to 18 who are interested in becoming active, responsible members of their communities.

Check out the end of this book for other friendship and youth drop-in centres near you.

Go green

- www.gettoknow.ca

The Get to Know website is all about raising a generation who cares about conservation, sustainability and biodiversity.

- www.opportunitiesmb.ca

This site has a section called Making a Difference (under the Life section) with info about projects around the province dedicated to helping the environment.

For animal lovers

- www.humanesociety.com

- www.canadaguidetodogs.com/mbrescue.htm

- www.zoosociety.com

Try a world view

Check out www.tigweb.org – This global, online community inspires youth to make a difference. It provides information on issues and opportunities to take action and get involved locally, nationally and globally. Membership is free. The interactive site lets you contribute ideas and share experiences.

Get on the United Nations' cyber school bus at www.cyberschoolbus.un.org – On this site, there is a ton of information on major international issues (such as peace education, human rights, poverty, discrimination, hunger). It's geared toward students like you!

Check out Canada's UNICEF page at www.unicef.ca (go to the section for kids/teens)

Get involved with www.rootsandshoots.org – This program is about making positive changes happen for our communities, for animals and for the environment. The Roots & Shoots network connects tens of thousands of youth in almost 100 countries who all want to create a better world. Take action and make a difference in your world.

Go to www.kickaction.ca – It is an online community for girls and young women interested in changing the world. Share stories and discover how to take action. Want to know more? Go to their website for ideas about what you can do to further the cause of girls and young women!

**"If you don't like something,
change it.**

**If you can't change it,
change your attitude."**

*-Maya Angelou,
African American author/
actor/activist*

Other cool sites:

www.conseil-jeunesse.mb.ca

Conseil jeunesse provincial encourages all French-speaking Manitoban youth to be proud of their francophone heritage and work towards developing their interests and abilities.

Drop by www.shamelessmag.com

Shameless is Canada's independent voice for young women. It's a fresh alternative to typical teen magazines, for girls who know there's more to life than makeup and diet tips. Packed with articles about arts, culture and current events, *Shameless* reaches out to readers who are often ignored by mainstream media such as freethinkers, gay youth, young women of colour, punk rockers, feminists, intellectuals, artists and activists.

www.myvop.ca

MYVOP (Manitoba Youth Volunteer Opportunities) helps connect youth with volunteer opportunities in their community. MYVOP's website has a list of 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!



Politics

Even if you're not old enough to vote, you can still be involved in politics, especially if you're interested in what goes on in your world. Young people are becoming more politically aware and involved.

Join in

School councils are a great way to get involved in issues you care about. You might not be concerned about the next wastewater treatment facility or dog bylaw, but you might have an opinion about the opening of a new park or what's happening in your school. School councils share info with the municipal councils who make decisions.

Provincial and federal governments are formed by elected representatives who belong to political parties. Most political parties have a branch for young people.

Interested in politics?

Encounters with Canada is a week-long program in Ottawa. It brings young Canadians from different backgrounds and regions together. It gives them an opportunity to learn about one another, discover their country from another point of view and gain a better understanding of Canadian institutions. Go to www.encounters-rencontres.ca and tell your school about it!

Check out:

www.equalvoice.ca

Equal Voice is a group of Canadian women working to get more women elected at all levels of government.

www.apathyisboring.com

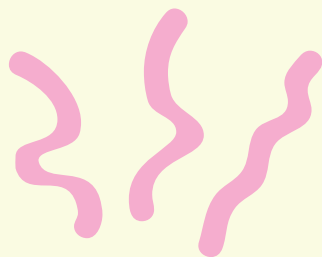
Apathy is Boring is a non-partisan, youth-run project that uses art and technology to get youth involved in politics and the democratic process.

Thinking of joining a party?

(We mean a political party!!!)

Check out:

-  **Green Party of Manitoba**
www.greenparty.mb.ca
-  **Manitoba Liberal Party**
mlp.manitobaliberals.ca
-  **Manitoba New Democratic Party**
today'sndp.ca
-  **Progressive Conservative Party of Manitoba**
www.pcmanitoba.com



"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work."

**-Oprah Winfrey,
TV host/actor**

working on it



Chances are you didn't have just one pair of jeans your whole life, or even one best friend. And chances are you won't have just one job. You'll find your passion as you walk through life. It just might be a job. Then again, it might not.

Find your passion — and your own path

Deciding what you want to do with the rest of your life is a major decision. Or is it? The reality is, there is no rush. And there are many paths. There can be enormous pressure to decide, but the truth is, there is no need to panic. Take time to discover what motivates you. Find your path by volunteering in your neighbourhood, maybe going overseas, or going to college or university.

Start by figuring out where you are now, where you want to go, and how to get there from here.

You can start planning for your future right now!
Go to page 10 of the journal.

reality check

More than half of those who work in retail and sales in Manitoba are women. But, maybe you have a different career path in mind. Identify your strengths, weaknesses and areas of interest and find a career that's right for you!



What can I do?

DREAM! AND MAKE IT A REALITY.

It can be done! Match your potential with your dreams; your abilities with your opportunities. If you have a talent for writing, you might want to think about a career in journalism or public relations. Enjoy math? How about working in computer sciences? If you want to see the world, you might enjoy a career in international development or e-commerce.

Use your journal to record your dreams. Write down any thoughts you have during the day or right before you go to bed and see where they take you!

Be true to you

Find something that really motivates you, something you are passionate about. It will make working all the more fun for you!

The following websites point you to plenty of career information to help you get started:

www.mb.jobfutures.org

www.workingincanada.gc.ca



Experience pays

It's the same old story: You can't get a job because you don't have the experience. You don't have experience because you can't get a job. But you can get both if you volunteer! Have fun in the process, give something back and learn stuff you'll never learn anywhere else. Look in the **Getting Out There** section for information to get you started.

According to one Manitoba teen we talked to, "there are other things I think a lot of people don't know about, like other career paths that will get you good jobs you're really interested in. You don't necessarily have to go get formal university education for it."

Summer job ideas for teens

- life guarding at a pool or beach (www.redcross.ca)
- camp counsellor
- babysitting
- food and flower delivery
- dog walking
- pet care
- retail
- fast food, coffee shops
- maintenance staff in a hotel or hospital
- movie theatre staff

For more info:

mb.workinfont.ca/youth

www.jobbank.gc.ca

www.youth.gc.ca

Manitoba Youth Job Centres (MYJC) and Service Canada Centres for Youth (SCCY) are located all around Manitoba. They provide free services to help students improve their job search skills and find meaningful jobs. Most offices are open from May to August. They can help you find odd jobs and volunteer opportunities, even if you're too young to work. For a list of the MYJC/SCCYs near you see

www.gov.mb.ca/healthyliving/youth/services

(click on "Manitoba Youth Job Centres")

CAREER	DESCRIPTION	SALARY (AS OF 2010)	TRAINING NEEDED
Dentists	<ul style="list-style-type: none"> keep patients' mouths and teeth healthy 	\$60,000 to \$152,500 a year	<ul style="list-style-type: none"> two years in a pre-dentistry program plus four years in a dentistry program must complete an exam to get a license to begin work with more training, you can become specialist
Actuaries	<ul style="list-style-type: none"> use math, probability, statistics and risk theory, to solve financial problems 	\$35,100 to \$108,700 a year	<ul style="list-style-type: none"> a degree in actuarial science, business administration, mathematics or statistics it takes four years to complete
Police Officers	<ul style="list-style-type: none"> prevent criminal activity enforce laws investigate crimes protect the public keep the peace 	\$37,700 to \$78,300 a year.	<ul style="list-style-type: none"> different requirements depending on which police force you work for strict conditions must be met (e.g., physical, psychological, background) the Royal Canadian Mounted Police (RCMP) requires 24 weeks of training plus six months of field coaching the City of Winnipeg police requires 37 weeks of training
Web Designers/Developers	<ul style="list-style-type: none"> design, research, create and update internet and intranet sites 	\$25,400 to \$66,300 a year	<ul style="list-style-type: none"> most colleges and universities in Manitoba offer degrees, diplomas or certificates in web design and development nine months at Winnipeg Technical College two years at Assiniboine Community College 207 hours at the University of Winnipeg for a Web Design Certificate or 360 hours for a Web Development Diploma online or distance courses are also available
Carpenters	<ul style="list-style-type: none"> build and fix structures made of wood and other materials 	\$26,000 to \$63,400 a year	<ul style="list-style-type: none"> completion of secondary school is usually required a four-year apprenticeship program or a combination of work experience and some courses in carpentry is usually required
Chefs	<ul style="list-style-type: none"> plan and direct food preparation and cooking activities prepare and cook meals and specialty foods 	\$26,600 to \$58,900 a year	<ul style="list-style-type: none"> completion of secondary school is usually required training may be on-the-job, at technical high schools or at colleges you must complete the Trades Qualification Exam after a minimum of five years experience can apply for the three year apprenticeship program
Conservation and Fishery (Resource) Officers	<ul style="list-style-type: none"> enforce federal and provincial regulations to protect fish, wildlife and other natural resources collect data 	\$31,900 to \$66,800 a year	<ul style="list-style-type: none"> must complete a one-to-three year college program in renewable resources management there is a two year diploma program at University College of the North there is a Master's or Doctorate degree offered at the University of Manitoba's Natural Resources Institute

COSTS OF TRAINING

- \$10,000 for two years of pre-dentistry
 - \$28,000 for each year of dentistry
- \$5,000 for each year
- the RCMP covers for the costs for travel, uniform, training courses, room and board (approximately \$4,600 over the 24 week training period)
 - for Winnipeg police, you receive a salary from the day you start your training
- \$ 4,000 at Winnipeg Technical College
 - \$ 7,000 at Assiniboine Community College
 - \$11,000 at Red River College
- \$3,000 at Red River College
 - \$3,000 at University College of the North
 - \$2,000 for apprenticeship training (you are paid during the training)
- \$13,000 for two years at Red River College
 - \$3,500 for ten months at Winnipeg Technical College
 - \$2,000 for apprenticeship training (you are paid during the training)
- \$4,000 per year for a Master's degree
 - \$3,500 per year for the University College of the North

WORK SCHEDULE

- work regular hours.
 - many work in private practice, hospitals, clinics, public health facilities or universities
- work regular business hours in an office
 - may be required to work overtime, evenings and weekends
 - may be self-employed
 - job may progress to management positions in consulting, insurance and finance
- employed by municipal and federal governments and the Armed Forces
 - usually work 10 or 12 hour shifts including evenings, nights, weekends, holidays
 - work outside in the community, or inside doing administrative work
- work indoors, in an office environment or at home
 - hours will vary depending on the work setting
 - for self employed or contract employees, hours may be long
- most work takes place in the spring, summer or fall, but they can work at any time of the year
 - work indoors or outdoors
 - normal work hours are 30 to 40 hours a week, plus overtime if needed
- work between 37.5 to 40 hours, seven days a week
 - shift work may be required by some employers
 - most chefs work full-time
 - chefs working in tourist resorts are employed seasonally
 - a few chefs are self employed restaurant owners or independent caterers
- work both indoors and outdoors
 - most employees work full-time
 - some positions are seasonal
 - work closely with law enforcement agencies
 - work can be dangerous

CAREER	DESCRIPTION	SALARY (AS OF 2010)	TRAINING NEEDED
Lawyers	<ul style="list-style-type: none"> advise clients about the law represent clients draw up legal documents plead cases and conduct prosecutions in court 	\$58,300 to \$147,100 a year	<ul style="list-style-type: none"> must complete at least two years in post-secondary studies must then complete a three year Bachelor's degree in Law for public practice, you need to be admitted to the Manitoba Bar Association and successfully complete all of the requirements of Manitoba's Canadian Centre for Professional Legal Education program must complete 52 weeks of articling
Journalists	<ul style="list-style-type: none"> research, investigate and report news and public affairs through newspapers, television, radio and other media 	\$27,000 to \$77,500 a year	<ul style="list-style-type: none"> must have a university degree or college diploma in journalism or communications Red River College and the University of Winnipeg have a joint four-year Creative Communications diploma with Bachelor of Arts degree in communications
Registered Nurses	<ul style="list-style-type: none"> provide direct care to patients deliver health education programs provide consulting services 	\$62,600 to \$77,300 a year	<ul style="list-style-type: none"> finishing an approved university or college program is required a Bachelor's degree program in Nursing can be taken at the University of Manitoba, Brandon University, University College of the North and Red River College a Practical Nursing program is offered at Assiniboine Community College graduates must be registered by the College of Registered Nurses of Manitoba to practice
Paramedics	<ul style="list-style-type: none"> help and care for patients in a medical emergency before, and on their way, to the hospital 	\$39,500 to \$52,300 a year	<ul style="list-style-type: none"> should be certified as an Emergency Medical Responder must then complete a paramedic program recognized by the Canadian Medical Association must write an exam to get your licence and start working
Early Childhood Educators	<ul style="list-style-type: none"> plan and organize activities for infants, pre-school and school-age children to stimulate and develop their intellectual, physical and emotional growth 	\$20,800 to \$46,700 a year	<ul style="list-style-type: none"> must be certified as an Early Childhood Educator II or an Early Childhood Educator III requires formal education at Assiniboine Community College, University College of the North, Red River College, Collège universitaire de Saint-Boniface or the University of Winnipeg self-employed workers need to be licensed after completing their certification
Bus Operators	<ul style="list-style-type: none"> drive city transit buses, school buses, tour buses and coaches on long or short distance routes collect fares ensure safety interact with passengers 	\$26,300 to \$50,200	<ul style="list-style-type: none"> training is usually provided by the company hiring the driver training can include: safe driving techniques, risk management, advanced and severe weather driver training, customer service, and in some cases, psychology and behaviour management

COSTS OF TRAINING

- \$10,000 for two years of pre-law
 - each year of law school costs approximately \$10,500
 - students receive pay when articling for a law firm, which is completed during law school
- \$9,000 for Red River College's Creative Communications diploma
 - \$7,500 more for the joint degree at the University of Winnipeg
- \$13,000 for a two year Nursing program at Red River College
 - \$16,000 for the Joint Baccalaureate Nursing four year program at the University of Manitoba and Red River College
 - \$3,500 for the 15 month Practical Nursing program at Assiniboine Community College
 - \$18,500 for a four year Bachelor of Nursing at Brandon University
 - \$18,000 at University of Manitoba
 - \$11,500 for the four year program at University College of the North
- \$6,600 for a Crite Care EMS 12 month Primary Care Paramedic program.
 - \$8,000 for 10 months at the Emergency Rescue Response Services Primary Care Paramedic program
- \$4,700 for a two year program at Assiniboine Community College
 - \$7,000 to \$14,500 for a two year program at Red River College (depending on which campus you attend)
 - \$10,000 for a four year joint diploma and Bachelor of Arts degree at the University of Winnipeg, Red River College and Collège universitaire de Saint-Boniface
- school bus drivers must take 24-hours of classroom instruction
 - drivers must hold a Class 2 driver's licence and a school bus operator certificate from the province
 - the City of Winnipeg provides a 32-day paid training program

WORK SCHEDULE

- work long hours
 - most lawyers work full-time and frequently are self-employed
 - must travel to attend meetings, conduct research, gather evidence and appear before courts or other authorities
 - those working for government or private corporations work more regular hours
- commonly work in an office but often attend and report on local and regional events
 - most work full-time, but usually work irregular hours because of deadlines
- work shifts, usually on rotation, which involves working nights, evenings and weekends indoors
 - those who are employed in public health nursing, consulting or research are more likely to work regular office hours
 - part time work is very common
- work days, nights, weekends, and holidays –in case of an emergency
 - work indoors and outdoors in all kinds of weather
 - with additional training, paramedics may become Advanced or Critical Care Paramedics
- can be self employed or work for child care centres
 - work is based on when care is needed- usually 7:00 a.m. to 6:00 p.m. or before and after school, Monday through Friday
 - hours will change during summer holidays
 - licensed family child care providers care for children in their homes and tend to work longer hours than those who work in child care centres
- must deal with all kinds of traffic and weather while keeping to a schedule
 - coach and city transit drivers work variable hours including evenings and weekends
 - with experience, drivers may move into positions such as dispatching, scheduling, training, vehicle maintenance and management positions

Adapted from: www.mb.jobfutures.org

reality check

2.7 per cent of apprentices in non-traditional trades are women.

Have you ever thought of being a welder or an electrician?

Find out more about occupations in these areas, what they involve and what they pay. For more about gaining the right skills, call employers and Manitoba's community colleges. Ask what skills training they offer, where trained trades people are needed, and where the job openings are.

Learn a trade

More women are entering the so-called non-traditional trades, such as welding, machining and construction. Community colleges and private trade schools give certificates in these trades and many more. Sometimes, these jobs pay better wages than areas traditionally known as women's work (for example: retail clerks or administrative assistants).

How can you learn more about the non-traditional 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.

Considering university?

It's never too early to start thinking and dreaming about your future. Universities have advisors who are waiting to talk to you. Find out what programs they offer and what you are best suited for. Every profession has many aspects, so explore them. If you want a career in medicine, check out what it takes to be a nurse, doctor, dentist or dental hygienist. And if you don't have the money, check out student loans, bursaries and scholarships or think about part-time studies (see www.canlearn.ca).

Feel like university might not be for you?

Community colleges, trades training or job shadowing (spending time on the job with someone in a career that interests you) are other options that can help you find a job.

What about if you're not enjoying school?

Hang in there! Ask your teacher for homework help or check to see if your school has a tutoring or after-school program.

Numbers game ^{1 2 3 4 5}

It's a myth that girls aren't good at math or science. The fact is, until girls hit high school, they are actually better at numbers than boys. 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.curiosity.ca

www.cagis.ca – Canadian Association for Girls in Science

www.sharpbrains.com/teasers

If you're looking for ways to improve your math skills, you might also want to check out www.mathgoodies.com.

They have math lessons for you to try out!

"I would encourage anyone who thinks they might be interested in sciences and engineering...to go for it! The most important ingredients for success are hard work, determination, and a true interest in what you are doing."

**-Sharla Howard,
civil engineer/National Aboriginal
Achievement Award winner**

On your marks...
get set... **GO!**

DID YOU KNOW?

It's important to learn HOW to study.

Learn how to study

There's a bit of trial and error involved in finding a study method that works for you. It might also help you go further with school, especially if you choose college or university, if you figure this out sooner, rather than later. Keep in mind though, the study method that works best for you now, might not be the best for you later, so familiarize yourself with different learning styles now and try new methods when you can!

Check out these suggestions!

Here are some study tips to start you off:

- **Same time, same place.** If you have a desk, use it to study (instead of as a second closet!). If you don't have a desk, set up a study place. Try to study at the same time each day.
- **Start studying as soon as you sit down.** Don't get distracted by e-mails, doodling, etc. You can do that as a reward for yourself, when you finish your homework!
- **Make a plan** of what you need to accomplish. Make it as precise as possible (for example: complete two pages of an essay, finish a paper, write a short story, finish a project, answer 10 math questions, learn a new computer function).
- **Break it down.** If a task seems too big, break it down.
- **Don't waste time** looking for stuff. Keep supplies in a handy place, like in a shoe box.
- **Avoid daydreaming.** Try concentrating for blocks of time, with regular breaks to refresh your brain. For example: study for 45 minutes, then rest for 15 minutes.
- **Get enough sleep!** A proper amount of sleep is important for effective studying and remembering. Try to go to sleep at the same time every night. Also avoid caffeine for a few hours before your bedtime so sleep is uninterrupted.
- **Eat well.** It gives your body and brain the fuel it needs. Try to eat three good meals a day and DON'T skip breakfast!
- **Exercise.** It will increase memory, help you study longer, and make you feel generally more confident.

"I say it's a girl's world"

**-Nelly Furtado,
singer/songwriter**

girl power

"Women may not always be able to do the same things that men do physically, but we can make up for it by being mentally strong."

**-Roberta Bondar,
Canada's first
female astronaut**



Take a look around

Girls & women take the lead in many ways

In Manitoba, more women are working in non-traditional jobs like business management, medicine and law. They're moving more and more into areas such as trades (for example: construction, carpentry), technological fields and politics.

Great opportunities ahead

Overall in Canada, women have been successful in reducing sexual discrimination and promoting their rights. Today, you have opportunities that your mothers, grandmothers and great-grandmothers never had.

Women's Equality & Leadership

reality check

Have you ever seen photos of the mayors of Canadian cities or world leaders? They're almost all men.

What's up with that?

Currently in Canada, of the 305 members of Parliament, only 67 are women.

And that's pretty much the best it's ever been in the history of the country — a mere 22 per cent.



Hooray for Manitoba

In Manitoba though, we're ahead of the game. We have the highest percentage of female members of the legislative assembly (MLAs) in our history, 31.6 per cent! Now **that's** something to be proud of!

For more information on some of the inspiring Manitoban women who have become leaders in their communities, business, the labour movement, or as elected officials, check out "*Inspiring Women: Making a difference in Manitoba*" and "*Honouring our Gifts: Celebrating the Accomplishments of Aboriginal Women*" at:

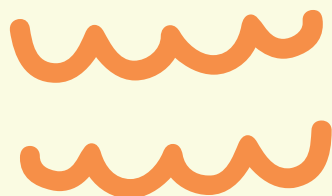
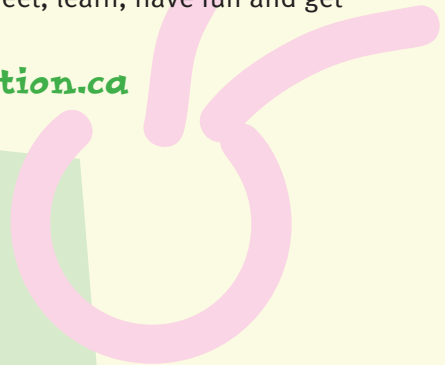
www.manitoba.ca/msw (publications)

Speak up...

and make your voice heard!

Are you interested in big issues like this? Want to make a difference in the world? 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



FEMINISM.

It's not a bad word!!!

Feminism is about understanding the challenges that girls and women face in today's world. It's also about getting involved to change things for the better.

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). They fought for women's suffrage — to have the same right to vote as men.

When women weren't people

Not too long ago, women weren't allowed to vote in Canadian elections. And get this, women weren't even considered "people!" Thanks to women's suffrage, women received the right to vote in federal elections in 1918 and in 1929 women were finally considered "people."

Canadian Women's Political Firsts:



- 1916** Emily Murphy (Canada) becomes the first female magistrate in Canada and the British Empire.
- 1916** Manitoba women become the first in Canada to win the right to vote and hold political office. But, Aboriginal women and some immigrant women still couldn't vote in Manitoba.
- 1918** Caucasian women across Canada get the same right as men to vote in federal elections (Indian and Chinese women and men couldn't vote until 1947; Japanese women and men until 1948; and Aboriginal women and men couldn't vote in federal elections without losing their treaty rights until 1960).
- 1920** Edith Rogers becomes the first women elected as a Member of the Legislative Assembly (MLA) in Manitoba.
- 1921** Agnes McPhail becomes Canada's first female Member of Parliament (MP).
- 1960** Olive Irvine becomes the first female senator from Manitoba.
- 1962** Aboriginal women (and men) in Manitoba become eligible to vote and run for office in provincial elections.
- 1963** Margaret Konantz becomes the first Manitoba woman elected to the House of Commons. She was the daughter of Edith Rogers (see 1920 fact).
- 1981** Muriel Smith becomes the first female Deputy Premier of Manitoba.
- 1982** Bertha Wilson becomes the first woman to sit on the bench of the Supreme Court of Canada.
- 1984** Jeanne Sauvé is appointed the first female Governor General in Canada.
- 1984** Sharon Carstairs becomes the first female head of a provincial political party in Manitoba.



- 1989** Audrey McLaughlin is the first woman to lead a national political party in Canada.
- 1999** Adrienne Clarkson becomes Canada's first Chinese-Canadian Governor General.
- 2005** Michaëlle Jean becomes Canada's first Black (Haitian) Canadian Governor General.
- 2006** Tina Keeper becomes the first Aboriginal woman in Manitoba to be elected as a MP in a federal election.
- 2007** Flor Marcelino becomes the first visible minority woman elected as a MLA in Manitoba.

See history in action

Go to www.histori.ca, to watch Heritage Minutes — mini videos about important women in Canada's history.

Equality & equity: What's the difference?

EQUALITY means that women and men have equal status and rights. Certain laws were made to make sure women had equal human rights and the right to fully contribute to society and benefit from the results.

EQUITY means fairness towards women and men. It leads to **EQUALITY**.

Sometimes, programs were set up to make up for the past inequalities that have stopped people from having chances to succeed.



You can make a difference

Women worked hard in the past to change policy and legislation so that we could all be recognized as full persons. Now it's YOUR turn to make some changes! Is there one cause that moves you? Maybe it's getting more women involved in non-traditional sports or areas of work. Maybe you're interested in raising awareness of how women are portrayed in the media. Get involved in an issue that interests you, and then start to make a difference in the world around you!

www.perspectivesonagirl.ca

Go to this website to watch short films that deal with issues faced by young women today, ranging from body image to fitting in. The films, produced by talented women from across Canada, were created for the Girl Guides of Canada's film festival.

www.equalityrules.ca

is a great website that lets you learn about respect and equality between boys and girls and the importance of healthy, equal relationships.

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

Some Important Dates

International Women's Day (March 8)

International Women's Day is a chance to celebrate women's equality and look at the difficulties that women and girls still experience. It reminds us to think about the different ways that we can make our families and friends aware of the issues facing women in different parts of the world.

For info about ways to celebrate International Women's Day, check out:

The Status of Women Canada at www.swc-cfc.gc.ca or www.internationalwomensday.com which has a list of International Women's Day events around the world.

National Day of Remembrance and Action on Violence against Women (December 6)

This day is not a celebration. On December 6, 1989, 14 young women were murdered at a school shooting at l'École Polytechnique in Montréal simply because they were female. The event became known as the Montréal Massacre. Each year, on December 6, this event and the young women killed, are remembered. The day is also a tribute to other women who have died, or suffered, because of violence.

Women's History Month (month of October in Canada)

Women's History Month is celebrated across Canada to let everyone know about the contributions of women as a vital part of our Canadian heritage. It also raises awareness of women's many contributions to our society, which have often gone unrecognized.

Provincial recognition of these major events is hosted by the Minister responsible for the Status of Women.

Check out her website at: www.manitoba.ca/msw/

To learn more about the status of francophone women:

In Canada, go to the website of the *Alliance des femmes de la francophonie canadienne* at www.affc.ca [French only].

Internationally: www.journee-de-la-femme.com [French only]

Or...why not take a global approach? The following resources will help you better understand the status of women in the world.

Women's Rights Around the World

Canadian Feminist Alliance for International Action:

www.fafia-afai.org

Association for Women's Rights in Development: www.awid.org

Les Pénélopes: www.penelopes.org [French only]

Justice for girls: www.justiceforgirls.org [English only]

GO for it!

If you are really interested in learning more about the status of women, go into women's studies after high school. And this department isn't just for women; men take women's studies too. Learn more at:

University of Winnipeg:

www.uwinnipeg.ca (look for "Women's and Gender studies program" under the A-Z Index)

University of Manitoba:

www.umanitoba.ca/womens_gender_studies/

Brandon University:

www.brandonu.ca (search for "Gender and Women's Studies")

Université Laval

www.fss.ulaval.ca/universitefeministedete [French only] has similar courses to Manitoba programs and hosts a women's summer university

Respecting Diversity



DIVERSITY

Respecting diversity means recognizing all the ways in which we are the same and different. That means understanding, accepting and valuing the ways in which we are all unique. Whatever our differences — race, ethnicity, gender, sexual orientation, income, age, physical abilities, cultural dress, religious beliefs, political beliefs, or other beliefs — we are all equal and important.

RACISM vs. STEREOTYPING

Stereotyping

Stereotyping happens when a person or group assumes, or generalizes, about another person or group. A stereotype can be based on many things, such as ethnic background, age, religion, or sexual orientation. Stereotypes can be positive or negative, but are usually based on ignorance. For example: saying that blondes are dumb, is a stereotype.

Racism

On the other hand, racism refers to the belief that one group of people is better than another based on their skin colour, race or ethnic background. Racism includes criminal acts, racial jokes, name-calling or unfair treatment.

ERASE RACISM

March 21 is celebrated around the world as the International Day for the Elimination of Racism, but you can help get rid of racism everyday. Step up and try to help a person who is being treated unfairly because of racism or stereotyping!

Contest Alert

Did you know that every year the federal government holds a *Racism. Stop It!* video contest? It's open to anyone aged 10 to 20. So, grab a video camera and speak out against racism! For more information, go to:

www.cic.gc.ca/english/multiculturalism/march21/index.asp

If you are into creative writing or artwork, here is a contest for you. Every year the federal government holds The Mathieu Da Costa Challenge open to anyone aged 9 to 18. The idea is to show how diversity has shaped Canada's history and the important role it plays in our society. **Check it out!**

www.cic.gc.ca/english/multiculturalism/mathieudacosta/index.asp

go ahead, get involved

Guide to resources in Manitoba

Addiction Services

Body Image

Bullying and Harassment

Disability Support

Discrimination and Cultural Awareness

Education and Employment

Health and Sexuality

Leadership and Volunteering Opportunities

Lesbian/gay/bisexual/transsexual/two-spirit
Information and Support

Sexual Assault and Other Abuse

Sport and Fitness

Transition Homes and Shelters

Youth Crisis and Help Lines

Youth Drop-In Centres



Addiction Services

Al-Anon/Alateen Central Services

Winnipeg crisis line: 204-943-6051

Toll free: 1-888-425-2666

E-mail: al-anon-enquiries@mts.net

Website: www.mb.al-anon.alateen.org

AFM Youth Services

Phone: 204-944-6235

E-mail: youthres@afm.mb.ca

Website:

www.afm.mb.ca/Services/youth.htm

Nelson House Medicine Lodge

Phone: 204-484-2256

Website: www.medicinelodge.ca

Body Image

Child and Adolescent Eating Disorders Service

Phone: 204-787-7218

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

Phone: 204-947-2422, ext. 137

Toll free: 1-866-947-1517, ext. 137

Website: www.womenshealthclinic.org

Bullying and Harassment

Bullying UK

Website: www.bullying.co.uk

B-Free

Website: www.b-free.ca

Pink Shirt Day

Website: www.pinkshirtday.ca

Disability Support

Canadian Multicultural Disability Centre

Phone: 204-453-0391

E-mail: cmdci@cmdci.ca

Website: www.cmdci.ca

Disabilities Issues Office

Phone: 204-945-7613

TTY: 204-948-2901

E-mail: dio@gov.mb.ca

Website: www.gov.mb.ca/dio

First Nations disability Association of Manitoba Inc.

Phone: 204-953-0310

Toll free: 1-866-370-9875

Society for Manitobans with Disabilities (SMD)

Phone: 204-975-3010

Toll free: 1-866-282-8041

TTY: 204-975-3012 or 1-800-225-9108

Website: www.smd.mb.ca

E-mail: info@smd.mb.ca

Discrimination and Cultural Awareness

Immigrant and Refugee Community Organization of Manitoba

Phone: 204-943-8765

E-mail: info@ircom.ca

Website: www.ircom.ca

Immigrant Centre Manitoba

Phone: 204-943-9158

E-mail: info@icmanitoba.ca

Website:

www.immigrantcentremanitoba.com

Ma Mawi Wi Chi Itata

Phone: 204-925-0300

Toll free: 1-888-962-6294

E-mail: info@mamawi.com

Website: www.mamawi.com

Salvation Army Multicultural Family Centre

Phone: 204-946-9152

E-mail: samfc@mts.net

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

Phone: 204-940-1260

E-mail: needsinc@mts.net

Website: www.needsinc.ca

Education and Employment

Adolescent Parent Centre

Phone: 204-775-5440

Website: www.wsd1.org/APC/

Canadian Association for Girls in Science (CAGIS)

Website: www.cagis.ca

Opportunities Manitoba

Website: www.opportunitiesmb.ca

Health and Sexuality

Health Links-Info Santé (24 hours):

Toll free: 1-888-315-9257

Phone: 788-8200 in Winnipeg

Native Youth Sexual Health Network

Website:

www.nativeyouthsexualhealth.com

Assiniboine/Brandon Region

Brandon Teen Clinic

Phone: 204-578-2513

Sexuality Education Resource Centre (Brandon)

Phone: 204-727-0417

Toll free: 1-800-432-1957

E-mail: brandon@serc.mb.ca

Website: www.serc.mb.ca

Burntwood/Churchill Region

Adolescent Health Education Centre (Thompson)

Phone: 204-677-6213

Website: www.mysterynet.mb.ca/rdpc/services/ahec.html

Central Region

Portage Collegiate Institute Teen Clinic

Phone: 204-857-6843, ext. 11609

Interlake Region

Selkirk Teen Clinic

Phone: 204-482-TEEN (8336)

NOR-MAN Region

Teen Clinic

(The Pas)

Phone: 204-623-9650

Website: www.playitsafer.ca

Teen Clinic

(Flin Flon)

Phone: 204-687-1340

Website: www.playitsafer.ca

Teen Clinic

(Cranberry Portage)

Phone: 204-472-3431

Website: www.playitsafer.ca

North Eastman Region

Beausejour Teen Health Clinic

Nurse Practitioner: 204-268-7462

Public Health Nurse: 204-268-7468

Teen Links

(Oakbank/Wanipigow)

Phone: 204-444-6140

Parkland Region

Dauphin Teen Clinic

Phone: 204-638-2245

Winnipeg Region

Access Transcona Teen Clinic

Phone: 204-938-5700

Adolescent Health Services

(Children's Hospital)

Phone: 204-787-2401

Corydon Primary Care Clinic

Phone: 204-940-2000

Klinik Community Health Centre - Teen Clinic

Phone: 204-784-4090

Website: www.klinik.mb.ca

Mount Carmel Clinic

Phone: 204-582-2311

Website: www.mountcarmel.ca

Nor' West Teen Clinics

Phone: 204-940-2020

Website: www.norwesthealth.ca

North End Wellness Centre Teen Clinic

Phone: 204-940-2025

Tec Voc Teen Clinic
Phone: 204-786-1401

Women's Health Clinic
Phone: 204-947-1517
TTY: 204-956-0385
Website: www.womenshealthclinic.org

Elmwood Teen Clinic
Phone: 204-938-5050

Youville Teen Clinic
Phone: 204-255-4840
Website: www.youville.ca

Leadership and Volunteering Opportunities

Girl Guides of Canada
Phone: 204-774-GIRL (4475)
Toll free: 1-800-565-8111
Website: www.girlguides.mb.ca

Manitoba 4-H
Phone: 204-726-6136
E-mail: 4h@gov.mb.ca
Website: www.4h.mb.ca

Lesbian/gay/bisexual/transsexual/two-spirit Information and Support

Rainbow Resource Centre
Phone: 204-474-0212
Toll free: 1-888-399-0005
E-mail: info@rainbowresourcecentre.org
Website: www.rainbowresourcecentre.org

Sexual Assault and Other Abuse

The Canadian Centre for Child Protection (formerly Child Find Manitoba)
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
Phone: 204-925-1778
Toll free: 1-888-962-6294
Website: www.mamawi.com

Transition, Education and Resources for Females (TERF) Mentor Program
Phone: 204-786-7051 ext. 311
Website: newdirections.mb.ca

Sport and Fitness

Recreation and Regional Services Rural and Northern Area
Phone: 204-945-3766
Toll free: 1-800-282-8069 ext. 3766

(Girls@Play)
Website: www.caaws.ca/girlsatplay

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

Winnipeg Boys and Girls Clubs
Phone: 204-982-4940
Website: www.wbgc.mb.ca

Transition Homes and Shelters

Ndinawe Youth Safe Home
Phone: 204-586-2588
Website: www.ndinawe.ca

Resource Assistance for Youth (RAY)
Phone: 204-783-5617
Toll free: 1-800-668-4663
E-mail: info@rayinc.ca
Website: www.RAYINC.ca

Youth Resource Centre
Phone: 204-477-1804
Website: www.mys.ca

Youth Crisis and Help Lines

Farm and Rural Stress Line

Toll free: 1-866-FOR-FARM
(1-866-367-3276)

E-mail: youth@ruralstress.ca

Website: www.ruralstress.ca/youth/

Kids Help Phone (24 hours)

Toll free: 1-800-668-6868

Website: www.kidshelpphone.ca

Klinik Crisis Line (24 hours)

Toll free: 1-888-322-3019

Phone: 786-8686 in Winnipeg

Klinik Sexual Assault Crisis Line (24 hours)

Toll free: 1-888-292-7565

Phone: 786-8631 in Winnipeg

Manitoba Domestic Violence Crisis and Information Line (24 hours)

Toll free: 1-877-977-0007

Website: www.gov.mb.ca/fs/fvpp/index.html

Manitoba Suicide Line (24 hours)

Toll free: 1-877-HELP-170

(1-877-435-7170)

Website: www.reasonstolive.ca

Operation Come Home Crisis-Support Line (24 hours)

Toll free: 1-800-668-4663

E-mail: info@operationcomehome.ca

Website: www.operationcomehome.ca

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

Assiniboine/Brandon Region

Westman Crisis Services (24 hours)

Toll free: 1-888-379-7699

Burntwood/Churchill Region

Hope House Support Line (24 hours)

Toll free: 1-866-677-6057

Phone: 204-677-6054

Central Manitoba Region

Community Mental Health: Central Manitoba Crisis and Intake Services (24 hours)

Toll free: 1-888-310-4593

Phone: 204-239-3000

Interlake

Crisis Stabilization Unit

Toll free: 1-866-427-8628

Phone: 204-482-5361

Nor-Man Region

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)

North Eastman Region

Mobile Crisis Unit

Toll free: 1-866-427-8628

Phone: 204-482-5376

Sexual Assault Recovery and Healing Crisis Line (24 hours)

Phone: 204-753-3150

Parkland Region

Mental Health Crisis Line (24 hours)

Toll free: 1-866-332-3030

South Eastman

South Eastman Mental Health Crisis Response Service

Toll free: 1-888-617-7715
Phone: 204-326-9276

Youth Drop-In Centres

Lighthouses

Toll free: 1-800-282-8069
ext. 1549 (Toll free in Manitoba)
Phone: 945-1549 in Winnipeg
Website: www.gov.mb.ca/justice/safe/lighthouses/index.html

Assiniboine/Brandon Region

Brandon Aboriginal Youth Activity Centre, Brandon Friendship Centre

Phone: 204-729-8112
E-mail: bfcyouth@wcgwave.ca

Burntwood/Churchill Region

Boys and Girls Club of Thompson

Phone: 204-778-7575
E-mail: bgclub@mts.net

Leaf Rapids Youth Centre Town Centre Complex

Phone: 204-473-8861

Lynn Lake Friendship Centre

Phone: 204-356-2407
E-mail: lynnlfc@cancom.net
Website: www.mac.mb.ca/LynnL

Ma-Mow-We-Tak Friendship Centre's Youth Centre (Northern Circle of Youth)

Phone: 204-677-0992
Website: www.mamowwetak.mb.ca

Oxford House Youth Centre

Phone: 204-538-2226

Central Region

Teen Warehouse - Youth Drop In

(Portage la Prairie)
Phone: 204-239-8324

Interlake Region

Stonewall Youth Drop-in Centre

Phone: 204-467-4774
Website: www.yfcstonewall.com

Young Minds Youth Centre (Selkirk)

Phone: 204-482-4032
E-mail: sfc@mts.net

Parkland Region

Dauphin Friendship Centre Youth Centre

Phone: 204-638-5707
E-mail: dfcexec@mts.net
Website: www.dauphinfriendshipcentre.com/youth.html

Ste. Rose Youth Outreach

Phone: 204-447-3292
E-mail: syro@mts.net

Swan River Friendship Centre Youth Drop In Centre

Phone: 204-734-9970
E-mail: srfc@mb.sympatico.ca
Website: www.mac.mb.ca/swanriver

Nor-Man Region

Chemawawin Youth Centre (Easterville)

Phone: 204-329-2035

Club 53 Youth Centre

(The Pas)
Phone: 204-627-7508
Website:
www.thepasfriendshipcentre.com

Community Youth Resource Centre (Flin Flon)

Phone: 204-687-7287
Website: www.mac.mb.ca/flinflon

Opaskwayak Cree Nation Youth Centre

Phone: 204-627-7156
Website:
www.opaskwayak.ca/youthcentre.php

Side Door Youth Centre
(Snow Lake)
Phone: 204-358-7141
E-mail: frc@gillamnet.com
Website: www.snowlakefrc.ca

North Eastman Region

**Lac du Bonnet Youth
Recreation Centre**
Phone: 204-345-8768

South Eastman Region

The Drop Zone
(Grunthal)
Phone: 204-434-9735
E-mail: dz@mts.net

Winnipeg Region

Aberdeen Club
Phone: 204-582-4403

Art City
Phone: 204-775-9856
E-mail: programs@artcityinc.com
Website: www.artcityinc.com

Burrows Resource Centre
Phone: 204-802-1456

**Dalhousie Club,
Dalhousie Elementary School**
Phone: 204-688-7368

Family Life Centre (Union Gospel Mission)
Phone: 204-586-7790

Freight House Club
Phone: 204-783-8640

Gilbert Park Club
Phone: 204-582-3609

Harvest Club, Winnipeg Harvest
Phone: 204-982-4940

**“In-House” DMC
Douglas Mennonite Church**
Phone: 204-668-7432

**Indian & Métis Friendship Centre
Drop-In**
Phone: 204-586-8441
E-mail: general@imfc.net
Website: www.imfc.net

Multicultural Family Centre
Phone: 204-946-9152

**Ndinawe Youth Resource Centre
Drop-In**
Phone: 204-589-5545
Website: www.ndinawe.ca

**Norquay Club,
Norquay Elementary School**
Phone: 204-944-1637

Polson Club, Polson School
Phone: 204-982-4940

Pritchard Place Drop-In Centre
Phone: 204-589-1721
E-mail: asfc@manitobacapc.org

Rossbrook House
Phone: 204-949-4090
E-mail: mail@RossbrookHouse.ca
Website: www.rossbrookhouse.ca

Ryerson Club, Ryerson School
Phone: 204-275-1756

**Sister MacNamara Club,
Sister MacNamara School**
Phone: 204-942-1919

Teen Stop Jeunesse
Phone: 204-254-1618
E-mail: patlebla@mts.net

**The North Star Girls Club
(Andrews Street Family Centre)**
Phone: 204-589-1721

Turtle Island Neighbourhood Centre
Phone: 204-986-8346

**Victor Mager Club,
Victor Mager Elementary School**
Phone: 204-255-0042

West Broadway Youth Outreach
Phone: 204-774-0451
Website: www.westbroadwayyouthoutreach.com



Just a final note:

This is a great time in your life. There are endless possibilities for what you can become and what you can achieve, NEVER let anyone try to tell you that you can't do something.

Set your eyes
on a goal
and go for it!

The sky's
the limit!



