

Guarding Our Girls



A Seminar for Parents, Educators & Youth Leaders

Raising girls can be likened to riding a roller coaster. At a time when they are coping with a myriad of changes to their bodies and often complex social environments, our girls are bombarded with an avalanche of mixed messages in the media and through music as to how they should look, feel and behave. Added to this are the pressures of friendships, boys and fitting in.

Having worked with and run programs for adolescent girls for many years, Sharon has a special interest in helping parents and educators understand the challenges faced by our girls in an emerging culture of hyper sexuality and media influences. During this thought provoking and highly informative presentation, Sharon will discuss the key issues she sees our teen girls face on a daily basis in her career immersed in teen girl world. She will discuss the key influences in our girl's lives, how we can teach them to be media literate and to stand up against the negative influences of our culture.

Topics covered...

- Why the media has such a strong influence on our girls and how we can teach them to stand up against the often toxic messages they are exposed to.
- How our girls are becoming over sexualised from such an early age and why this is not okay!
- Why digital retouching of images in magazines and advertising is so misleading to our girls.
- Structures you can put in place to help girls be cyber savvy.
- The importance of positive role models in our girls lives.



About the Presenter

Sharon Witt has been immersed in teen world for two decades in her role as a Secondary Teacher, Mentor and Presenter to teens and their parents around the country. She is a mother of two adolescents and is the founder of Teen Talk International, providing support and programs that impact teenagers across the country. Sharon is also a regular media commentator and is often called upon to comment on teen and parenting issues on radio, print media and national television. She is also the author of the best-selling **Teen Talk Series** of books that have helped many thousands of teenagers across the country navigate their adolescent journey. Her latest book **Teen Talk - Parent Talk** provides an abundance of collective wisdom and common sense principles in raising resilient and happy teens.

"Sharon was the keynote speaker at our first ever Mother-Daughter evening. She spoke with passion about how Mums can be great role models to their girls. We received rave reviews from both the Mums and their girls."

Elissa White
Chaplain, Gladysdale Primary School

"Sharon was the guest presenter at our Mother/Daughter evening. Her natural ability to engage with her audience and hold their attention and interest is a real gift. Families really appreciate her down to earth approach and the practical strategies she suggests. It is so refreshing to listen to someone so passionate and enthusiastic about encouraging and empowering our young girls. These positive messages need to be heard by this generation of young people."

Veronica Tirchett
Primary School Chaplain

Resources

Copies of Sharon's best-selling Teen Talk books will be available for purchase at the conclusion of the seminar.

For bookings contact:
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