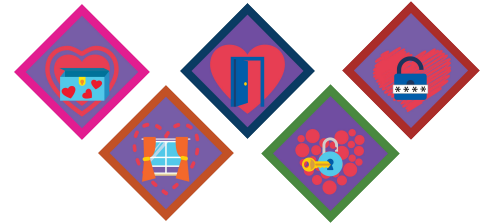# EXPLORE IDENTITIES

Explore what makes you unique and appreciate difference in other people. In this program area, you'll spend time getting to know your true self and discover the value in how we're all so unique. **Tap into the power of being YOU!**

Being You:

Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages and negativity on your way to nurturing your true self. In this theme you can…

(Younger girls)
- Explore the things that make you special
- Imagine how you might change as you grow
- Learn about all the different talents in your unit!

(Older girls)
- Learn how to boost your confidence with affirmations
- Untangle all the conflicting messages girls are sent every day
- Explore what "beauty" means to you

Different Together:

Explore diversity in your unit and community, and discover the importance of being inclusive. Create more meaningful connections within your community by embracing and celebrating the difference in everyone. In this theme you can…

(Younger girls)
- Explore all different kinds of families
- Practice making things fair
- Play games where no one gets left out

(Older girls)
- Explore how to help people shine as their true selves
- Challenge stereotypes and assumptions
- Practice using inclusive language instead of labels

Gender Power:

Explore girl empowerment and feminism, and discover the power in being who you are. Learn about the barriers girls and women face, whether at school, work or in your community and build the skills you need to tear them down! In this theme you can…

(Younger girls)
- Meet women leaders in your neighbourhood
- Meet new girl buddies from another unit
- See how girls can work together to build each other up

(Older girls)
- Explore what feminism means to you
- Discover women's milestones in Canadian history
- Learn about women who've overcome barriers to make change

Girl Guides