

MEDIA RELEASE

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Helping girls take on the world

Helping teenage girls manage the pressures of adolescence is the aim of a new project coming to Corryong College on 2 May.

A Girl's World is a one day workshop where specialist educators and health professionals will work with students to help them develop the tools and skills they need to navigate the challenges of school, family, social and personal lives.

A collaborative project between Towong Shire Council, Corryong College and Corryong Neighbourhood Centre, A Girl's World has been specifically designed to help students embrace and manage the highs and lows of adolescence.

The program will include strategies around self esteem, respectful relationships, body image, hygiene, studying, managing stress and anxiety, being media wise, conflict resolution and friendship.

"Adolescence is a stressful time, not made easier by peer pressure and the incessant nature of social media," Towong Shire Council Mayor Cr David Wortmann said. "National statistics show that 1 in 4 adolescents are struggling with a mental illness. Of those, 65% won't seek help.

"Programs such as A Girl's World are essential in helping girls make positive choices, building their self esteem and developing the tools they need to cope with change.

"This workshop will help girls embrace all areas of their life with confidence and the skills to manage the inevitable challenges of being a teenager."

A Girl's World has been made possible with funding from the State Government and National Youth Week.

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