

Anti Bullying Speakers

Teresa Harris does workshops for kids and she will speak at PAC meetings. \$150 for one hour evening session. The kids did her workshops at the Annex and they were great. The workshops are \$100/h contact info:

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Bully Prevention 101 (Girls) - with Saleema Noon

Bullies often appear intimidating, strong and confident to other kids. Anyone who has been bullied knows that dealing with a bully is a daunting task. Join us in this fun, interactive workshop on understanding why bullies bully and what to do if it happens to you. The Inside Scoop for Parents! - with Teresa Harris Being a preteen and teen has never been easy. But nowadays, as far as peer pressure goes, things really are more difficult than we remember. Though many of us would probably rather not know what is really happening out there, it is true: Knowledge is power. Join me in this interactive workshop getting an inside scoop and arming yourself with the details you need as a parent in the new millennium. From designer drugs to designer clothes our children deal with a lot. Help prepare your kids with the vital information and skills they need to stand up to peer pressure.

Strong Inside (Girls) - with Teresa Harris

From designer clothes to designer drugs, knowing how to walk away from peer pressure isn't easy! Take part in a candid talk about various forms of pressure that come along during the challenging years of being a preteen onwards throughout your adolescence. In the workshop "Strong Inside" you will learn various techniques for getting yourself out of sticky situations while still looking cool and confident at the same time. Through fun, interactive role-plays and skits join us on a journey learning basic assertiveness that will leave you strong on the inside. Bullying Prevention 101 for Parents - with Saleema Noon All parents worry about their children. Having your child bullied at school is almost as stressful an experience for you as it is for your child. This workshop will address pertinent information on the dynamics of bullying and valuable tips on bullying prevention for your child.

Teresa Harris - As a youth counselor & workshop facilitator, Teresa has over 15 years experience working with children and teens on issues of assertiveness, peaceful conflict resolution, violence prevention, bullying, self-esteem, and body image. A weekly advice columnist for parents and teens for 3 years for the Vancouver Sun Newspaper, Teresa

currently has a regular Family & Youth segment on Global's BCTV Noon News. In addition, Teresa has worked as an Instructor for the Justice Institute of British Columbia teaching workshops for practitioners working with youth. She is most likely best known however, as the Co Creator of the popular girl's empowerment workshop "GoGirl!" and the elementary school conflict resolution workshop "Stand By Me".

Saleema Noon - Young enough to relate to children and teens but experienced enough to understand the issues faced by educators, health care professionals and parents. Saleema earned her Bachelor of Arts degree in Family Sciences at UBC. An interest in unplanned pregnancies and the incidence of sexually transmitted diseases among teens led her to research the quality of sexual health education in B.C. high schools, earning her a Masters degree in sexual health education. Saleema is the co-creator and facilitator of the popular "Go Girl!" empowerment workshops for girls aged 10—13. She is a weekly guest on BCTV Global Noon News Hour, the recipient of Planned parenthood of BC's Educator of the Year Award, and is a contributing writer to Canadian Living Magazine.