

SELF-CARE

STRONG

DREAM

FRIENDS +
FAMILY



GUIDE FOR GIRLS

4th Edition

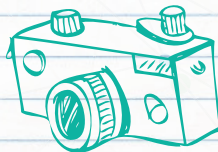
HI!



love



BEAUTIFUL



Yes!

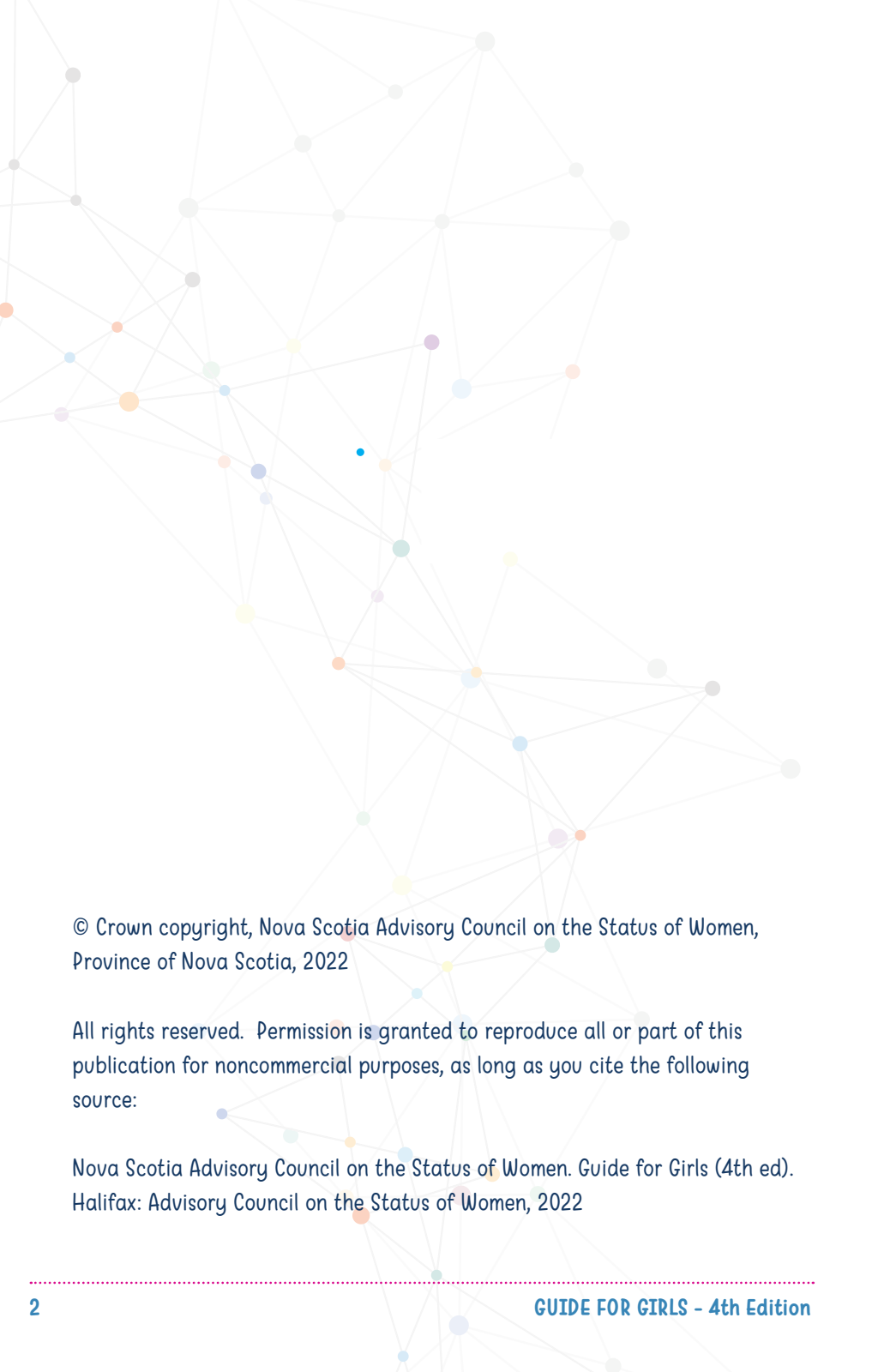
GIRL
POWER

HAPPINESS

love

superheroine





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**Nova Scotia
Advisory Council on
the Status of Women**

The fourth edition of *Guide for Girls* was developed by the Legal Information Society of Nova Scotia and published by the Nova Scotia Advisory Council on the Status of Women. This guide celebrates the journey that all Nova Scotia girls and youth take while growing up. This is a guide to growing up, and a resource to ensure that you feel supported in every step of your journey.

If you have ideas, opinions, stories, experiences, or art that you would like to share, please email us at women@novascotia.ca or lisns@legalinfo.org. We are looking forward to hearing from you!

You can also find a digital copy of this guide, as well as videos and resources at women.novascotia.ca and legalinfo.org.

We want to extend our thanks to the youth across Nova Scotia who participated in conversations, surveys, and focus groups. These conversations, and your responses, helped us develop and organize the materials in this guide for growing up as well as the materials found on <https://women.novascotia.ca/g4g> and legalinfo.org/g4g.

WELCOME TO THE GUIDE FOR GIRLS

You will explore different ideas, areas of life, recording your thoughts and experiences here as you go! We have compiled information and advice on mind, body, health, relationships, and community.

This book is for you!

This book can be used as a journal, as a reference, and as a resource for the services around you that are meant to help you out!

This book belongs to you! Feel free to write in it, make it messy, and make it yours.

1	Welcome	page 3
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3	Relationships, Sex, and Consent	page 19
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8	Your Community	page 65

You can also find more information at women.novascotia.ca/g4g or legal.info.org/g4g.

You are free to discover who you are, how to support each other, and explore the many different things that you like and enjoy doing!

What's my name:

What's my age:

What's my favourite colour:

What's my height?

What's my sign?

What's my favourite food?

My current mood?

My favourite show/website?

YOU ARE VALUABLE

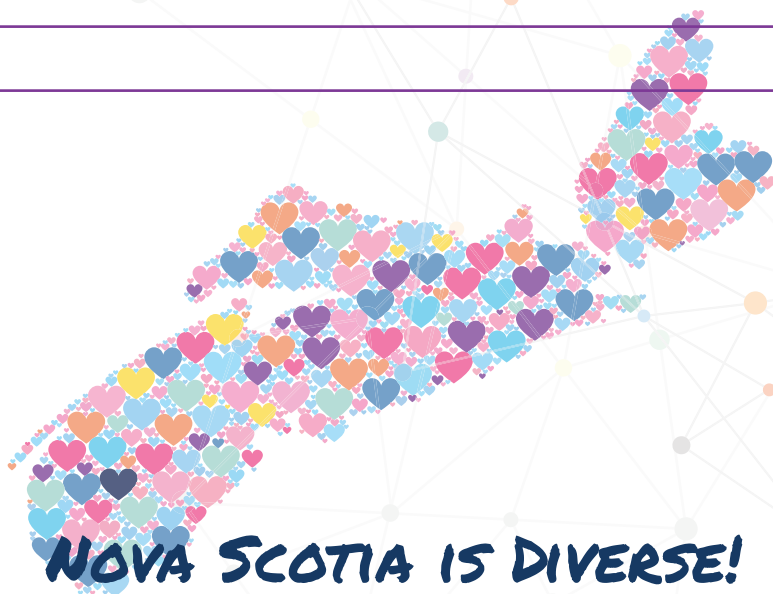
- ♥ We all have value, and we can celebrate who we are. No matter what.
- ♥ Life is all about discovery and acceptance of ourselves and of the people around us.
- ♥ You are incredible in so many ways both inside and out.

CELEBRATE YOU!

Diversity is what makes everyone special and unique. Diversity includes characteristics you can see - such as race and language and characteristics that are not seen - such as gender, sexual orientation, and/or religion. It takes time and curiosity to get to know ourselves and others well, as well as to respect and appreciate our similarities and differences.

I am unique because...

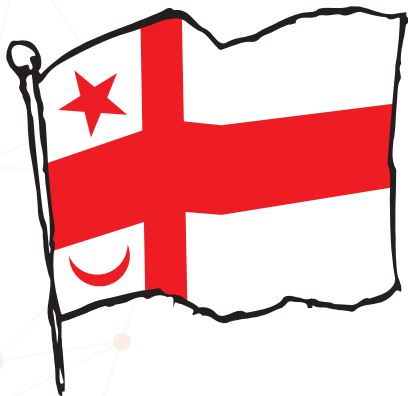
My family and friends are diverse because....



NOVA SCOTIA IS DIVERSE!

WELCOME TO MI'KMA'KI

Mi'kmaq are the original people of Nova Scotia and have lived in Mi'kma'ki for over 13,000 years. Mi'kma'ki is the traditional territory of Mi'kmaq and includes seven districts which are found in what is now known as Nova Scotia, Prince Edward Island, New Brunswick, and the Gaspé region in Quebec. Some Mi'kmaq consider Mi'kma'ki extending to Newfoundland and parts of Maine. In the 1700's the Mi'kmaq entered into Peace and Friendship Treaties with the British Crown. These Treaties continue to define our relationships and responsibilities to one another. We are all Treaty people.



- ♥ Mi'kmaw Native Friendship Centre - mymnfc.com
- ♥ Nova Scotia Native Women's Association - nsnwa.ca
- ♥ Mi'kmaw Kina'matnewey - kinu.ca
- ♥ Nova Scotia Office of L'nu Affairs - novascotia.ca/abor
- ♥ Indigenous Services Canada - canada.ca/en/indigenous-services-canada.html

NATIONAL DAY FOR TRUTH AND RECONCILIATION

The National Day for Truth and Reconciliation (September 30) honours the lost children and survivors of the Residential School system.

There were over 140 Residential Schools in Canada between 1831 and 1996. Abuse, malnutrition, neglect and disease were common in the Residential Schools.

For more info, go to canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html.

AFRICAN NOVA SCOTIANS

1

African Nova Scotians are a vital part of Nova Scotia's history and culture.

There were 52 historic African Nova Scotian communities across Shelburne, Africville, Preston, Annapolis Royal and Birchtown, to name a few. Descendants of many of the founding families of these communities live in Nova Scotia to this day.

The achievements of their ancestors remain a great source of pride and inspiration to this day.

- ♥ The Black Cultural Centre for Nova Scotia - African Nova Scotian Museum bccns.com
- ♥ Africville Heritage Trust - africvillemuseum.org
- ♥ The Legacy of Land in North Preston - northprestonland.ca
- ♥ African Nova Scotian Affairs - ansa.novascotia.ca

WHAT IS EMANCIPATION DAY?

August 1 is Emancipation Day around the world, recognizing the abolishment of slavery across the British Empire. Throughout August, communities hold ceremonies, activities and celebrations to mark the holiday.

For more info, go to ansa.novascotia.ca.



L'ACADIE

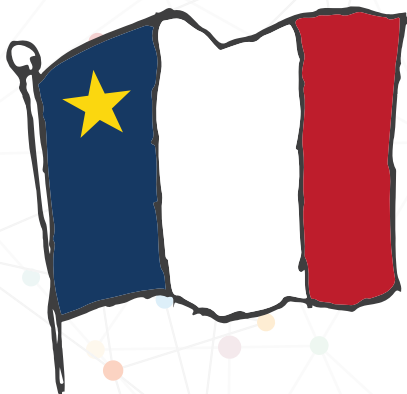
l'Acadie - or Acadia - was a French colony that extended through most of the Maritime provinces, and all the way to Maine in the United States.

Tens of thousands of Acadians were expelled from Nova Scotia by the British in the mid-1700s, into Northern New Brunswick, Quebec, Massachusetts or Louisiana. Today, you can still find several vibrant Acadian communities throughout the Maritimes.

- ♥ Grand-Pré: A UNESCO World Heritage Site - landscapeofgrandpre.ca
- ♥ The Musée des Acadiens des Pubnicos - museeacadien.ca
- ♥ FFANE (La Fédération des femmes acadiennes de la Nouvelle-Écosse) - ffane.ca
- ♥ Conseil Jeunesse Provincial - conseiljeunesse.ca
- ♥ Fédération culturelle acadienne de la Nouvelle-Écosse - fecane.ca

NATIONAL ACADIAN DAY

Acadian Day is celebrated on August 15 of each year, marking the labour of pioneers who helped build the foundation of our country. Acadian Day is celebrated all over Canada, with events happening in every province! For more information: www.canada.ca/en/canadian-heritage/campaigns/acadian-day.html



NOVA SCOTIA IS HOME TO PEOPLE FROM ALL OVER THE WORLD



DO YOU KNOW?

25 million people in North America can trace their families back to Nova Scotia during the past 400 years. Many people can be connected back to Pier 21 in Halifax. For more information: pier21.ca

Canada is a nation of nations, with many immigrants from all over the world calling it home! This is a part of our cultural, ethnic, and linguistic diversity.

- ♥ The Immigrant Migrant Women's Association of Halifax (IMWAH) works to increase public awareness of gender equality issues facing immigrant or migrant women and girls and to promote their contributions to diverse professions in Nova Scotia. imwah.org
- ♥ ISANS - Immigration Services Association of Nova Scotia (ISANS) works with immigrants and their families to build a future in Nova Scotia and Canada. isans.ca
- ♥ YMCA - The YMCA Centre for Immigrant Programs offers programs to help newcomers feel at home and engaged with their communities. For more information, ymcafx.ca/immigrant-programs
- ♥ Nova Scotia Immigration - novascotiaimmigration.com



DO YOU KNOW?

Nova Scotia is unique in that we still celebrate, teach and speak the Gaelic Language? Gaelic was brought to North America by Scottish immigrants. Nova Scotia is home to the first Gaelic Medium-Primary School outside of Scotland - Taigh Sgoile na Drochaide in Mabou! Learn more at gaelic.novascotia.ca

In Nova Scotia, our diversity is protected through human rights, both through the *Canadian Charter of Rights and Freedoms* [canada.ca/en/canadian-heritage/services/how-rights-protected/guide-canadian-charter-rights-freedoms.html], and the *Nova Scotia Human Rights Act* [humanrights.novascotia.ca/know-your-rights/legislation].



DID YOU KNOW?

DID YOU KNOW THAT IN NOVA SCOTIA, THE FOLLOWING HUMAN RIGHTS ARE PROTECTED UNDER THE LAW?

- ♥ age
- ♥ race
- ♥ colour
- ♥ religion
- ♥ creed
- ♥ physical disability
- ♥ mental disability
- ♥ family status
- ♥ marital status
- ♥ source of income
- ♥ irrational fear of contracting an illness or disease
- ♥ association with protected groups or individuals
- ♥ political belief, affiliation or activity
- ♥ ethnic, national or aboriginal origin
- ♥ sexual orientation
- ♥ gender identity and gender expression
- ♥ sex, including pregnancy and pay equity



For more information, visit the Nova Scotia Human Rights Commission –
humanrights.novascotia.ca.

MENTAL HEALTH & SELF-CARE

2

COPING WITH STRESS

Stress is caused by lots of things: change, workload, or just life! It can be a good warning sign that you might not be in a healthy situation. Other times, it can be just too much to handle.

SELF-CARE

Feeling overwhelmed and stressed out can be a lot to deal with. Learning how to manage and cope with it is essential!

Practicing good self-care is a great way to relieve stress!

Need more information – check out women.novascotia.ca/g4g or legalinfo.org/g4g.

Self-care is about doing what you need to do to take care of yourself and is essential in stressful situations. Not everyone's self-care is going to look the same. Alone time, exercise, listening to music, and meditation are all good ways to practice self-care.

Here are some ways you can practice self-care:

- ♥ dancing
- ♥ creating art
- ♥ hanging out with pets
- ♥ journaling
- ♥ talking with a trusted person
- ♥ screaming into a pillow
- ♥ walking in nature



Sometimes, it's good to be alone. Negative feelings can drag us down, and sometimes we need time and space to deal with them. We all have different moods at different times and different ways to handle them. This is normal!



TIP

TIME MANAGEMENT IS ESSENTIAL TO HELP MANAGE STRESS. IT'S A TOOL TO PREVENT YOU FROM GETTING OVERWHELMED. USE A JOURNAL TO MANAGE YOUR TIME OR TRY SOME APPS ON YOUR PHONE! DON'T FORGET TO SCHEDULE BREAKS BETWEEN THINGS TO HELP RESET YOUR MIND AND GET READY FOR YOUR NEXT TASK!

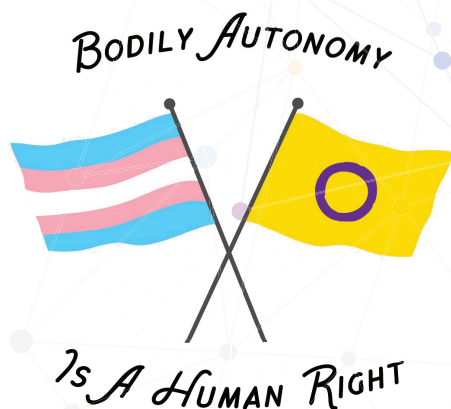


An important part of self-care is being true to yourself. Pretending to be someone you are not is stressful and harmful. It can cause a lot of mixed feelings inside, that can hurt you and others in the long run.

WHAT IS GENDER?

Gender is how you feel on the inside. It is a spectrum! Some people confuse gender with biological sex. Biological sex is what you were born with - male, female, or intersex (neither male nor female) reproductive parts.

- ♥ **Gender Expression** - how you present and represent your gender to the world.
- ♥ **Gender Identity** - how you feel about your gender on the inside.
- ♥ **Transgender** - A gender identity or gender expression that is different from the biological sex assigned at birth.
- ♥ **Gender Fluid** - A gender identity that isn't fixed.
- ♥ **Gender Non-Conforming** - When a person expresses their gender differently than how society would typically perceive their gender.
- ♥ **Non-Binary (NB or Enby)** - A gender that is neither boy/man nor girl/woman.
- ♥ **Genderbread person** - www.genderbread.org



PRONOUNS

Pronouns are a word that refers to a person. Pronouns can be deeply personal. Using someone's proper pronouns shows that you care about them, and respect them. These are common pronouns:

- ♥ He/Him/His
- ♥ She/Her/Hers
- ♥ They/Them/Theirs

But there are more! Don't hesitate to introduce yourself with your pronouns - or ask someone their pronouns.

The Youth Project is a youth-led organization dedicated to supporting youth and their families around sexual orientation and gender identity issues throughout Nova Scotia. They provide a variety of programs and services designed to ensure that you feel supported in your identity. For more info, go to www.youthproject.ns.ca.



DON'T BE AFRAID TO ASK FOR HELP!

Asking for help should be the most natural thing we can do. Everyone has needed to ask for help before, but sometimes, asking for help can feel overwhelming. Find a safe, trusted person in your life to ask for help when you need it. Make notes, and practice if it feels a bit overwhelming.



FEELING OVERWHELMED AND PANICKING? COUNT AND NAME EVERYTHING WHERE YOU ARE. "1 CLOCK. 1 MIRROR. 1 BED. 2 PILLOWS...." THIS HELPS TO DISTRACT YOUR THINKING PROCESS SO YOU CAN REFOCUS IN THE MOMENT!

- ♥ Mental Halifax and Wellbeing Nova Scotia - novascotia.ca/mental-health-and-wellbeing
- ♥ Provincial Mental Health Crisis Line - 1-888-429-8167
- ♥ Mindwell-U - app.mindwellu.com/novascotia
- ♥ Wellness Together Canada/Espace mieux-être canada - wellnesstogether.ca
- ♥ Réseau-Santé Nouvelle-Écosse (RSNÉ) - reseausantene.ca/



SLEEP

We need to get 8-10 hours of sleep each night. It is said that some teenagers need more than 10 hours of sleep each night!

TIPS TO GET A GOOD NIGHT SLEEP:

- ♥ turn off all your devices 30 minutes to an hour before bedtime.
- ♥ try some ambient music or noise - how about some ASMR?
- ♥ meditate
- ♥ journaling
- ♥ avoid certain foods, like sugary candy and caffeine close to bedtime.



DID YOU KNOW?

THERE ARE A TON OF APPS OUT THERE THAT WILL HELP YOU TRACK AND MONITOR YOUR SLEEP. SOME PHONES COME WITH THESE APPS BUILT-IN!

USING AN APP TO TRACK HOW YOU SLEEP CAN BE A GREAT TOOL TO HELP YOU IDENTIFY PROBLEMS WITH YOUR SLEEP PATTERNS!

UNDER CONTROL?

2

Sometimes, making healthy decisions is difficult, especially when we are under a lot of pressure and feel overwhelmed.

Harmful activities to cope with stress often make you forget about things or feel in control but don't help solve problems. Harmful actions - like drinking, using drugs or smoking - are not the best way to cope with stress.

Kids Help Phone 

If you need someone to talk to, you can call the Kids Help Phone **1-800-668-6868** or text **CONNECT** to **686868**

Making healthy choices is essential for you today and for your future.

You must be informed and free to decide for yourself: Life will offer situations where choices seem unavoidable or impossible, but you can do it. Only you can make healthy choices for yourself - and no one else!

- ☐ *Do you or someone you know use drugs, alcohol or smoke to reduce stress?*
- ☐ *Do you know someone who might be harming themselves?*
- ☐ *Do you know someone who has negative eating habits to deal with stress?*
- ☐ *Are you or someone you know using drugs, alcohol or smoking to stop feeling hurt or to hurt other people?*
- ☐ *Does your family member(s) have problems as a result of drugs, alcohol or smoking?*
- ☐ *Does drinking alcohol, using drugs, or smoking make it hard to focus in school, at work, or play?*
- ☐ *Have you or a friend ever had a complete loss of memory after drinking or taking drugs?*

If you've answered **YES** to any of these questions, you might want to talk to a safe and trusted adult to get help.

- ♥ Al-Anon: Help for families and friends of alcoholics - al-anonmaritimes.ca
- ♥ Kids Help Phone - kidshelpphone.ca
- ♥ IWK Mental Health and Addiction Services - www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services
- ♥ Native Alcohol and Drug Abuse Counselling Association of Nova Scotia - nadaca.ca
- ♥ Nova Scotia Mental Health and Well Being - novascotia.ca/mental-health-and-wellbeing
- ♥ Wellness Together Canada/Espace mieux-être canada - wellnesstogether.ca
- ♥ Réseau-Santé Nouvelle-Écosse (RSNÉ) - <https://reseausantene.ca/>



CALL 9-1-1 RIGHT AWAY IF YOU THINK A FRIEND OR FAMILY MEMBER HAS OVERDOSED ON ALCOHOL OR OTHER DRUGS. YOU MIGHT SAVE THEIR LIFE!



RELATIONSHIPS, SEX AND CONSENT

HEALTHY RELATIONSHIPS WITH YOUR FAMILY AND OTHER ADULTS

The adults in your life, especially your family members, will probably be with you for a long time.

Who are the safe adults in your life?

Sometimes it can feel like the adults in your life are hovering over you all the time. Sometimes you can feel left out and like they don't care. Sometimes you might enjoy your relationship with the adults in your life.

What do you enjoy about the adults in your life?

What do you not enjoy about the adults in your life?

Whoever it is you communicate best with, finding a way to share what you're thinking and how you are feeling is important. Sharing these feelings and thoughts with a safe, trusted adult can help you cope and work out the thoughts and feelings.

No one is a mind reader. One of the best ways to sort out conflict and emotions is talking it out: share your perspective, and listen to the other views involved!



Writing a letter can help you get your feelings out. Write a letter to your best friend, yourself, or an adult in your life. Sometimes it can help to put your thoughts and perspective down onto paper.

BUT WAIT! DON'T GIVE THEM THE LETTER YET!

Keep it to yourself for a few days, and reread it. Then decide if you want to share it with them. If you believe it's better to not share it with them - then destroy the letter!

If you think that they still need to know how you feel, then you might want to share the note or wait a few more days!



FAMILIES

Families go through challenging times. It's normal to feel lost, confused, angry, or frightened. It's normal to feel distant, and it's normal to think you're in the middle of it.

Talk with a safe and trusted adult, like your parents, guardian, or guidance counsellor. Ask questions to help you better understand the situation and allow you to just let it out.



Some families might experience times of violence. If you know or feel like someone is getting hurt, it's important to tell someone safe and that you trust.

REMEMBER: the safety of yourself and your family is important! Ask for help!

Kids Help Phone



You can always call the Kids Help Phone at **1-800-668-6868** or text **CONNECT** to **686868**

FRIENDS

Friends are great to have around. You may be the kind of person who has a lot of friends, or you might enjoy the company of a few close ones. Whatever you prefer, we all want to live and share life with other people we get along with.

Hobbies might help you meet people. Knowing what you're passionate about and participating in those activities—be it music, reading, or sports—helps broaden your social networks.



PROBLEMS WITH FRIENDS

Relationships and friendships change over time, and sometimes problems come up between friends. Arguments can happen, and so can misunderstandings.

NO

YES

It's OK and normal to be angry or upset.
Don't forget to communicate respectfully and disagree respectfully, with honesty.

You'd be surprised how kind words or an apology can mend broken relationships.

SORRY

THANKS

Despite your honest efforts, some arguments can't be sorted out. Even though it might be difficult, the best thing to do at that point is to let things go.

LOVE

Crushing on someone is special - falling in love can be a wonderful experience! There is a special bond and trust between people who are in love. As long as it's healthy, and boundaries are respected, dating can be wonderful!

READY FOR LOVE?

Answer some of these questions:

Do I feel comfortable making big decisions?

Am I able to ask questions that need to be asked and answered?



Am I a good listener? What makes me a good listener?

Can I communicate freely with people I trust? When was the last time I shared my feelings, and what happened?

Am I able to say 'no' when I need to say it?

Can I ask for what I really want? What are strategies that I can use if I feel anxious when asking?

NO

Boundaries are important to develop a caring, healthy relationship. Before you start dating - have the confidence to say 'no,' or feel like you can ask for what you need. These boundaries and strengths are necessary to grow a loving, healthy relationship.

IN A HEALTHY RELATIONSHIP:

- ♥ You like and respect each other. You accept each other as you are.
- ♥ You trust each other. You are not jealous when you spend time apart. You don't control one another.
- ♥ You're there for each other. You support each other through good times and bad.
- ♥ You feel good when you're together. You're relaxed and comfortable. You can laugh and have fun. You're not worried about saying or doing the wrong thing.
- ♥ You can talk about anything, discuss your problems, concerns and secrets. You feel comfortable and listen to each other. You can be honest and say what you think, without each other getting mad.
- ♥ You can fight, but you can make up. You don't hurt each other, call names or flaws. You are respectful and can respectfully make up.



IN AN UNHEALTHY RELATIONSHIP:

- ♥ You feel scared, confused and insecure.
- ♥ Your partner constantly criticizes you and puts you down. They make you feel like you are not good enough; they put you down or make fun of you.
- ♥ Your partner is jealous and controlling. They do not want you to spend time with your friends or family. There is no trust, and you feel like you cannot make your own decisions.
- ♥ You never know where you stand. Your partner may be excellent one minute, then ignore you the next. They may lie or tell you one thing but do another. Your partner plays mind games.
- ♥ They pressure you into things you don't want. You're afraid your partner will get angry and leave you if you don't do what they say.
- ♥ There is a lot of yelling in your relationship. They may freak out when they disagree with you. You're scared of what they might do.

REMEMBER, RELATIONSHIPS START WITH YOU!

Suppose you find yourself in an unhealthy relationship. In that case, you still have the right and ability to make the best choices for yourself, even if it means letting them go. Always stay true to yourself.

READY OR NOT... FOR SEX?

Sexuality is a normal and healthy part of life.

Sexuality is about your feelings and desires. It's about finding your own way to juggle feelings that are both confusing and exciting. Sexuality includes sexual feelings and the decisions you make about how you act on those feelings.

- ♥ Respect yourself
- ♥ Respect others

Protect yourself from emotional and physical harm like:

- ✱ *Pressures to have sex*
- ✱ *Sexually Transmitted Infections (STIs)*
- ✱ *Unintended pregnancies*

IF YOU ARE THINKING ABOUT SEX, REMEMBER: YOUR CHOICES ARE YOUR OWN!

When you're ready to have sex, it's important to have learned how to practice safe sex. Learn more about birth control, sexually transmitted infections, and consent at: breakthesilencens.ca/consent. To get more information, you can check out Teen Talk - teentalk.ca.

- ♥ The Red Door: Youth Health and Support Centre - www.thereddoor.ca
- ♥ Find your local Sexual Health Centre: Sexual Health Nova Scotia - www.shns.ca
- ♥ Scarlet Teen - www.scarleteen.com

Sex can look different for different people. Everyone's desires and feelings are different. It's important to feel comfortable to have a conversation about your feelings and desires and discuss each other's boundaries respectfully.

South Shore Sexual Health has developed an amazing, truthful, factual guide for all the questions that you need answered. Check out *Uncensored: The Gender Diverse Sexuality Handbook for Every Body* here:

southshoresexualhealth.com/resources/uncensored

If something happens 'against your will,' it means you did not agree to it - or you do not give consent. Consent means you are giving permission for something to happen.

REMEMBER: WHEN YOU OR SOMEONE SAYS 'NO,' IT MEANS NO, NO MATTER WHEN THEY SAY IT.

Consenting to one thing does not mean you consent to everything. It's important to respect boundaries.

You cannot consent to sex if you are:

- ☀ *Drunk or high*
- ☀ *Threatened or bullied*
- ☀ *The other person is someone in a position of trust (like a teacher, coach, or babysitter)*
- ☀ *The other person is a family member (like a relative, extended family, or foster family)*

It doesn't matter if the person who assaulted you is your partner, someone you want to have sex with, someone you have had sex with before, or if they have attacked you before. If you do not or cannot give consent, it means that you may have been assaulted.

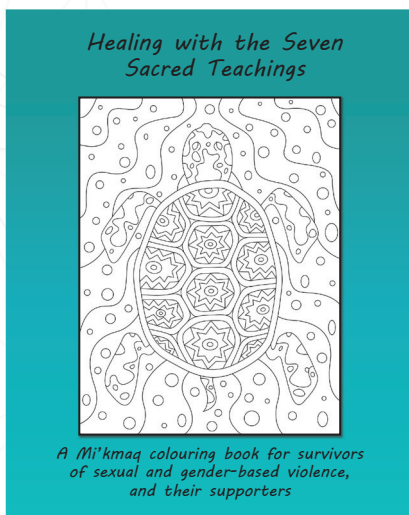
SEXUAL ASSAULT IS A CRIME.

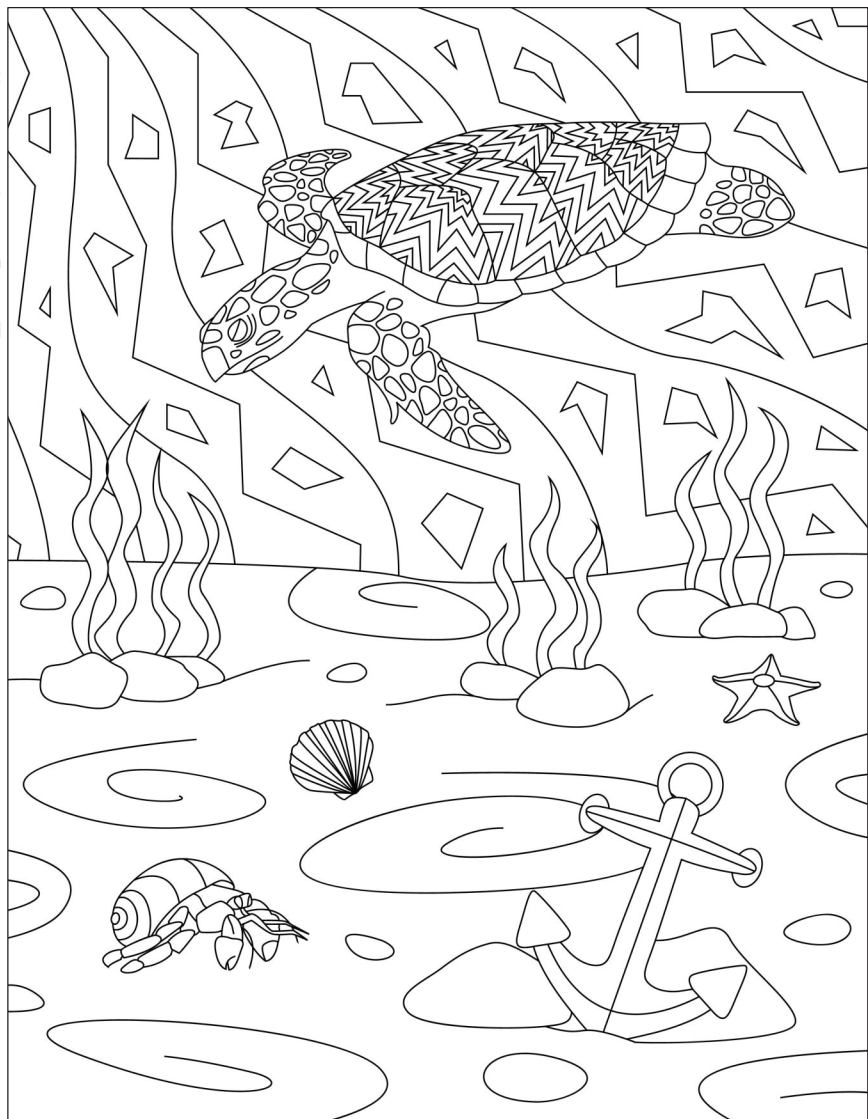
If you have been assaulted, there are people there to help:

- ♥ Avalon Sexual Assault Centre - avaloncentre.ca
- ♥ Colchester Sexual Assault Centre - colchestersac.ca
- ♥ Antigonish Women's Resource Centre and Sexual Assault Services Association - awrcsasa.ca
- ♥ Kids Help Phone - kidshelpphone.ca
- ♥ Legal Information Society of Nova Scotia - legalinfo.org

Healing with the Seven Sacred Teachings is a Mi'kmaq colouring book for survivors of sexual and gender-based violence, and their supporters developed by the research team at **Break the Silence: Be the Change**. The seven sacred teachings form the focus of the book because of their value in teaching us how to respect ourselves and honour ourselves, as well as others.

For more info - changethesilence.org





TELIAQWE'L - TRUTH

Kepme'kl Kina'maqn: Kaqis
wesku'tes teliaqewe'l. Muk
na'qatpeiasu ki'l aq ktikik.

Sacred teaching: Always speak the
truth. Do not deceive yourself
or others.

The truth I want others to hear is...



WHAT IS SEXUAL IDENTITY/ SEXUAL ORIENTATION?

Sexual orientation is who we are romantically, emotionally, or physically attracted to.

SEXUAL IDENTITY IS A SPECTRUM.

The following definitions are just broad descriptions of what these identities can be to people - but they may not fully describe you or your friends' identities.

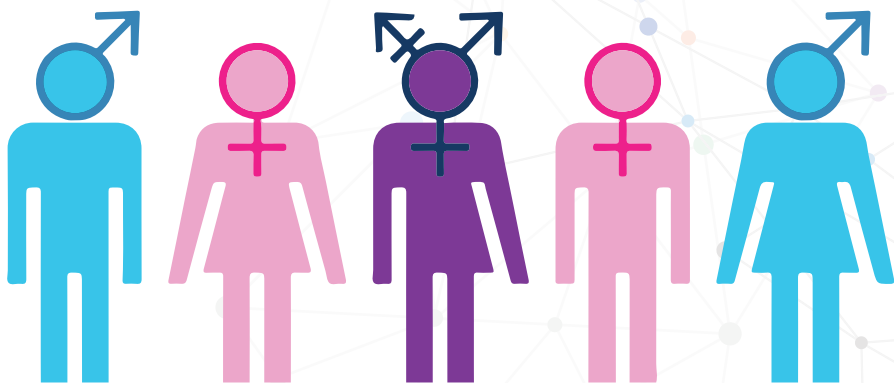
- ♥ **Asexual:** not experiencing sexual attraction. Asexual people can experience emotional attraction.
- ♥ **Aromantic:** does not desire stereotypical romantic actions.
- ♥ **Bisexual:** a person can be emotionally and physically attracted to both binary genders - man and woman. It is not always an even, 50/50 split. The attraction can also be experienced on a spectrum.
- ♥ **Gay:** gay has come to be considered as an interchangeable term for both lesbian and homosexual men. But generally, gay can mean that a person who identifies as a man is attracted to other self-identified men.
- ♥ **Lesbian:** identifies as a woman, and they are attracted to other self-identified women.

- ♥ **Pansexual:** attraction to all peoples - no matter the gender.
- ♥ **Polyamorous:** attracted to more than one person and may engage in a committed relationship with more than one person.
- ♥ **Queer:** someone is not straight - but feels that the terms lesbian, gay, or bisexual don't quite fit either.
- ♥ **Straight/Heterosexual:** attracted to the opposite gender.

...and there is more! Sexuality and romantic identities do not just stop there.

The Youth Project is a youth-led organization dedicated to supporting youth and their families around sexual orientation and gender identity issues throughout Nova Scotia. They provide a variety of programs and services designed to ensure that you feel supported in your identity. For more info, go to www.youthproject.ns.ca.

Remember, your identity and emotions can be fluid and may change as you grow!



NOTES

BULLYING

Bullying is when someone has or is trying to hurt someone - whether it's your body, feeling, self-esteem, reputation or by damaging your property. Helping or encouraging bullying is also bullying.

Bullying hurts. It can leave people feeling vulnerable and alone. You never have to tolerate bullying, abuse, or violence. Ever.

NOT SURE WHEN TO TALK THINGS OVER OR TO ASK FOR HELP?

You are not alone. Trust the way you feel, and you'll know what to do. Go to a safe and trusted friend or adult and share what is going on.

Kids Help Phone 📞 **1-800-668-6868** or text **CONNECT** to **686868**

If you experience or see bullying, report it to a family member, a teacher, guidance counsellor, principal, vice principal or any other safe and trusted adult.

You can also use this online reporting form to report bullying or cyberbullying! edapps.ednet.ns.ca/IncidentTrackingSS/Intro.aspx

You can also contact CyberSCAN and report bullying - novascotia.ca/cyberscan.



If you ever find yourself or a friend in an emergency situation, don't hesitate to call 9-1-1.

CYBERBULLYING

Cyberbullying is when someone uses technology to bully someone. That includes social media, emails, and texts. Whether it's DMs, or using fake accounts to harass you or sharing embarrassing photos or videos without your consent, it's cyberbullying.

Cyberbullying is challenging because it can happen quickly and anonymously.

There are many ways to stay safe online.

NeedHelpNow.ca gives you, your friends or family members the information and tools needed to stand up to cyberbullying.

WHAT IF I'M BEING CYBERBULLIED?



SPEAK UP: if someone sends you a text, tweet or email that makes you uncomfortable, take a screen shot and tell someone who is safe and you can trust.

Control your online presence:

- ☀ *increase your privacy settings online.*
- ☀ *hide your profile.*
- ☀ *block users you don't want to connect with.*



SAVE THE EVIDENCE: with the help of a safe and trusted adult, save offending messages, pictures and copies of online or text conversations. Keep a record that includes dates, times, usernames, etc.

Report incidence of cyberbullying: talk to the appropriate authorities – teachers, principals, or police. You can use the following online form to report incidents of bullying and cyberbullying: <https://edapps.ednet.ns.ca/IncidentTrackingSS/Intro.aspx>



DID YOU KNOW?

NOVA SCOTIA HAS A UNIQUE TEAM WHOSE JOB IS TO DEAL WITH CYBERBULLYING COMPLAINTS. CYBERSCAN INVESTIGATORS WILL WORK WITH EVERYONE, INCLUDING SCHOOLS AND FAMILIES, TO SOLVE CYBERBULLYING.

novascotia.ca/cyberscan



You can find more info and videos at legalinfo.org/g4g or women.novascotia.ca/g4g

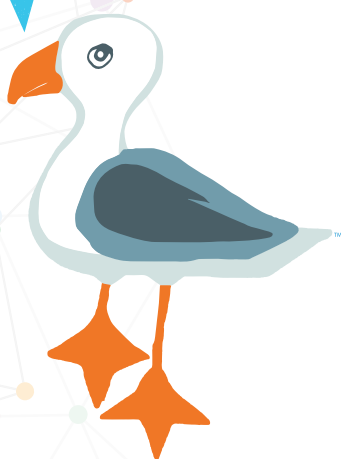
SOMETIMES DEALING WITH ISSUES AROUND LAW ENFORCEMENT CAN BE INTIMIDATING.

The legal counsellor at the Legal Information Society can help you by explaining what to expect and what your rights are under the law.

You can chat with, call, or email a legal counsellor to get the information you need to make the best decisions for you. [LegalInfo.org](https://www.legalinfo.org).

HELLO?

HOW CAN WE HELP?



THE DIGITAL WORLD

Social media is entertaining, valuable, and a great tool to keep in touch with your friends and family! Be a responsible digital citizen.

PROTECT YOUR PROFILE

The best privacy setting that you have is yourself. Don't hand over personal information, photos, or videos over the internet without thinking about who will see it. Think before you post! Never share your password over the Internet.



**WHAT YOU POST ON
THE INTERNET STAYS
ON THE INTERNET.**



Even when you delete content from the internet, it is possible that someone takes a screenshot, or that the platform saved a copy on their servers. Think before you post!

HeartMob is an organization that provides support to victims of online abuse and harassment. They provide supportive messages, assistance with reporting, and information about documenting the harassment. iHeartMob.org

Everything that we do is tracked and monitored through your devices. The advertisements and posts you are seeing are being chosen by an algorithm that tracks what you like, comment, share, and buy on the internet.

PRIVACY SETTINGS

Privacy settings are an essential part of safe social media use. Ensuring that your information, photos, and videos are protected is just as important as making sure you locked the door (did you lock the door?).



- ☀ *only add people you know to your friends' list, and block those who you don't!*
- ☀ *limit the ability to tag posts or videos without your review and approval.*
- ☀ *turn off location tracking for social media applications.*
- ☀ *make your profile invisible to search engines.*
- ☀ *review each image and video to make sure no identity or location clues are in the background.*

GetCyberSafe.gc.ca offers lots of great resources to help you optimize your social media privacy and security!



SOME SOCIAL MEDIA PLATFORMS WILL READJUST YOUR PRIVACY SETTINGS WHEN THEY MAKE AN UPDATE. REGULARLY CHECK YOUR PRIVACY SETTINGS TO MAKE SURE THEY HAVEN'T CHANGED!



SCHEDULE REGULAR CLEAN-UPS OF YOUR INTERNET BROWSER CACHE. WHEN BROWSING THE INTERNET, WEBSITES WILL SOMETIMES DOWNLOAD FILES CALLED COOKIES THAT TRACK WHAT YOU DO ON THE INTERNET. CLEARING YOUR BROWSER'S HISTORY AND CACHE IN AN EXTRA LAYER OF PROTECTION.

DIGITAL BODY IMAGE

Social media is a great way to share information and pictures with family and friends. It's a great place to get inspiration for your next outfit, learn about the latest news in the world, and communicate with people in your circle and across the globe

But what you see on social media isn't always real: photo retouching software, filters, and sometimes just automatic features can change the appearance of photographs.

Just because you might not look like what's on-trend does not mean that you are not valuable, important, or loved. Likes, comments, and shares do not make a person more or less worthy than the next.

MediaSmarts.ca is Canada's Centre for Digital and Media Literacy. They have lots of information and research about the impacts of social media and digital content on how we think about ourselves! Check them out for more info!

You can find more info and videos at **legalinfo.org/g4g** or **women.novascotia.ca/g4g**.



STAYING HEALTHY AND ACTIVE

Being healthy isn't just about 'not being sick.' It includes caring for our physical bodies and mental health.. Everything from our environment, our food, what we do, and our genetics can impact our health.

WHAT ARE SOCIAL DETERMINANTS OF HEALTH?

Social determinants of health are factors in your environment that can impact your health. Things like:

- ♥ income
- ♥ social status
- ♥ education
- ♥ childhood experiences
- ♥ environments
- ♥ coping skills
- ♥ access to services
- ♥ genetics
- ♥ gender
- ♥ culture
- ♥ race



Community Health Boards are groups of committed volunteers who work together to improve the health and wellness of their communities. For more info, go to communityhealthboards.ns.ca.

You can find more info, and videos at legalinfo.org/g4g or women.novascotia.ca/g4g.

You can be healthy at any size! Your body shape does not reflect whether you are healthy or not. The state of your health is personal and private and can only be determined by medical professionals – not your peers or the internet

There are many ways we can take care of our bodies:

- ♥ eating healthy
- ♥ drinking water
- ♥ being active
- ♥ getting enough sleep
- ♥ good hygiene



Eating healthy is about developing healthy eating patterns and will help you improve your overall health. Canada's Food Guide provides you with inspiration and guidance on healthy food choices: Food-guide.canada.ca



DID YOU KNOW?

20% OF THE NUTRIENT YOU GET FROM YOUR FOOD GOES TO YOUR BRAIN AS ENERGY. THIS ENERGY IS USED BY YOUR BRAIN TO HELP PROCESS YOUR THOUGHTS AND EMOTIONS!

MAKE WATER YOUR DRINK OF CHOICE.

Water is vital to your health. Our body loses water constantly - sweating, breathing, or going to the bathroom are all ways that our body loses water, and you have to replace it with more!

Tips for drinking water:

- ♥ drink it either hot or cold
- ♥ drink it with your meals
- ♥ ask for water when you're eating out rather than pop
- ♥ use reusable water bottles
- ♥ try mixing fruits and herbs into your water
- ♥ try sparkling water
- ♥ keep a pitcher of water in the fridge or on the table for easy access



Sometimes you can develop a negative relationship with food, and sometimes it becomes difficult to control. Many people struggle with disordered eating. Eating Disorders Nova Scotia provides support to help you overcome your struggles at all stages. For more info:

eatingdisordersns.ca

PHYSICAL ACTIVITY

Our bodies are meant to move! It's recommended that everyone gets at least 30-60 minutes of physical activity a day.

Being active is one of the best things you can do to be healthy. It is vital for your physical and mental health.

You don't have to give up video games, your phone, or your computer to stay active. You can use your devices to stay healthy! Check out your phone's apps or get a fitness tracker or smartwatch to monitor your activity! Some gaming consoles have movement games that get you up and moving!

GET ACTIVE:

- ♥ walk or bike to school
- ♥ dance to your favourite music
- ♥ play sports/games during lunch or after school
- ♥ swim
- ♥ skate
- ♥ do yoga



It can sometimes be uncomfortable doing activities around people. You may feel insecure and worry about people judging you. It's ok - and completely normal!

The more you move, the more confident and comfortable you will be. Also, other people are usually only focused on what they are doing and aren't even looking at you.

WHAT PHYSICAL ACTIVITIES DO YOU ENJOY DOING?

Our bodies are constantly changing! Safe and trusted adults in your life, as well as health professionals, can help you navigate through the changes. It may feel awkward, but don't worry! You are not alone!

Sexual Health Centres can give you with information about how your body is changing. To find a Sexual Health Centre near you, go to shns.ca.

We are all unique! Anytime you are tempted to compare yourself to others:

STOP AND CONSIDER WHO YOU ARE AND YOUR VALUE!

Write down 5 things that you like about yourself and your body:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



STAND IN FRONT OF THE MIRROR AND REPEAT THIS LIST WHEN YOU FEEL DOWN! THIS CAN HELP TO REMIND YOU THAT YOU ARE VALUABLE AND UNIQUE!

The image shows a page from a book with a decorative background. A network of grey dots is connected by thin grey lines, creating a web-like pattern. Overlaid on this are horizontal purple lines for writing. The word "NOTES" is written in pink at the top left. The page number "48" is at the bottom left, and "GUIDE FOR GIRLS - 4th Edition" is at the bottom right.

YOUR JOURNEY

When someone asks you, 'where do you want to work in the future?', what is the first thing that you think about? Figuring it out and choosing your pathway is a part of the adventure.

It's ok if you don't figure it out right away. You've got tons of time!

HERE ARE SOME THINGS THAT CAN HELP:

- ♥ **Take baby steps** — plan out a year - rather than 10. This will help you focus more on what you enjoy and are passionate about - rather than the end game.
- ♥ **Try new things** — you may discover new passion that gives you a direction to focus on.
- ♥ **Talk with people** — Speaking with people who have gone down similar paths will help you learn from their experiences!

Remember: the plan can be flexible! Life likes to throw curveballs at you. If you discover a new passion, it's okay to change paths and follow it at any age!

It's okay to not have a plan - you're not always going to know what life has in store for you. It's okay to figure it out as you go!



COMPLETING HIGH SCHOOL IS THE FIRST STEP IN EVERYONE'S JOURNEY!

Options and Opportunities (02 program) is a program offered to high school students that helps you prepare for a successful transition from high school to post-secondary education, giving you direction and support, and encouraging you to commit to a new approach in learning.

- ♥ For more info, speak with your guidance counsellor, or go to www.ednet.ns.ca/cbl/options-and-opportunities.

Co-Operative Education can help you explore work experience while earning high school credits. Co-Op education allows you to see what a variety of careers are like, and to develop your skills, all while meeting your requirements to graduate high school.

- ♥ Speak with your guidance counsellor for more information, or go to www.ednet.ns.ca/cbl/co-operative-education.

WHEN IT COMES TO YOUR ACADEMIC JOURNEY, YOUR GUIDANCE COUNSELLOR SHOULD BE ABLE TO HELP YOU MAP OUT A PLAN!

TRADES + TECHNOLOGY

Jobs in trades and technology are growing and are full of success! There are many opportunities out there!

Skilled Trades courses are provided in most high schools. You are provided with the opportunity to explore professional working techniques, understand how things work, and have a chance to work with new technologies. For more information, chat with your guidance counsellor or go to ednet.ns.ca/cbl/skilled-trades.

Techsploration is dedicated to empowering young women across Canada with opportunities to explore careers in sciences, trades, and technology. Techsploration.ca

Women Unlimited focuses on providing women with the opportunity to explore careers in trades and technology. They allow you to engage in hands-on activities, math upgrading, and job shadowing! Womenunlimitedns.ca

Nova Scotia Apprenticeship Agency offers youth programs that allow you to learn by doing. They can help you find opportunities to grow your skills and learn on the job to give you an excellent jumpstart to your career! Nsapprenticeship.ca

Some people take a gap year. A gap year usually happens between high school and post-secondary education. During gap years, people travel, work, or volunteer before continuing their education. This gives them a chance to try out



different opportunities and explore their hobbies and interests on a broader scale.

Be sure to research what universities and colleges have to offer you. You'll want to know course requirements, deadlines for applications, fees, length of the program, tuition, and any financial assistance that might be available.

Reach out to the post-secondary institution that you are interested in! They will be able to answer any questions that you have!



NOVA SCOTIA COLLEGES:

- ♥ Nova Scotia Community College (NSCC) - www.nsc.ca
- ♥ A list of private colleges in Nova Scotia - <https://pcc.ednet.ns.ca/colleges>

NOVA SCOTIA UNIVERSITIES:

- ♥ Acadia University - www.acadiau.ca
- ♥ Atlantic School of Theology - www.astheology.ns.ca
- ♥ Cape Breton University - www.cbu.ca
- ♥ Dalhousie University - www.dal.ca
- ♥ Mount Saint Vincent University - www.msvu.ca
- ♥ Nova Scotia Agricultural College - www.dal.ca/agriculture
- ♥ Nova Scotia College of Art and Design University - www.nscad.ca
- ♥ Saint Mary's University - www.smu.ca
- ♥ St. Francis Xavier University - www.stfx.ca
- ♥ University of King's College - www.ukings.ca
- ♥ Université Sainte-Anne - www.usainteanne.ca

MyNSFuture.ca can help you explore post-secondary options in Nova Scotia.

FUNDING

There are tons of options available to fund your post-secondary journey! Scholarships, grants, bursaries and student loans can all help you cover the costs. Your guidance counsellors can help you navigate your options!

Don't let a student loan stand in the way of your post-secondary education. Learn about student loans, how repayment will work, and the expectations around student loans.

For more information on student loans and your funding options, check out:

- ♥ Nova Scotia Student Assistance - studentloans.ednet.ns.ca
- ♥ Canada Student Loan - canlearn.ca
- ♥ Post-secondary Disability Services - psds.ednet.ns.ca
- ♥ Scholarships Canada - scholarshipscanada.com

You can find more info and videos at legalinfo.org/g4g or women.novascotia.ca/g4g.



What do you want to do?

What are you passionate about?

What is your favourite subject in school?

What are your skills?

Do you want to be a part of a team?

Do you want to travel the world?

Do you want to go to university or college?

There is also more information on these websites:

- ♥ Government of Canada's Services for Youth - www.youth.gc.ca
- ♥ Government of Canada Career Planning - www.jobbank.gc.ca/career-planning
- ♥ Explore Careers Nova Scotia - <https://explorecareers.novascotia.ca>

VOLUNTEERING

Volunteering lets you learn and practice new skills that will open new doors for you! Volunteering can boost your self-esteem, confidence, and sense of worth as you will play a part in making your community a better place!

Whatever you are passionate about, and whatever your skills are, there is always something to get involved in. There are always opportunities for volunteers like you!

Volunteering for organizations that help those in need can make a difference for everyone. When you positively impact someone else's life, it can make a positive impact on your own.

DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh's award empowers young people, ages 14-25, to make a difference in their own lives, and the lives of others. By exploring their potential, taking on new challenges, giving back to their communities, and achieving success, the Duke of Edinburgh Award celebrates youths' ambition. It provides the opportunity to set goals and achieve results in fun and challenging ways.

For more information, check out www.dukeofed.org.

THE NS YOUTH VOLUNTEER AWARD

Nova Scotia recognizes the importance of volunteering to the success of citizens and the province's success. That is why Nova Scotia celebrates and recognizes youth volunteers with the Nova Scotia Youth Volunteer Award.

For more information, check out: <https://novascotia.ca/nonprofitsector/provincialvolunteerawards/>

Most counties and municipalities have volunteer awards. Know someone who should be nominated?

 **GOOGLE** "Nova Scotia Volunteer Awards" OR <The name of your town/county> Volunteer Awards.

ENTREPRENEURSHIP

Do you have an idea for a product or a service? Do you want to start your own business?

Starting your business can be lots of work. But there are also a lot of resources and experts available to help you navigate your journey!

For more information about starting your business, check out these websites:

- ♥ Centre for Entrepreneurship Education and Development - www.ceed.ca
- ♥ Centre for Women in Business - www.centreforwomeninbusiness.ca
- ♥ Black Business Initiative - www.bbi.ca
- ♥ Junior Achievement Nova Scotia - www.janovascotia.ca

BE PREPARED

It's always a good idea to have a cover letter and a resume prepped!

A cover letter is a formal, one-page letter sent with a resume. It explains why you are looking for a job or why you are interested in the position you are applying for.

Resumes lay out your contact information, experience, and references for your future employer. It should be brief, easy to read/scan, and kept to one page long if possible.

SAMPLE COVER LETTER

November 22, 2021

Awesome Job
4321 Bayers Rd
Halifax, NS
B8K 100

Good Day,

My name is Lisa MacKenzie, and I am a high school student. I saw your posting for the customer service position at Awesome Job, and I wish to submit my resume to apply. I am confident that I have the right skills, and would be a perfect compliment to your team.

In addition to the standard high school courses, I am also taking a Skilled Trades Course as well as a Business and Entrepreneurship course. I have served as a Junior Leader to my local Sparks groups through Guide Guides Nova Scotia, and I also babysit my neighbours children.

These experiences have taught me to be organized, patient, and friendly. I am also skilled at finances, making a budget, using computers and technology, and staying on task.

Attached you will find my resume, with provides further details about my involvement. I am looking forward to having a conversation with you about the position and what I can bring to the team.

Sincerely yours,

Lisa MacKenzie

RESUME ESSENTIALS:

♥ **Objective:** Why are you looking for a job?

♥ **Work Experience:** Extra-curricular activities, babysitting, odd jobs, and volunteer work can be listed here.

♥ **Education:** What grade are you in? When are you expecting to graduate? Do you have any certifications - like First Aid or babysitting/lifeguard training?

♥ **References:** These are people that will be able to back up your skills and qualifications. Always have at least 3 references ready to include with your resume.

Check out women.novascotia.ca/g4g or legalinfo.org/g4g for info on resumes, and more!

SAMPLE RESUME

Lisa MacKenzie

High-School Student

1234 Main St, Halifax (902)999-1234

Lisa.MacKenzie@email.ca

OBJECTIVE

Reliable, organized, and mature high school student looking for a position, to explore new challenges and gain new experiences.

EXPERIENCE

Baby sitter — 2020- Present

Babysat neighbours children, ages 6 and 8. Cooked meals, provided entertainment, and supervised homework sessions.

Girl Guides - Junior Leader - 2018-Present

Helped organize weekly meetings. Assisted with the organizing of overnights and camping trips. Assisted with the supervision of a group of 10-20 young children.

Neighbourhood Clean Up - Annually for 5 years - August

Help my neighbourhood organization coordinate and organize the annual clean up. This involves organizing a BBQ, activities for the children, cleaning supplies, and promotion.

EDUCATION

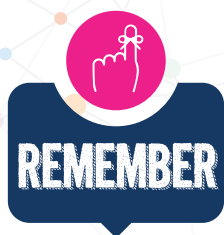
- Citadel High School - Graduating 2022
- Red Cross Lifeguard Training - 2020
- Red Cross First Aid - 2019
- Red Cross Babysitting Course – 2019

SKILLS

- | | |
|---------------------|---------------|
| • Computers | • Friendly |
| • Email | • Mathematics |
| • Microsoft Office | • Typing |
| • G-Suite | • Organized |
| • Internet Research | • Committed |

JOB INTERVIEWS

You may be picked for an interview after you have applied for a job. Interviews allow the employer to get to know you and determine whether you will fit into their team.



DURING AN INTERVIEW, THE EMPLOYER CANNOT ASK YOU ABOUT YOUR ETHNIC BACKGROUND, DISABILITIES, RELIGION, GENDER, AND PERSONAL BELIEFS.

If you feel you have experienced this, you can call the Nova Scotia Human Rights Commission at **1-877-269-7699** or speak with a Legal Counsellor at **legalinfo.org**.

TIPS TO PREPARE FOR YOUR INTERVIEW:

- ♥ Do your homework - get familiar with the job and the company.
- ♥ Turn negatives into positives - this shows your ability to problem-solve and resiliency against challenges.
- ♥ Focus on your skills and experiences - not how much money you want to earn.
- ♥ Remember your manners - be clean, dress appropriately, and be on time! Don't forget the follow-up thank-you note or email after your interview.

MONEY MATTERS

Money is a part of life, and here are some tips on how to handle it well:

- ✿ *Get informed and plan your goals!*
- ✿ *Make a budget! Use it as a tool to learn how to spend and save your money.*
- ✿ *Get informed about loans, credit cards, and debt!*
- ✿ *Know how to use your bank's app! Many banks have tools that will allow you to monitor your spending and track your budget!*

Want to learn how to make a budget? Go to women.novascotia.ca/g4g or legalinfo.org/g4g for more information and videos!

- ♥ Legal Info Society Youth Financial Help App:
legalinfo.org/apps/youth-app-under-25-financial-help
- ♥ About your Money Students: Canadian Bankers Association:
cba.ca/about-your-money-students
- ♥ Managing your money: fcac-acfc.gc.ca
- ♥ Legal Info Society Investor Rights and Protection Guide:
legalinfo.org/guides/investor-rights-and-protection-guide



NOTES



A network diagram with various colored nodes (grey, orange, blue, green, yellow, purple, red) connected by thin grey lines, overlaid on a background of horizontal purple lines.

YOUR COMMUNITY

If you care about the decisions made in your school, community, Nova Scotia, Canada, and around the world - then you care about politics. Politics is for everyone! Politics provides you with sidewalks, roads, skateparks, and playgrounds. Even if you are not old enough to vote, you can still get involved and educate yourself!

STUDENT COUNCIL

Student council is a great way to get involved and organize around issues you care about. Student councils or leadership teams provide the student body with a voice to the administration. Some junior high schools, high schools, universities and colleges have student councils!

MUNICIPAL YOUTH COUNCILS

Some municipalities have Youth Councils. These councils provide youth in the community a voice at council meetings. They typically have roles similar to the municipal council roles - such as a Youth Mayor, Youth Deputy Mayor, or Youth Town Councillor. Contact your local council to see if your municipality has a youth council!



POLITICAL PARTIES

Canadian provincial and federal governments are formed by elected representatives who belong to political parties. Political parties are a collective of like-minded individuals running on the same 'platform' (commitments to the community).

Most political parties have a 'youth wing,' or an association specifically for youth members. Youth wings advocate for important issues to youth across the province and country.

- ♥ Green Party of Nova Scotia - greenpartyns.ca
- ♥ Green Party of Canada - greenparty.ca
- ♥ Nova Scotia Liberal Party - liberal.ns.ca
- ♥ Liberal Party of Canada - liberal.ca
- ♥ Nova Scotia New Democratic Party (NSNDP) - nsndp.ca
- ♥ New Democratic Party of Canada (NDP) - ndp.ca
- ♥ Progressive Conservative Party of Nova Scotia - pcpartyns.ca
- ♥ Conservative Party of Canada - conservative.ca
- ♥ Peoples Party of Canada - peoplespartyofcanada.ca

You can find all registered political parties at the Elections Canada website (elections.ca) or the Elections Nova Scotia website (electionsnovascotia.ca).

EQUAL VOICE

Equal Voice is a not-for-profit organization dedicated to electing more women at all levels of political office in Canada. They inspire and engage with women to encourage politics as a future career choice. Equal Voice encourages women to run for office, raises awareness about the impacts of women's involvement in politics, and celebrates their achievements. equalvoice.ca

DAUGHTERS OF THE VOTE

Daughters of the Vote is a program that encourages young women and gender-diverse leaders to experience Canadian politics by inviting them to participate in conversations at the Canadian House of Commons. For more information go to the Equal Voice website! equalvoice.ca



WHAT IS CLIMATE CHANGE?

Climate change is the changes in climate patterns. These changes are happening faster due to carbon dioxide levels in the atmosphere.

These changes, and the pace that they happen at, can create a domino effect and cause changes to the climate or ecosystem in other regions.

The following steps will help slow climate change's impact:

- ☐ *switch to renewable resources*
- ☐ *take the bus, walk or cycle*
- ☐ *use a clothesline to dry your laundry*
- ☐ *turn off the lights if you don't need them*
- ☐ *turn off your computer or console if you're not using them*
- ☐ *and more! Write down your ideas on the next page, or share them on social media!*
- ☐ *drive an electric car*
- ☐ *use LED lights*
- ☐ *recycle*
- ☐ *compost*

For more information on things that you can do:

- ♥ Efficiency Nova Scotia : efficiencyns.ca
- ♥ Clean Nova Scotia: Clean.ns.ca
- ♥ Ecology Action Centre: ecologyaction.ca

You can find more info and videos at legalinfo.org/g4g or women.novascotia.ca/g4g.



NOTES

NOTES



A network diagram with various colored nodes (grey, orange, blue, green, yellow, purple, red) connected by thin grey lines, overlaid on a background of horizontal purple lines.



GUIDE FOR GIRLS

Your



Voice

matters

4th Edition

Developed by the Legal Information Society of Nova Scotia
Published by the Nova Scotia Advisory Council on the Status of Women.