



EMPOWERING YOUNG GIRLS IN OUR COMMUNITY

GIRLS RISING 2017 is an exciting, informative and inspiring day for Year 10 girls. It aims to build strength in both mind and character, emboldening girls to reach their potential.

We show them how to be **BOLD** and stand against injustice.

We encourage them to be **BRAVE** and believe in themselves.

We believe every girl is **BRILLIANT** and can make a difference.

KEY SPEAKER

Melinda Tankard-Reist



Melinda will be speaking on topics such as: media messages, sexualisation, objectification, harms of pornography, mental health issues, the importance of respect-based relationships, and how we act personally and politically to address these issues.

SPECIAL GUEST

Jessica Fox



Local girl and two-time Olympian, Jessica Fox, is also speaking at Girls Rising. Her journey as a competitor in the kayak single event (K1W) and the canoe single event (C1W) will inspire and motivate, and her Silver and Bronze Olympic medals will be on display.

OPENING ADDRESS by The Hon Tanya Davies MP (Minister for Women)

Other presenters will cover topics such as healthy lifestyle and self-defence, and will encourage students to have an outward focus on helping others.

SPONSORS & PARTNERS

Thank you to our Gold Sponsors and Partners:



WHEN

Thurs 16 November 2017

TIME

9am to 2pm

VENUE

St Marys Band Club
(The Bandy)
411 Great Western Highway,
St Marys NSW 2760

COST

There is a small cost per student to contribute towards speakers. Please email girlsrising@pcs.nsw.edu.au for specific cost for your school (no cost for teachers). Cost includes goodie bag, morning tea, and speakers (attendees bring their own lunch)

REGISTER

All schools in Penrith and surrounding Nepean area are invited to register here:
www.trybooking.com/QREA



Girls Rising is an initiative of
**PENRITH
CHRISTIAN SCHOOL**

1 Simeon Road,
Orchard Hills NSW 2748
02 4737 4300
girlsrising@pcs.nsw.edu.au
pcs.nsw.edu.au/girls-rising
ABN: 42 092 595 563



SPEAKERS



Melinda Tankard-Reist

Melinda Tankard-Reist is an author, speaker, media commentator, blogger, and advocate for women and girls.

She is best known for her work addressing: sexualisation, objectification, harms of pornography, sexual exploitation, trafficking and violence against women.

Melinda is author/editor of five books including *Getting Real: Challenging the Sexualisation of Girls*, *Big Porn Inc: Exposing the harms of the global pornography industry*, and her new release *Prostitution Narratives: Stories of survival in the sex trade*.

An opinion writer, Melinda is also a regular on morning television and has appeared on ABC's Q&A and The Gruen Sessions, as well as many other TV and radio programs.

Melinda is co-founder of the grassroots campaigning movement, Collective Shout: for a world free of exploitation, exposing corporations, advertisers and marketers who objectify women and sexualise girls to sell products and services.

An ambassador for World Vision Australia, Compassion Australia and the Raise Foundation, Melinda is named in the Who's Who of Australian Women and the World Who's Who of Women.



Jessica Fox

Jessica Fox competes in the kayak single event (K1W) and the canoe single event (C1W).

She made her first international junior team in 2009 and has won numerous junior events including the Australian Youth Olympic Festival, the Junior World Championships (5 titles) and won the first Youth Olympic Games in Singapore. She made her first Open team in 2010 and has competed in a number of World Cup events, winning 3 World Cups in 2010 and 2011 in the C1 event.

In 2011 Jessica juggled her sporting commitments while finishing her HSC. She placed 1st in the state for PDHPE, achieved Band 6 in all her subjects and finished with an ATAR of 99.1 and Dux of Blaxland High School.

In 2012, Jessica competed at the Junior World Championships in the USA where she won three gold medals. She represented Australia at the London 2012 Olympic Games and won a silver medal. She became the youngest woman in canoe slalom to win an Olympic medal.

Jessica created history in 2014 becoming the first woman to win two events (K1 & C1) at the U23 World Championships in Penrith, NSW and at the World Championships in the USA. Most recently, Jessica won a bronze medal at the Rio de Janeiro 2016 Olympic Games.

WHAT OUR PREVIOUS ATTENDEES SAID:

"The speakers were well chosen. The day was well planned out and the content was relevant and engaging for my students."

"Melinda Tankard-Reist's talk challenged the girls to change the way they think and respond to societies representation of women. They were engaged and felt it was so worthwhile that they asked me to invite her to speak to the whole school."

"Jessica Fox was extremely inspiring for all of my students. They could not believe what she has managed to achieve at such a young age."

"Thank you for inviting us to such a wonderful event I hope that next year we can attend again and possibly bring even more students."

"The event was well organised. Excellent communication. Strong presenters across the day. The girls came away empowered. We will definitely sign up for 2017!"

HOW OUR 2016 ATTENDEES RATED GIRLS RISING:

How would you rate Girls Rising as an event for your students?

Excellent - 87.5%
Very good - 12.5%

How likely are you to register your students again?

Extremely likely - 100%

How engaging and relevant was the key speaker?

Extremely engaging and relevant - 87.5%
Very engaging and relevant - 12.5%



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