



Dear Parent,

Today we were lucky enough to visit your daughter's school to facilitate a workshop with her and her peers.

The Shona Project is all about empowering girls to become tomorrow's changemakers. We want every girl growing up in Ireland to feel accepted and included for who they are.

Today's workshop(s) focused on driving the message that kindness, resilience and a positive mindset can allow girls to raise their self-esteem and confidence, enabling them to fulfil their wildest dreams!

"It made me feel reassured and that what I feel or felt was ok... the workshop made me feel heard and that I'm not on my own on anything that I'm experiencing"- TY Student, 2024

We're here to help Irish teens navigate challenges. However, we need Parents to keep the conversation going at home! Here are some simple tips to make it easier:

- Skip the "we need to talk" approach. Just ask about their day or a topic they care about. No sneak attacks!
- Deep talks don't need intense eye contact. Take a drive or a walk together, side by side.
- They don't need you to solve everything, let them learn coping skills. Validate their feelings first. Use terms like "That is tough", "I hear you", and "This is not a normal situation, be gentle with yourself while you work through it." Work together to come up with solutions, but always hear them first.

We hope these tips help foster positive talks. Want more? Check out our **PODCAST** for parents, it's full of incredibly helpful conversations! Also, our CEO's book "You've Got This!" is a fantastic guide for girls facing teen challenges. Get it for €15.95 on our **WEBSITE!**

Thank you for your time and we wish your daughter the very best in her future because she is incredible!

Kind regards,
Team Shona