

Instagram: SHEScotland Twitter: @SHE_Scotland

SHE Scotland

Community Interest Company

SHE (Social - Health & Education) Scotland. SHE is a driving force for future generations of girls and young women, supporting them to realise their potential and positively impact on their community.

★ Exhibition Empowered women, empower women:

SHE Scotland is concerned about the level of aspiration within girls and young women. When girls are wee they want to be nurses, teachers, pilots, doctors, actresses, dancers but when they reach their teens these aspirations disappear. This is compounded by low self worth which many young women experience around this developmental stage and lack of positive role models around them. Our exhibition will empower and inspire young women to reach for the stars. If you want our exhibition in your community or school contact us.

★ Embrace Screening:

Body dissatisfaction is a global epidemic that's sadly impacting the lives of girls and young women across the UK. 9 out of 10 British teenage girls are unhappy with their bodies and one third of males would sacrifice a year of their life to achieve the ideal body. Body image activist Taryn Brumfitt explores the global issue of body loathing

SHE Scotland can host the EMBRACE film for girls and young women to come together. If you want a screening in your community or school contact us.



SHE - Social, Health & Education
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SHE

Social, Health & Education
Scotland

SHE aims to support girls and young women to be empowered, supported, aspirational and improve their life chances.

- Self-Esteem
- Confidence
- Resilience
- Relationships
- Transition
- Dreams & Aspirations
- Reflection

Girl Zones - Workshops



SHE Scotland girl zones are designed to improve the wellbeing of girls and young women by creating a supportive environment for them to feel safe to open up to others.

SHE Scotland believe girls and young women need to have a space to discuss, raise questions and get support. Our workshops are fun, informative and designed to engage participants in discussions around various issues. Participants will be supported to develop their skills, interests, to challenge themselves, have fun, make friends and reach their full potential as individuals.

Being part of the community is key in the development of responsible girls or young women. Social interaction with new people of different ages. Community girl zones lead to a greater emphasis on the understanding of their emotions and behaviours and the impact that these have on others.

Our goal in the community girl zones is to improve social skills, have a better understanding of their surroundings and themselves so they can accept responsibility for their actions, reinforcing self-esteem and connect to their responsibilities at home, at school & their community.

Community Zones



Empowered Woman - Training

SHE Scotland train women aged 15+ to support girl zones in Edinburgh & Lothian.

Specially designed workshops to develop confidence, body positivity, increase self-esteem and enhance existing skills. Empowered Women training is offered to organisations who are working directly with women. Workshops can enhance services as well developing new opportunities for women to learn more about the issues which affect them.



Ambassadors will gain practical skills, increase their social confidence, develop interpersonal and communication skills. Ambassadors will be encouraged to develop goals, establish a sense of direction and gain valuable insight into the issues which affect females. They will be part of a unique team of females who will be supportive, encouraging and develop positive peer relationships.

Ambassadors will contribute to the direction of the organisation, be involved directly in training to deliver workshops in schools and community zones and ALL will encourage & inspire girls and young women to connect to their potential.



Ambassadors Training