



FESTIVAL — OF — THE GIRL 2022

This is my pledge

#FutureGirlPledge

This book belongs to

Welcome to



Dear Girl,

Welcome to Festival of The Girl, a festival created just for you.

Whether you're joining us on the day, taking part in our virtual hub or simply enjoying this activity book, we want you to know that everything we do and create is for you.

You are the inspiration behind everything we do. And it's your voices we want to hear, your creations we want to see and your dreams we want to help make come true.

Thank you for taking part in Festival of The Girl. Thank you for being you.

The future is yours.

Love,

Abi, Jen and Laura

Festival of The Girl Founders



Happy International Day of The Girl

Whether solving a crossword of inspiring women, creating your own detective character or learning when the ban on women being allowed to wear trousers was overturned, we hope you love your Festival of The Girl activity book.

And don't forget to share your #FutureGirlPledge with us (page 29) so it can be part of the 2022 Festival of The Girl time capsule book. A book that we can look back on to see all we were doing to create a more equal world.

**This is my voice
This is my body
This is my world
This is my future
This is my pledge**

#FutureGirlPledge



This is me

I'm _____ years old.

I live in _____.

The school I go to is _____

and I am in year _____.

My favourite thing to do when I'm not at school is _____

because _____

_____.

Being a girl is great because _____

_____.

The person I love the most (apart from me) is _____

and I love them because _____

_____.

Positive Affirmations

Positive affirmations can help us to remember how AMAZING we are. Concentrating on all of the good things about ourselves can make us feel better inside. Take a moment to fill in the gaps below and see how it makes you feel.

I am _____

I am _____

I am _____

I am _____

I am _____

Choose some of these words or write your own:

Kind A good friend Loyal Thoughtful
Helpful Caring Hardworking
Amazing Patient Funny



Why not head over to our Festival of The Girl YouTube channel playlist 2022 where you can find Anupa and her daughter Maya talking more about how amazing our bodies are.

This is gender equality

Did you know that you and your school friends can help create a more equal world starting in your classroom? Have a look at the below questions and for anywhere you answer 'no', take a moment to think about how that makes you feel. Do you think someone should be treated differently because they are a girl or a boy?

Ask yourself the below...

Are boys and girls treated the same in your school?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

Do your teachers read books about strong and brave girls and boys?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Are girls and boys allowed to play with all toys?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Are girls and boys allowed to talk about how they feel in class?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Are boys and girls expected to do as well as each other in school?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

Are there gender neutral toys in your classroom? For example, jigsaws or board games?

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

What you can do

- Ask your teacher to treat everyone the same
- Play with whatever toys you want to - there are no such things as boy toys and girl toys!
- Don't be afraid to show and talk about your feelings
- Remember you are strong and brave, you can achieve whatever you put your mind to!

Thanks to working parents consultancy, Platform55, this information was shared with us by Cormac and Alan, two young men from Ireland whose research into gender stereotypes and gender bias has won them first place in the BT Young Scientist and Technologist Exhibition and the European Union Contest for Young Scientists (EUCYS) 2020.



I can Wordsearch

Find the 18 words listed below in the grid.

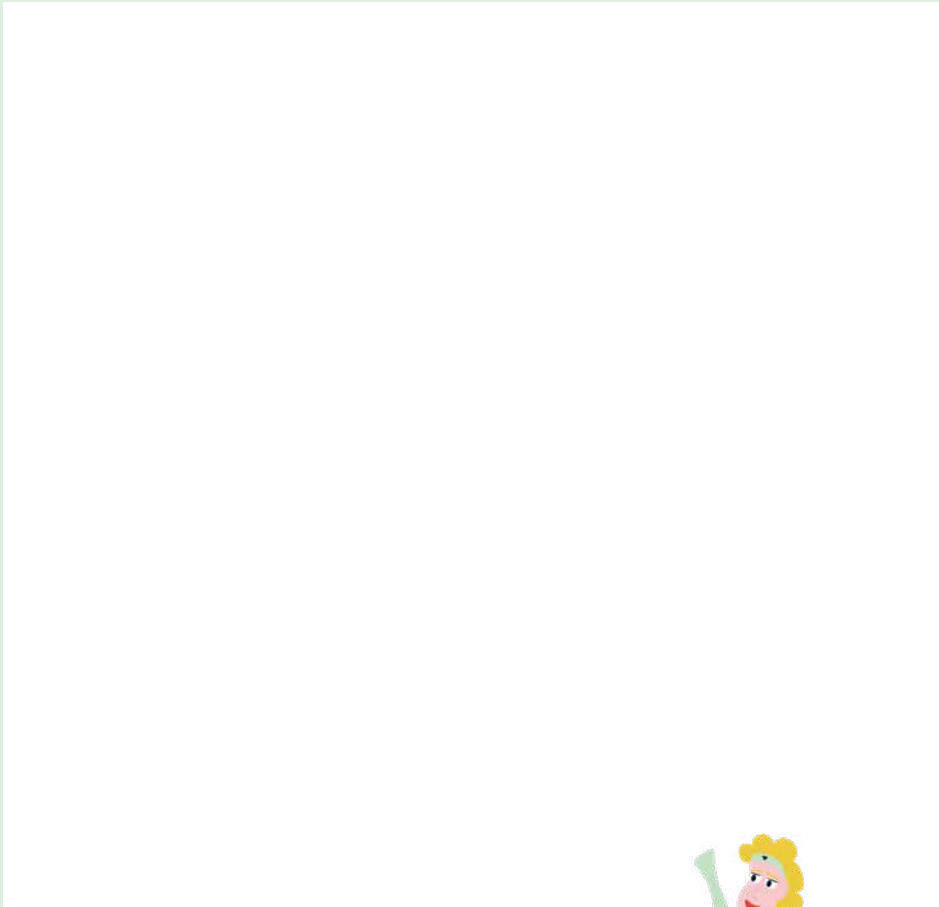
C	R	E	A	T	E	L	E	A	D	U	P
R	A	M	A	U	S	M	G	R	I	S	E
E	D	A	D	H	G	U	A	L	E	O	E
H	V	E	E	V	E	I	L	E	B	D	E
T	E	R	O	L	E	R	O	L	P	X	E
E	N	D	D	I	T	I	T	A	F	S	C
G	T	R	T	N	G	A	E	E	N	Y	Y
O	U	M	L	G	E	P	A	M	S	R	E
T	R	E	E	E	N	Y	M	E	E	T	T
P	E	U	M	P	A	N	A	C	N	O	E
P	R	A	C	T	I	C	E	L	T	A	L
K	R	I	S	K	E	U	A	E	P	A	C
H	K	I	N	D	N	E	S	S	S	Y	E
F	U	T	U	R	E	A	E	A	U	A	S

BELIEVE
EXPLORE
PRACTICE
RISE
TRY
PLAY
FUTURE
TEAM
LAUGH
CREATE
ADVENTURE
DREAM
LEAD
TOGETHER
CAN
RISK
KINDNESS
YET

Find the answers on page 31

These are my thoughts

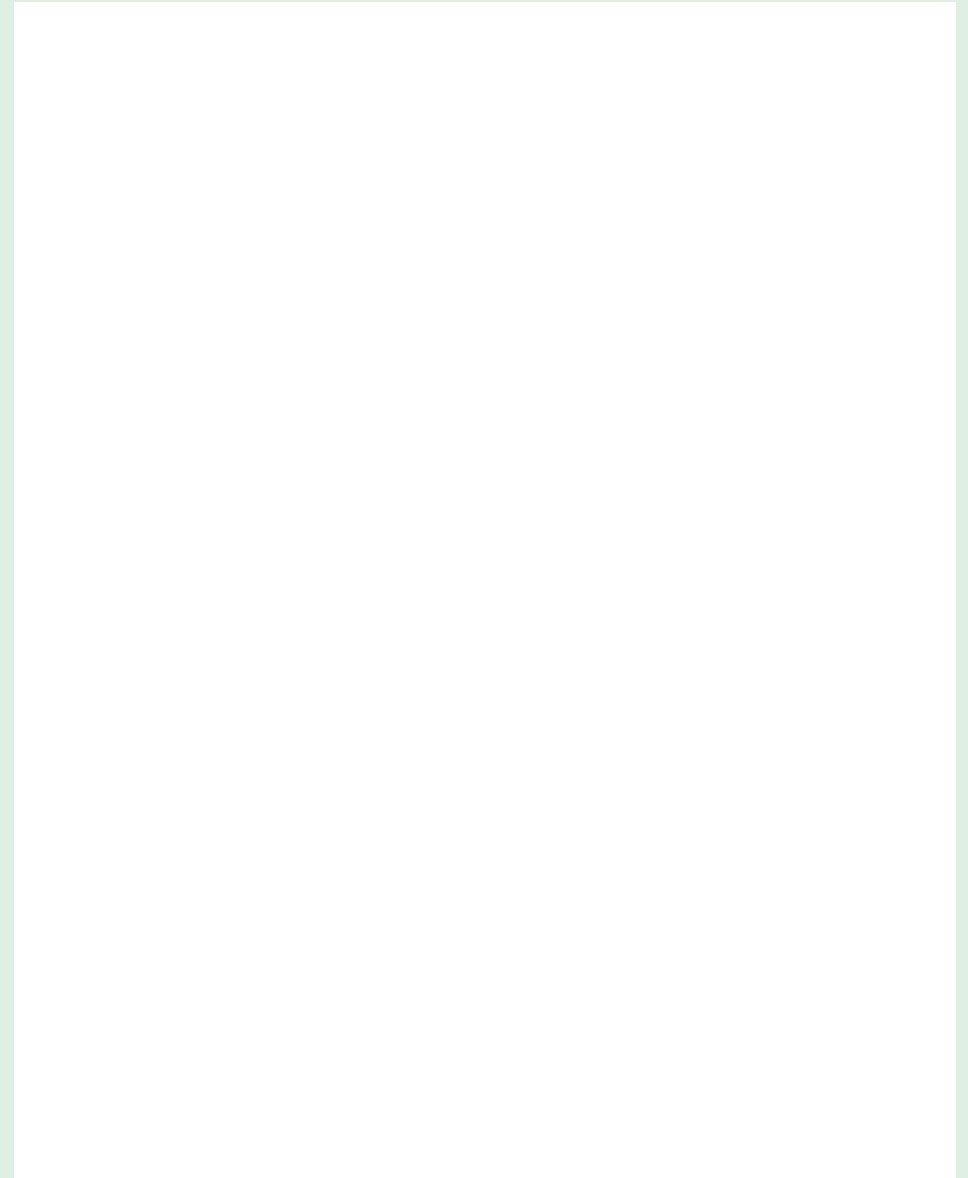
A place for my words, questions, doodles and inventions



She needed a hero
so that's what she became

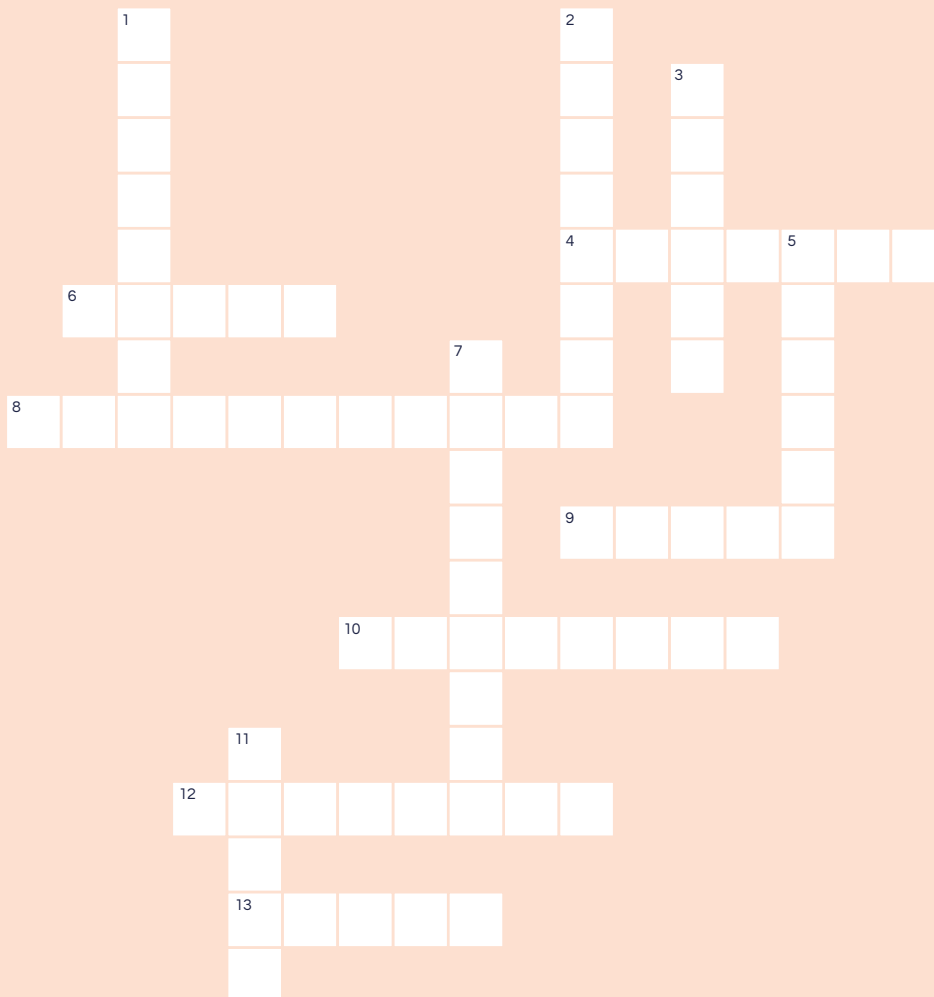


...and dreams



These are inspirational

Using the clues, can you fill in the crossword? For those you've not heard of before why not look them up. We can learn so much from the women who came before us.



Find the answers on page 31

Across

4. In 1928 this American aviator became the first woman to fly solo across the Atlantic.
6. Polish-French physicist famous for her pioneering research into radioactivity. Also, the first ever female winner of the Nobel Prize (which she won twice).
8. Born in Italy in 1820, this amazing woman fought all odds to become a war-hero nurse. On returning to London she went on to improve healthcare all over the world.
9. Arguably the most recognisable person in the world. She was 25 when she started her job, and carried on doing it for over 70 years, until her death in 2022.
10. 19 year old Swedish environmental activist, known for challenging world leaders to take immediate action for climate change.
12. A ground-breaking computer scientist whose coding got 'man' on the moon. At 33 she was appointed to lead the development of the on-board Light software for NASA's Apollo Moon programme.
13. This painter from Mexico became world famous for her many portraits. Her 1938 self-portrait, titled "The Frame," was the first work by a 20th-century Mexican artist to ever be featured in the Louvre.

Down

1. A US lawyer, judge and Associate Justice of the Supreme Court from 1993 to 2020, this woman was a champion for causes including financial equality for women, equality in education, LGBTQ+ rights, civil rights for immigrants and rights for people with disabilities.
2. First Lady from 2009 to 2017
3. An American Olympic swimmer who was the first woman ever to swim across the English Channel in 1926. She also beat the record set by the previous male channel swimmers.
5. Novelist born in 1775. She started writing as a teenager and is famous for 6 major novels which she wrote during her relatively short life.
7. Founding member of the Suffragettes this person fought incredibly hard to get women the right to vote in the UK. During World War One she encouraged many women to take on jobs that men had previously done.
11. This seamstress from Alabama became one of the central figures in the civil rights movement in the US in 1955, when she refused to give up her seat on a bus so a white man could sit down.



Of these women, _____ inspires me
because _____.

This is my body

This is my period life

Whether you've started your period or not it's great to learn more about your cycle and celebrate your period.



How to use the monthly tracker chart in this booklet:

The first full day of bleeding is Day 1 of your menstrual cycle, otherwise known as the start of your Winter phase.

On your tracker chart, write the month at the top of the page, today's date in the box under "Day 1", and then input all the dates that follow around the chart. The droplets should be coloured in according to your flow each day; and lastly, write any word to describe how you are feeling in the space provided in the centre of the chart.



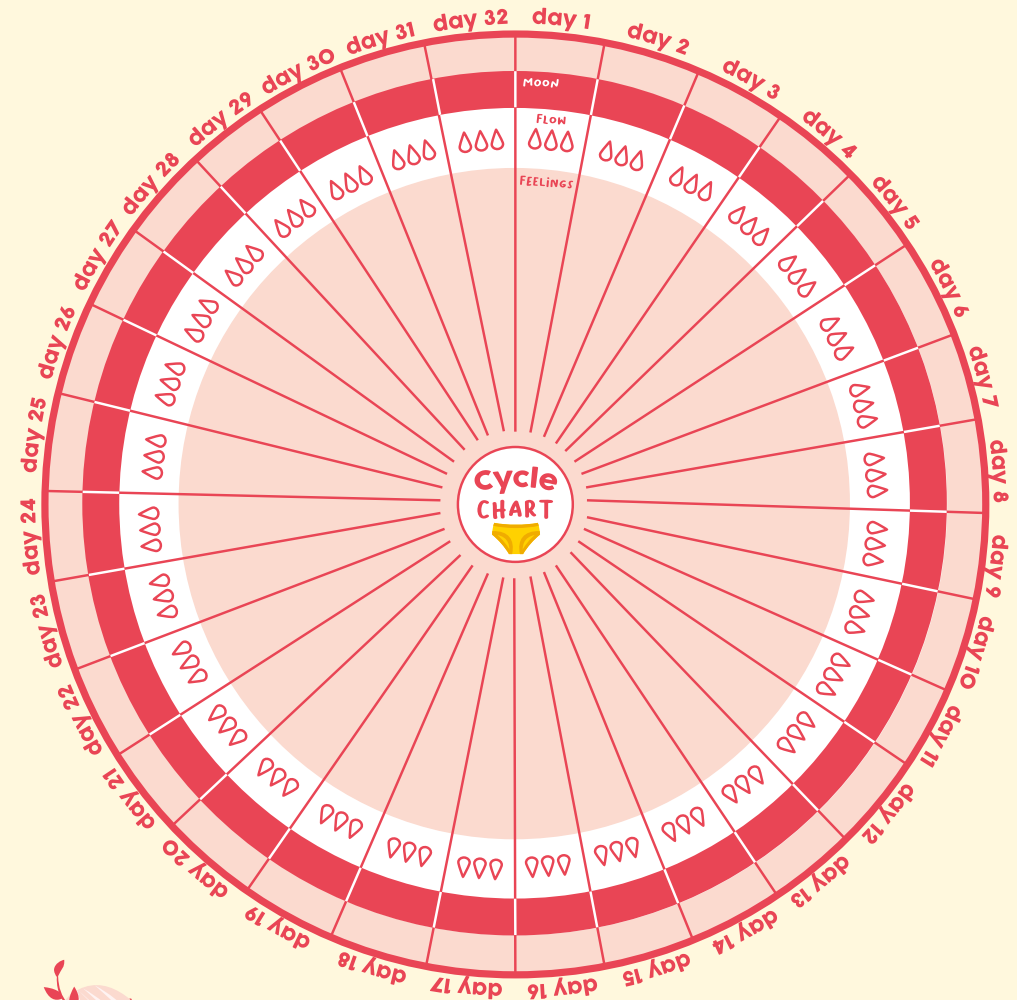
Using a lunar calendar, you can also track your menstrual cycle alongside the cycle of the moon!
How in sync are you?



This chart is taken from *This Period in My Life*, a period guide book and journal for teens and tweens. Did you know that in our lifetime we will have between 400 and 500 monthly bleeds?! That surely deserves a book! 15 illustrated chapters dedicated to empowering you to manage your menstrual cycle with confidence and courage.

Available from www.saskiaboujo.com, use Festival of The Girl discount code: TEENS15 for 15% off your order.

MONTH: _____



These are my thoughts

The year is 1777. The streets of Georgian London can be dangerous. Lizzie Sancho and Dido Belle live very different lives. Lizzie works at her family's buzzing Westminster tea shop, while Belle leads a quieter life at majestic Kenwood House. Their worlds collide when disaster strikes at the Theatre Royal Drury Lane and Lizzie's father's life is put under threat.

JT Williams' book *The Lizzie and Belle Mysteries: Drama and Danger* tells the story of two amazing girls who come together to solve a mystery. Brilliant in their own unique and individual ways, they each have sparkling personalities and special skills to help them form the perfect sleuthing partnership!

Now it's time for you to become a detective in your own mystery story. Start by thinking about YOU and the special SKILLS you can bring to solving a CASE!

----- CASE NOTES -----

Case notes for:

Identity: _____
(what makes YOU who you are)

Observed behaviours: _____
(what are your special skills?)

Top tips for sleuthing: _____
(how will you use these?)

Motive: _____
(what matters to you?)

Mission: _____
(what is your goal in life?)

This is my story

In *The Lizzie and Belle Mysteries*, Lizzie and Belle become 'Agents of history, Partners in Mystery, Sisters in Solving Crime'. What skills and qualities would you look for in a detective partner?

Now it's time to write your own detective story

The Mystery - what has happened?

The Suspects - who might have committed the crime?

The Culprit - who really did commit the crime?

The Method - how did they do it?

The Motive - why did they do it?

The Investigation - how will you and your detective partner solve the mystery?

Remember to use your special skills!

This is Stacey Copeland

Champion Boxer, Activist and Radio presenter

How and when did you first know you wanted to be a boxer?

I just loved the gym from the first time I went in, so I was about 6 or 7 then. The hard work, the social side of it, going to the boxing shows and being behind the scenes in the changing rooms. I just absolutely loved it.

I would probably say I just always assumed that I would be a boxer, because it's what I was doing three nights a week in the gym with my friends. It's more when I found out I couldn't be a boxer, and that was when I was 11. Me and my group of boy mates (they were all boys in the gym) went to my grandad and said 'we're ready to box' and that was when he told me it was illegal for women. So really for me it was more poignant in terms of when I found out that I couldn't be a boxer more than when I knew I wanted to be.

What's the best thing about boxing?

I think the best thing about boxing is the best thing about all sports, it's what it gives you as an individual. So, purpose, goals...it teaches you how to overcome things and helps you apply what you learn in sport into life. And then of course the enormous highs of it... winning is just an incredible feeling. And to set a big goal like a World or European Championship and actually achieve that. The personal challenge of seeing how good you can be!

But the best thing about it beyond just yourself is the friends that you make; the mentors that you meet along the way in terms of great coaches that help you, or team mates.

Overall the best thing about it is how it can have a positive impact on people. I really believe that sport is one of the most powerful things

on the planet for positive change and I think boxing, like other sports, can change individuals' lives and can also help communities.

What advice would you give to girls who want to get into boxing (but might be afraid to try)?

You can look at some YouTube videos and learn the basics privately at home first, or perhaps take a friend with you, or see if there's a girls only session. I can't say exactly what to do because I don't know what

each person is afraid of, so what I would say is be honest and write down what your fears are and then find a way around that. Really the key is to get a good positive environment, whether you're a boy or a girl. Look for coaches that care about all the boxers and who create a positive environment, and then you have the best possible chance of enjoying any sport.

What's your #futuregirlpledge?

My #futuregirlpledge is to continue the work that I'm doing in terms of public speaking and trying to change hearts and minds through sharing my story. I want to continue to be an advocate for girls and women in sports and encourage others, and also to celebrate the males that are part of that journey as well. And I want us to launch Pave The Way; we are now an official charity, but I want us to launch start the next phase of work challenging gender stereotypes for boys, girls, men and women.

Thank you Stacey for talking to Festival of The Girl!

For more on Pave The Way see www.stacey-copeland.co.uk



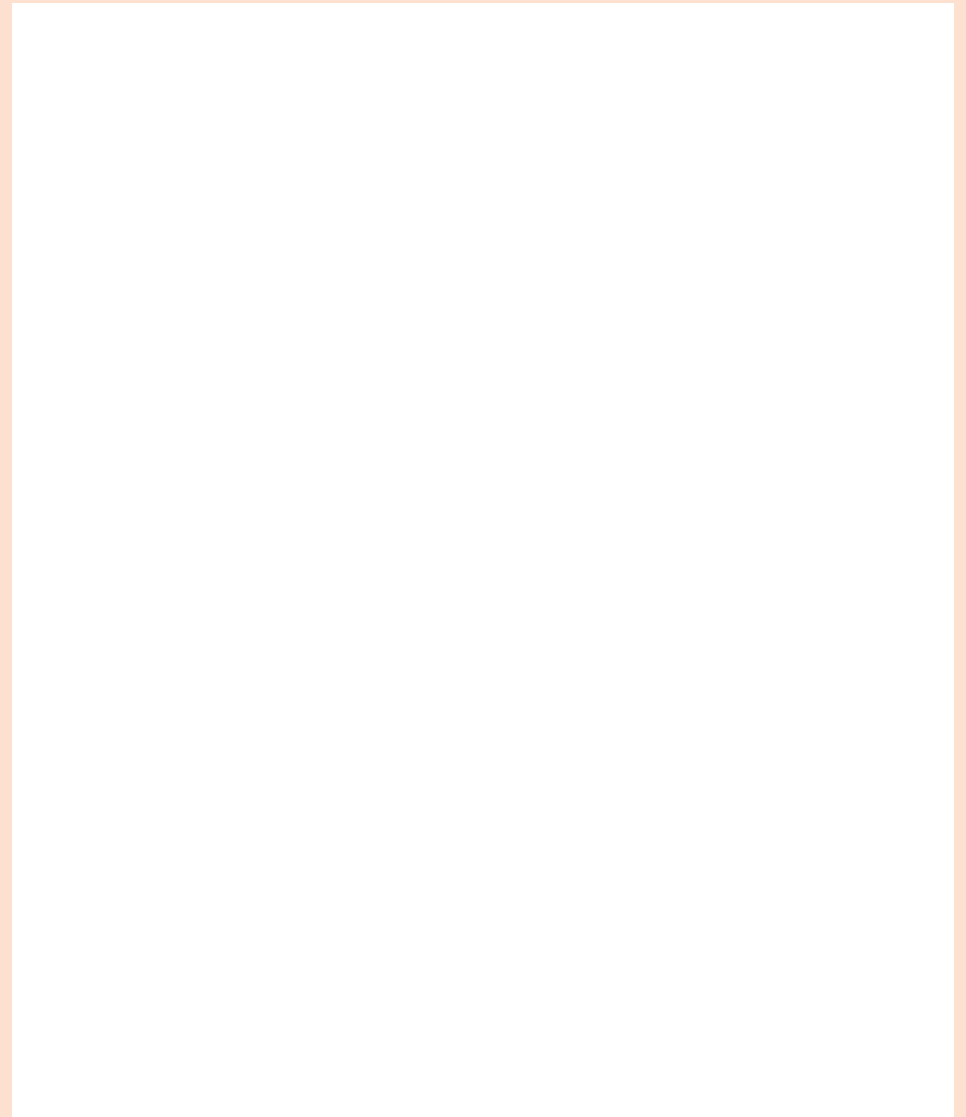
This is my creativity

Colour me in!

Thank you to Maggie Roman who created this inspiring illustration for Festival of The Girl, especially for you.



Draw yourself doing your favourite activity





and

Taylor Wimpey

Dream House Model Competition

Competition Prizes are:

1st Prize = £100 Amazon Online Voucher

2nd Prize = £50 Amazon Online Voucher

3rd Prize = £25 Amazon Online Voucher

Please send your entry to: TWOOptions@taylorwimpey.com

Closing date of the competition is Monday 31st October 2022.

Rules:

Your dream model design can be made out of any material you want to use as long as the following are included in your model:

- Walls
- Roof
- Windows
- Front door

Your model is up to you, let your imagination go wild!

Taylor Wimpey



You can take photographs or a short video to show off your model and to explain your design. Don't forget to include your name and age in your email when you send us your submission.

Please could we ask for photographs to be in a JPG format & Video in MP4. Thank you!

This is Cleo Collins

a No.2 mechanic for Alpine F1 Team

Please tell us your name and what you're passionate about.

My name is Cleo Collins and I have always been incredibly passionate about the automotive and motorsport industry from a young age.

What is the job role that you currently have?

My current job role is a No.2 mechanic for Alpine F1 Team.

How did you get into mechanics?

Initially it started with having my own track car that I used to work on at home by maintaining and upgrading it. I really enjoyed being hands on and the challenge of figuring out how to fix my car and from here, it lead me into learning more about motorsport and realising that there were mechanics roles to work on race cars. I knew I would never be able to get a job without any prior experience, which led me to volunteering with a race team to understand the dynamics of how a team works, about the cars and the challenges it brought.

What do you love most about being a mechanic?

The team comradeship! Everyone has to work together and we work some very late nights and into the early mornings. Without having a good relationship with your colleagues it would make the long days very difficult. It makes the podium finishes worth it!!



This is Cleo

What advice would you give the girls of Festival of The Girl who want to be motorsport mechanics?

Learning about the basics of a car is a great way to start and we're very fortunate to have a wide variety of motorsport teams including F1 teams here in the UK. Motorsport can lead into many different roles, and it's very rewarding to progress through even from a young age.

At Festival of the girl we believe the future is hers. What's your biggest wish for your future self?

My biggest wish for my future self is to stay continually challenged and progress into the Formula One industry. Where that could lead me to, I'm still unsure! But I enjoy the journey ahead each and every day.

Thank you so much for speaking with Festival of The Girl and for joining us on Sunday 9th October.

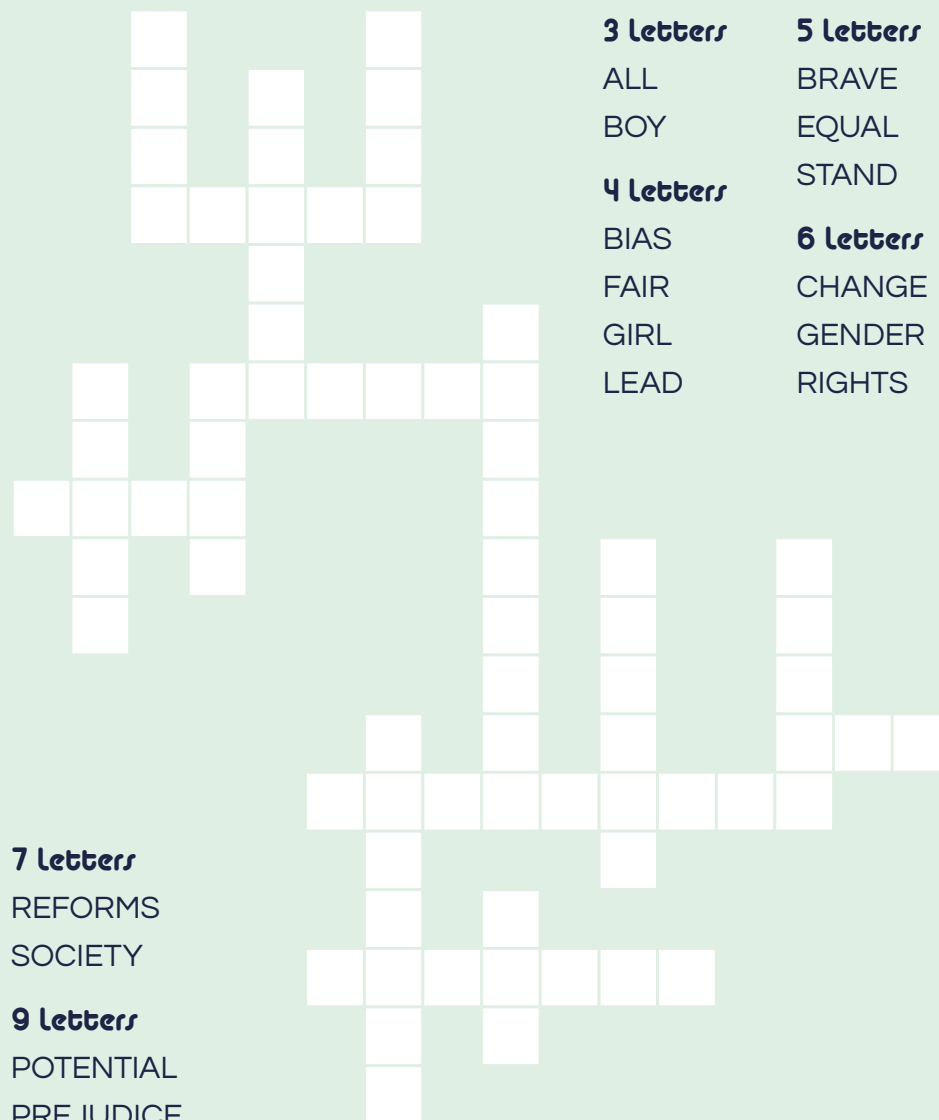
Fun and Games

Can you spot the 8 differences between the Festival of The Girl galaxies?



Find the answers on page 31

All these words fit in the grid. Can you work out where each word goes to complete it?








Find the answers on page 31

This is the past

This year, inspired by you, we created the #FutureGirlPledge campaign. But how can we pledge for the future without learning about the past?

Can you draw a line from each event to the date you think it happened? And when you've finished take a moment to ask yourself how you feel, whether that's feeling shocked and frustrated or inspired and impassioned. Maybe you'd like to share these events in 'her'story with your friends.

1. FIRST WOMAN PRIME MINISTER 	2. WOMEN CAN VOTE 	3. A 200 YEAR BAN ON WOMEN WEARING TROUSERS WAS OVERTURNED 	4. UN DECLARES 11TH OCT AS INTERNATIONAL DAY OF THE GIRL 	5. MEN & WOMEN HAVE EQUAL PAY 
---	--	---	---	---




1918	1979	2011	2013	2227
------	------	------	------	------

Find the answers on page 31




This is the present

Before writing a #FutureGirlPledge we want to share with you some statistics from the present. Can you draw a line from the statement to the correct statistic or number below.

We believe it's important to understand where we are in the present to not only see how far we've come but to see how far we still need to work and to know that together we can do it!

129,000,000 	9868% 	37% 
--	--	--

1. The amount of professional chefs that are women
2. The amount of major film characters that are women
3. The difference between salaries from Premier League (men footballers) and Super League (women footballers)
4. How many girls around the world are out of school
5. The amount of engineering apprentices that are women

17% 	14% 	3% 
--	--	---

Find the answers on page 31

This is my pledge

Before creating your pledge (if you haven't done so already) we invite you to 'be curious' and use some of the questions below to interview a family member, friend or teacher. The answers might help you to build what you want your pledge to be.

Then get pledging by writing/drawing our pledge on the next page. Make sure to share this pledge with us (either by email or via social media) before the end of October so we can make sure to include it in our 2022 Festival of The Girl time capsule book. A book that we can look back on to see all we were doing to create a more equal world.

What's the biggest barrier to gender equality?

What do you wish was different from when you were growing up?

What do girls and boys need to see more of, or less of, so they can grow up more equal?

How should society influence girls and boys differently in the future?

This is my #FUTUREGIRLPLEDGE

Pledges already made:

- I pledge to be a builder when I grow up
- I pledge to lobby my MP on gender issues
- I pledge to never say, 'I can't' and always say, 'I can't yet'
- I pledge to become more involved in STEM activities, especially at school
- I pledge to start small by changing things in my school, and then go bigger by changing things in my environment
- I pledge to make the most of school so I can help others



This is yummy

This is the perfect afternoon activity with friends and family so why not get baking. And if you want Priya to talk you through it then head over to our Festival of The Girl YouTube channel, the 2022 playlist.



Double Chocolate Muffins

(Makes 8 - 10)

- 200g Plain Flour
- 30g Cocoa Powder
- 1 tbsp Baking Powder
- 100g Caster Sugar
- 30g Brown Sugar
- 180g Chocolate Chips
- 2 Eggs
- 100ml Vegetable Oil
- 200ml Milk
- 1 tsp Vanilla

1. Put dry ingredients into a bowl
2. Add milk, oil, eggs and 2/3 of the chocolate chips
3. Mix just until you have no dry flour visible (scrap the bottom of the bowl to be sure)
4. Divide between the paper cases and top with remaining chocolate chips
5. Bake in a preheated oven for 20-25 minutes on 190°C turning half way if you can
6. Leave to cool on a cooking rack



These are the answers

No cheating!!!

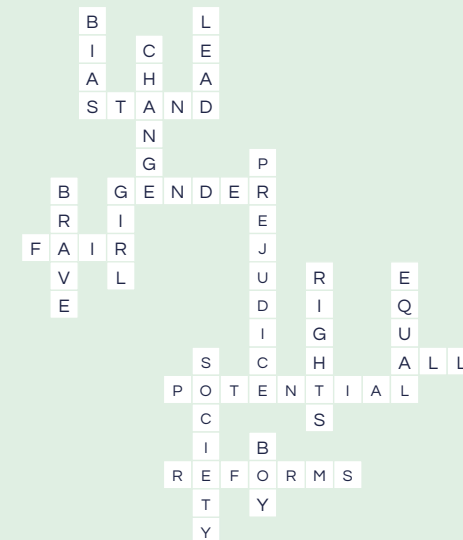
'I can' Wordsearch



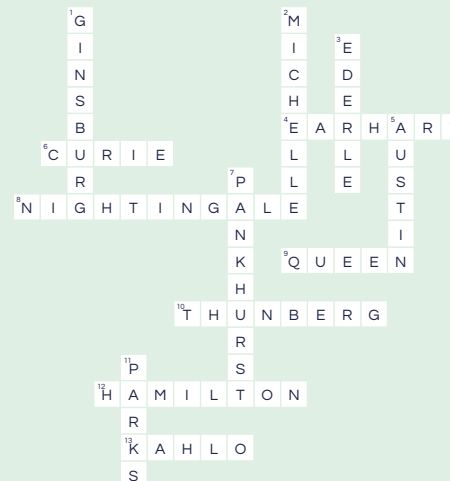
Spot the difference



Fun and games



These are inspirational



Past

1. 1979
2. 1918
3. 2013
4. 2011
5. 2227

Present

1. 14%
2. 17%
3. 37%
4. 9868%
5. 129,000000
6. 3%

Thank you so much for taking part in



Please get in touch to share any of your incredible discoveries and creations or to let us know what you'd like to see at next year's festival
info@festivalofthegirl.com

A special thank you to our wonderful sponsors:

Travis Perkins plc

HITACHI
Inspire the Next

**Taylor
Wimpey**

Cappfinity

This is my voice

Can you help? Support child refugees to reunite with their families & reach safety in the UK.

No Afghan Left Behind

Last year, Afghanistan became a very dangerous place to live, especially for women and girls. Families were forced to flee their homes to try and reach safety. Some families were separated along the way.

Sadly, some children have no choice but to risk dangerous journeys alone to reach their loved ones. It is very difficult for families to reunite safely.

The Government must help Afghan refugees to reach the UK and be with their families.

Make your voice heard!

Write to your Member of Parliament (MP) using our template letter. As your MP, it is their job to listen to your concerns and make your ideas heard.

Visit the website <https://members.parliament.uk/FindYourMP> and type in your postcode. This will show you the name of your MP and their address.

Tell your MP why this issue matters to you!

Add your own words to say why you think it is important that Afghan children and families can reach safety and loved ones in the UK.

Get creative!

Colour in the illustration on the back page. This illustration was drawn by one of the amazing Safe Passage Young Leaders.

Put your letter in an envelope, write your MP's address and pop on a stamp. Then put it in the post box - good luck!

My name is _____. I am worried about children fleeing Afghanistan, who are living in danger and are separated from their families. They need a chance to rebuild their lives in safety and with their loved ones.

Will you stand up for Afghan refugees?

- Make sure the safe routes to the UK for Afghan refugees are fair and fast
- Fix family reunion so Afghan families can be together again
- Welcome Afghan refugees to the UK

Best wishes,

[illegible]

This is to send

