

FESTIVAL — OF — THE GIRL 2023



This book belongs to

Welcome to



Hello,

Happy International Day of The Girl and welcome to Festival of The Girl, a festival created just for you.

This activity book is a place for you to think your inspiring thoughts, create your exciting inventions and share your unique dreams. This is a place for you to realise just how amazing you are.

You are the inspiration behind all we do at Festival of The Girl. Thank you for being you.

Love,

Abi, Jen and Laura x

Festival of The Girl Founders



PS. If you can't join us in person this year, why not create your own Festival of The Girl at home!

Brave

Kind

Inspire

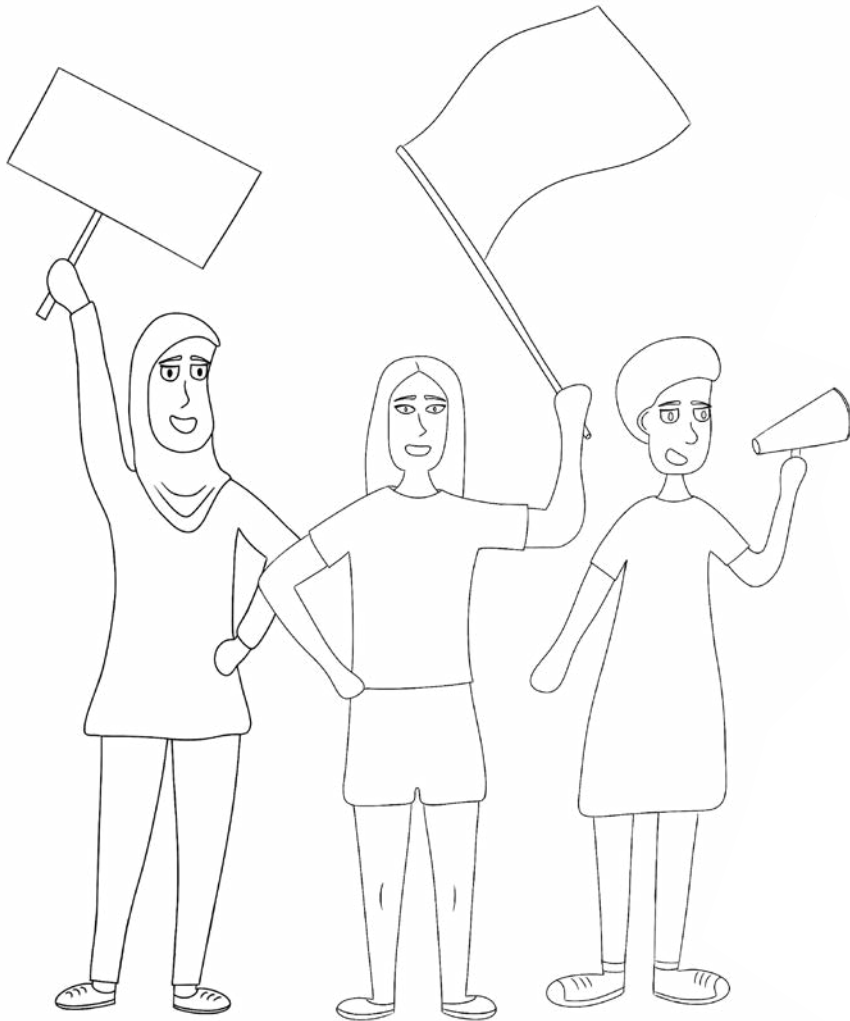
Create

10 tips for your own Festival of The Girl at home

1. Choose location / time – your house, garden, park or community centre would all be super. Two or three hours would be ideal.
2. Write invites to your friends about what you're up to and why you'd love them to come.
3. How about adding a fancy dress theme for fun?
4. Create lanyards to make it like a real festival! All you need is paper and pens. Use our logo or make up your own.
5. Decorate with beanbags and fairy lights – whatever you like! Create your own inspiring bunting by decorating triangles and stringing them up with some ribbon.
6. Make a playlist to dance to with your friends. We love Girl on Fire by Alicia Keys. What do you love?
7. Why not decorate an old headband or make a paper crown and cover it with flowers, cut-out pictures, or glitter. This could be the first activity you do when your friends arrive.
8. Check out Festival of The Girl's YouTube channel and pick an activity to do with your friends – there's everything from rockets to football.
9. Festival food is often inspired from the street markets around the world, could you make something your friends have never tried before?
10. Make and share a pledge – at the end of your festival, talk about the things you can do to lessen the impact of gender stereotypes. Create your #futuregirlpledges by writing or drawing them on page 33. If your grown-ups are happy to, ask them to share pics of your festival and the pledges with us @festivalofthegirl

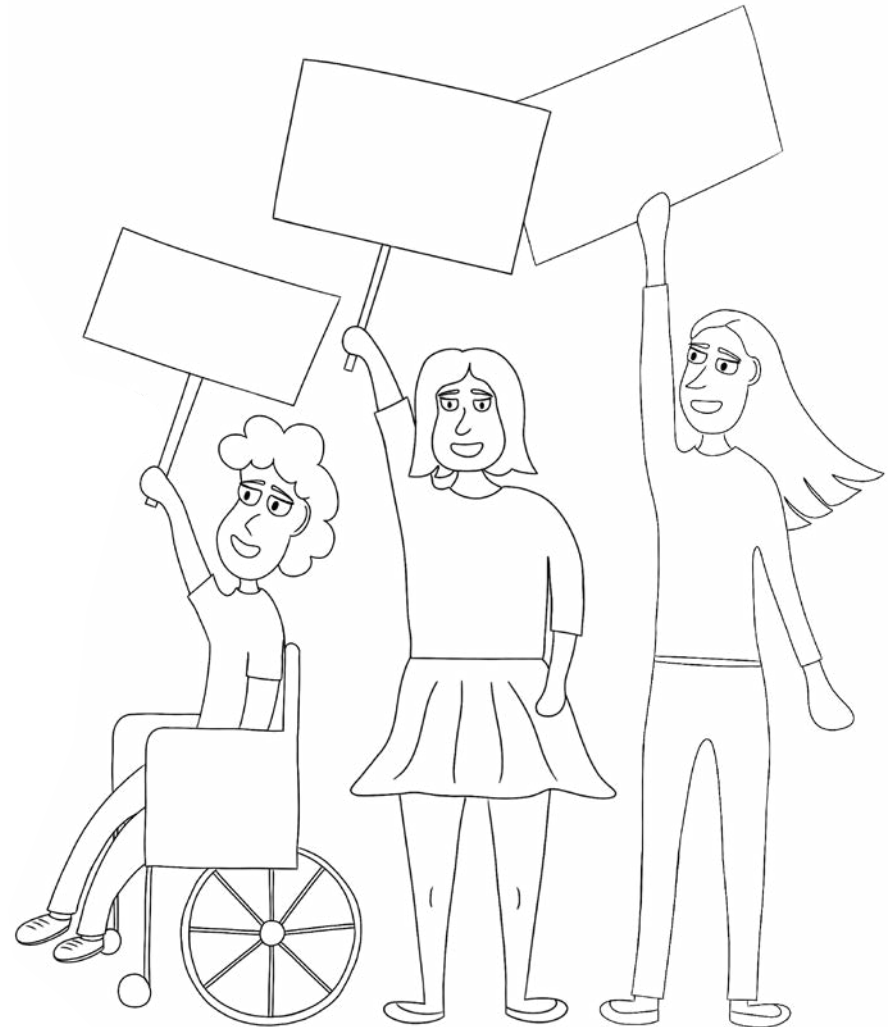
Colour for change

Is there something you feel passionately about at home, at school or within your community? Maybe it's something you don't feel is fair and it needs to change.



Colour for choice

Why not colour these protest girls and write on their protest banners what you think needs to be said. We would love to see what you create. You have a strong voice and we want to hear it!



10 money lessons all girls should know!

1. You control your money, your money does not control you. Make a list of what you want to use your money for to help you stay on track.
2. It's not how much you make, but how much you keep that counts. If you spend all your money as soon as you get it you're back to square 1!
3. You are worth more than the money you have in the bank.
4. There's no better money than money you've earned yourself. Financial independence is a great goal!
5. Never forget to save for a rainy day.
6. Whenever you get some money, (perhaps as a present, for doing well at school, or for doing odd jobs at home), always remember to save some as well as spend some.
7. It's ok to make different money decisions to your friends, you don't have to like the same things.
8. Not everything you see on social media deserves your attention or your cash. Always speak to a grown up if you are ever asked for financial information online or are being encouraged to use your money irresponsibly. If it looks too good to be true, it probably is.
9. Cut your cloth according to your size – never spend any more than you can afford.
10. Cash is Queen and so are you! Always remember that you are smart, money-savvy and responsible. You have everything you need to learn how to manage your money well.

Write or draw what you like to spend money on...



Davinia is the author of CASH IS QUEEN: a girl's guide to spending, securing and stashing cash. She is a mum of two daughters and is on a mission to help women and girls learn how to manage their money and live happy, abundant lives.

To buy your copy of Cash is Queen visit:
<https://www.rainchq.com/cash-is-queen>



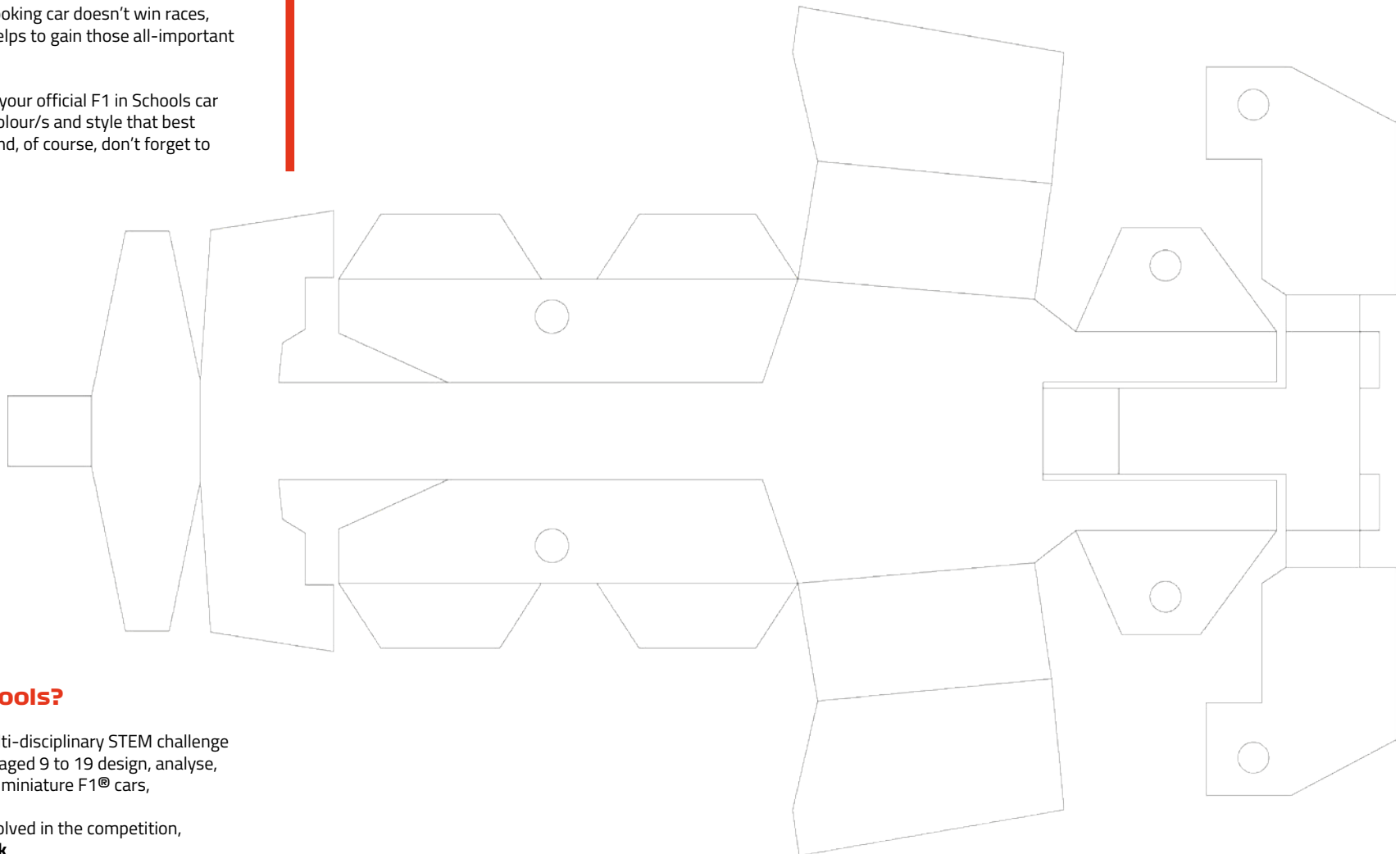
DESIGN YOUR OWN F1® IN SCHOOLS LIVERY



**Branding is everything in F1 in Schools.
Making your car stand out from the crowd
is important for both attracting sponsors
and creating a unique identity for your team.**

So, whilst having the best looking car doesn't win races, it certainly wins fans, and helps to gain those all-important sponsorship deals!

Use this template to create your official F1 in Schools car livery - thinking about the colour/s and style that best reflect your team's brand, and, of course, don't forget to include your sponsor(s).



What is F1 in Schools?

F1 in Schools is a global multi-disciplinary STEM challenge in which teams of students aged 9 to 19 design, analyse, manufacture, test, and race miniature F1® cars,

To find out how can get involved in the competition, visit www.f1inschools.co.uk

Equality at home

Did you know you can help create a more equal world starting at home? Answer the below questions and chat to your adult at home about how they make you feel. Do you think someone should be treated differently just because they are a girl or a boy?

Ask yourself the below...

Do you do any chores at home?

Are chores fun?

Are boys and girls both good at doing chores?

Can you think of 'girl chores' and 'boy chores'?

Do you think it is a good idea to have 'girl chores' and 'boy chores'?

Do girls and boys do the same amount of chores?

Do you think girls and boys are expected to do the same amount of chores?

Yes No

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

FAIRSHARE

Fairshare was founded by Rachel Drapper, a Harvard Business School MBA graduate. She has a First-Class Egyptology degree from the University of Oxford and was a Fulbright Scholar at Harvard. She is a part time researcher at Harvard Business School and is co-authoring an academic paper on how couples negotiated chores and childcare during COVID.



Did you know?

Girls and women in every country in the world do more chores than boys and men. On average, they do three times as much. They also do more 'invisible labour' which is the thinking, planning and organising for homes and families.

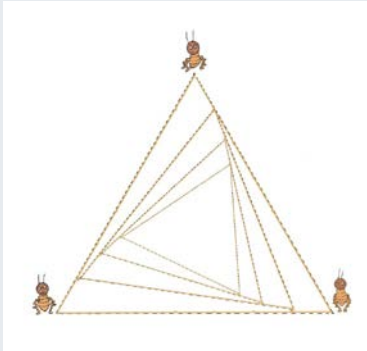
'Invisible work' word search

APPOINTMENTS	EMOTIONS	MANAGING	PLAYDATES
BIRTHDAYS	GIFTS	MENTAL LOAD	PREPARING
CALENDAR	GROWING	ORGANISING	REMEMBERING
CARING	HOSTING	PACKING	SCHEDULING
EFFORT	INVISIBLE	PLANNING	WORK

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

Find the answers on page 34

Maths on toast



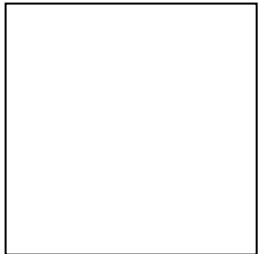
Imagine 3 bugs each stood at a corner of the beach. They begin walking, at the same speed, towards the bug on their left. Their tracks will make curves in the sand.

These are called 'Curves of Pursuit'!

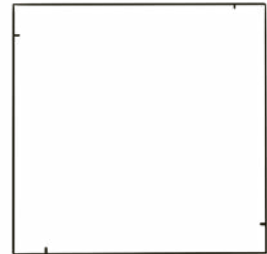
You can use this idea to make some interesting artwork – using just a pencil, ruler and some simple shapes.



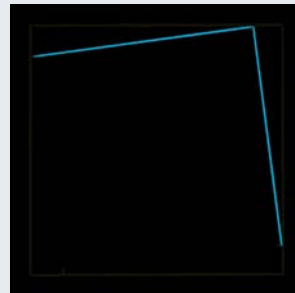
A polygon is a closed flat shape with straight sides. A regular polygon has equal sides and equal angles, like a square or hexagon.



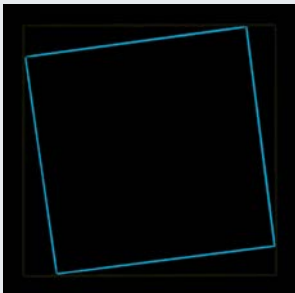
1. Draw a regular polygon.



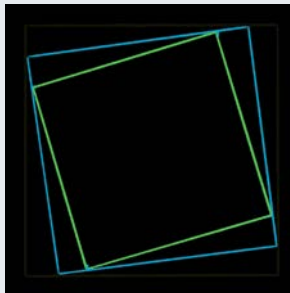
2. Measure and make four small marks the same distance in from each side.



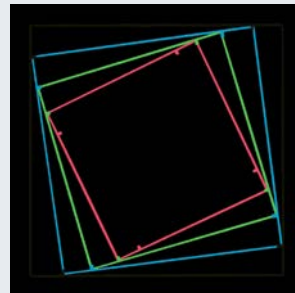
3. Use a ruler to join the small marks up...



4. ...to make a smaller polygon inside the larger one.



5. Repeat the steps .



6. Decorate and colour your design.

Why is this maths?

You'll be finding out what happens when one point moves towards another moving point and exploring how patterns change when you change the number of points or the speed, and therefore the distance between points. It's also a great way to practice your measuring and line drawing skills!



Try making your own 'Curves of Pursuit' artwork below!





Dr Susan

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

My name is Susan Alexander.

I feel passionate about fairness and freedom. Fairness in terms of being given equal opportunities and freedom to make the choices you want to in life. Life goes by quickly so its important to make the most out of every day. Take the opportunity to experience new things and meet new people. I also feel passionate about helping people to live a better life.

What is the job role you currently have?

I am a shoulder surgeon working in London.

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

I first knew that I wanted to be a surgeon when I was at medical school. When you train as a doctor, you have the chance to

experience all the different specialities. I found surgery exciting, because I like working with my hands and fixing things. At that time not many women went into surgery, so I was not sure that I would be allowed in. There were many obstacles that I had to overcome, but I was determined about my goal and I worked towards it every day little by little. I eventually got there.

What do you love most about the work you do?

I love taking a patient along the journey from having a problem to being able to offer them a solution and getting them out of pain, and back to doing the things they love.

The work is always interesting because no two shoulders are the same. Even if the shoulder problem is similar, such as a dislocated shoulder, it affects people differently. The skill is in trying to figure out the right treatment for the right patient at the right time. I treat the patient as a whole, not just a body part. The best bit of the day is when a patient is at the end of their treatment and they thank you with a big smile on their face and you know that you have made a difference.

What advice would you give to girls who want to become surgeons?

If you are thinking about surgery, start planning early.

The first hurdle you need to get over is to get into medical school.

Find out what the requirements are for entry into medical school and put your effort into those subjects, and any other tests you might need to pass to get admission.

Find out about the UCAS form and try to get hold of some successful applications to get some ideas of what will make you stand out. Most students leave this until Year 13 or the sixth form, but if you consider this earlier, it gives you the chance to be strategic and look for tasks that will make you stand out in a competitive process.

Try and find opportunities to get some experience in a healthcare setting. Every little bit will help you get an idea if you really do want to do this.

ALL THINGS DIGITAL

Digital Convergence



When you went online to access **G4T Connect**, you were using technology.

But what is **technology** anyway?

Take a look at the images below. Which of them are **technology**?



Technology
the use of science
to invent useful
things or solve
problems

Good news! There are no wrong choices, they are all **technology**!

The technologies above help us listen to music, take photos or make payments. But technology is always changing.

Look at the photos again, Now use the chart below to place them in order from the oldest to the newest, or the least technologically advanced to the most technologically advanced.

★ And here's a clue! You will need to use one item three times!

TECHNOLOGY	LEAST ADVANCED → → → MOST ADVANCED			
For listening to music				
For making a payment				
For taking photos				

How did you do?

Music technologies went from record → cassette tape → CD → smart phone.

Photo technology went from tripod → 35 mm camera → digital camera → smart phone

Payment technologies went from cash → check → credit card → smart phone!

Innovation
a new idea,
process or device
that brings value
to people's lives

So why did these changes happen? The word is **innovation**.

Innovations can make technology work better, faster or just more easily.

But wait a minute. Why did you list the smart phone three times?
Because the smart phone helps us listen to music, take photos and make payments.



How many different things can you do with a smart phone? List them here.

ALL THINGS DIGITAL

Binary Code

In fact, it can do even more than that.

Innovations make it possible for all of these functions to **converge**, or come together, in one digital device.

We call this **digital convergence**.

But how do so many technologies fit inside one device?

Phones, tablets and computers all speak the same digital language.

This language lets the translate all kinds of signals – voice, video, music, text – into digits or numbers.

This language can be sent to other devices that reassemble the digits into the original signal.

This digital language is called **binary code**. Binary means involving two things.

Binary code uses two numbers – 0 and 1.

At the most basic level, a computer sees everything as an electrical signal that is either **off** or on – **0** or **1**.

Now try putting your own name into Binary Code!

0100111010
1000100011
1101000011
0101110010
0101000101
1111010101
011 010011
1010100010
0011110100
0011010111
0010010100
0101111101
0101011 01

	Binary Code		Binary Code		Binary Code		Binary Code
A	01000001	H	01001000	O	01001111	V	01010110
B	01000010	I	01001001	P	01010000	W	01010111
C	01000011	J	01001010	Q	01010001	X	01011000
D	01000100	K	01001011	R	01010010	Y	01011001
E	01000101	L	01001100	S	01010011	Z	01011010
F	01000110	M	01001101	T	01010100		
G	01000111	N	01001110	U	01010101		

Hello, my name is

ALL THINGS DIGITAL

Biometrics

Digital technology lets you do all kinds of things on your phone, including pay for things.

But it's important that only you are able to do that.

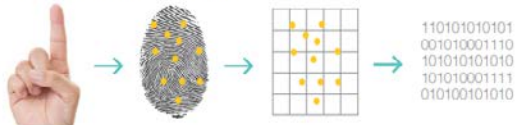
There needs to be a way to **authenticate** you—to make sure that you are YOU!

What are some things about you that are unique to only you?

Write or draw them here.

Authenticate
to prove
something to be
true or genuine,
to verify a user's
identity

If you said, your fingerprint, you are correct!

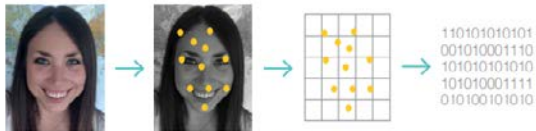


This is called **biometrics**.

The fingerprint becomes a set of data points.

These get digitized into binary code, which translates into a kind of password.

The measurements of your face—a selfie—can also be used.



Biometrics
the measurement
of unique
characteristics,
especially to
identify personal
identity

Information unique to you is digitized and used to **authenticate** that you are you!

What digital technologies will you innovate in the future?

You are a Girls4Tech Design Engineer!



Certificate of Achievement

Congratulations!

You are a certified

girls4tech
DESIGN ENGINEER

Michael Miebach
CEO, Mastercard

Susan Warner
Founder, Girls4Tech

Gender equality quiz

From Lifting Limits

Put your knowledge to the test and share what you learn with your friends and family. The more we know the more we can create change.

CHILDREN'S QUIZ
QUESTION 1

A. 85 million
B. 100 million
C. 132 million
D. 160 million

Worldwide, how many girls of school age are out of school?

CHILDREN'S QUIZ
QUESTION 2

A. Cuba
B. Bolivia
C. Rwanda
D. United Arab Emirates

Which country has the highest number of women representatives in national parliament?

CHILDREN'S QUIZ
QUESTION 3

A. True
B. False

In the 1800s, when a woman got married, any property she owned passed into the ownership of her husband.

CHILDREN'S QUIZ
QUESTION 4

A. Votes for women
B. Deeds not words
C. Fight for rights

What was the slogan of The Suffragettes?

CHILDREN'S QUIZ
QUESTION 5

A. 1970
B. 1950
C. 1985

Which year did The Equal Pay Act pass?

CHILDREN'S QUIZ
QUESTION 6

A. The glass ceiling
B. The brick wall
C. The big, dark hole
D. The wonky ladder

Which is the metaphor used to describe an invisible barrier that stops women from progressing in their careers?

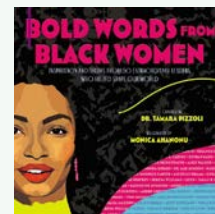
Lifting Limits are a charity dedicated to challenging gender stereotyping and promoting gender equality, in and through education. Their vision is to create a world where every child is liberated from the limits of gender stereotypes, empowering them to forge their own unique path in life. Lifting Limits work with teachers and primary schools so please tell your parents, carers and schools about us! www.liftinglimits.org.uk

Find the answers on page 34



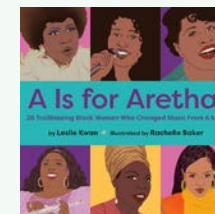
Booklist From BookLove

In celebration of Black History Month



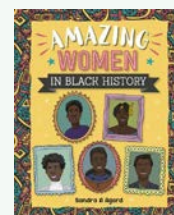
Bold Words From Black Women: Inspiration and Truths From 50 Extraordinary Leaders Who Helped Shape Our World

Tamara Pizzoli and Monica Ahanonu



A Is For Aretha

Leslie Kwan and Rachelle Baker



Amazing Women in Black History

Sandra Agard



Dream Like Me: South Asian Football Trailblazers

Manisha Tailor



Little People Big Dreams: Olive Morris

Maria Isabel Sanchez Vegara and Aurelia Durand



Girl Power: Indian Women Who Took On the World

Neha Hiranandani

BookLove, the Multicultural Travelling Book Carnival, was created 6 years ago to bring together the best multicultural content the world of arts has to offer. BookLove takes you on a journey of discovery, where those that don't see themselves - find themselves.

Find out more here www.thisisbooklove.com



4 phases of the menstrual cycle

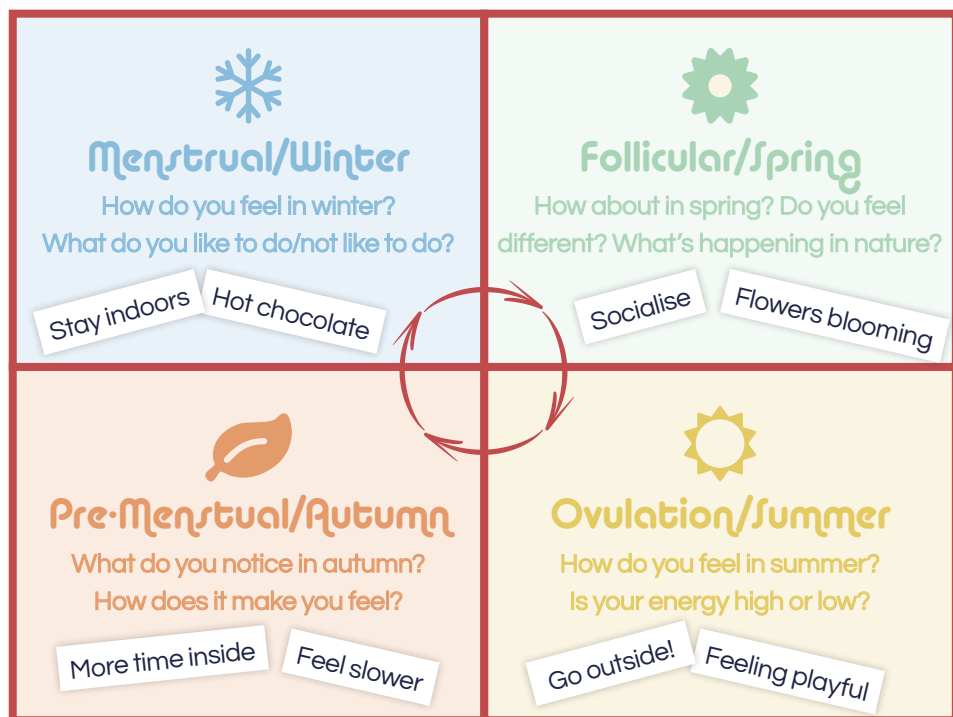
Did you know the menstrual cycle is more than just a period?
In fact, the menstrual cycle is made up of four distinct phases!

- | | |
|--------------------|------------------------|
| 1. Menstrual phase | 2. Follicular phase |
| 3. Ovulation | 4. Pre-menstrual phase |

What's more, you can think of each phase being like the four seasons in nature - we call them 'inner seasons':

Winter = menstrual phase	Spring = follicular phase
Summer = ovulation	Autumn = pre-menstrual phase

Each inner season has its own energy and activities, and each one is just as important as the others.



Activity! Time to get creative

On a sheet of paper, create your own four phases chart (like the one on the opposite page). Then, answer the following for each season and write down all the things you can think of onto your chart (psst, this is a really nice activity to do with your mum/parent/carer).

- How you feel in each season?
- What do you like to do/not like to do?
- How are your energy levels?
- Do you feel sociable?
- How you do/can look after yourself?
- What do you notice in nature?

Once completed, you will have a good idea of what to expect during each inner season.

Additional Activity: Plan Your Menarche

What is menarche? It is your first period. It's a really amazing, important time in a girl's life.

Using your four phases chart, think about how you can plan for your first period (or next period if your periods have begun).



Created for you by Nikki Darby www.yourredtent.com, Adele Wimsett www.harmoniseyou.co.uk, Beth Moxon www.bloomandbelong.co.uk

Periods, protests and pants

Did you know when buying period pants it's considered a luxury item and not a necessity? This means that unlike tampons and pads we have to pay 20% more which goes to the government. This makes them more expensive which isn't fair on girls and women or the environment. WUKA (aka Wake Up Kick Ass) is on a mission to change this and you can help too!



How can I help?

WUKA®

Here is what you can do, tell all your friends at school, use the template to write to your MP and explain why you think they have to abolish period pant tax and have your adult follow the QR code to sign WUKA's petition.



Dear [Your MP's name]

My name is _____

I am writing to you to request your support for our call to remove tax on period pants.

Period pants have the power to reduce plastic pollution and waste and they also have the potential to save people money in the long run as they can be worn, washed and worn again for up to two years. However, to make this a reality, we need to make them more accessible to more people.

Period pants are classified as "garments" and therefore subject to a tax of 20 per cent. However, single-use disposable products such as pads and tampons have zero tax.

Some benefits include:

- One pair of pants replaces 200 disposables from landfill.
- If 15 million people in the UK switched to period pants, we would save 4.2 million tonnes of carbon dioxide equivalent.
- 1 in 3 girls miss school due to their periods and one reason is fears of leaking or worrying how to change products at school. Period pants can be worn up to 8 hours improving confidence and reducing absenteeism.

This is important to me because...

The first step we need is to remove the tax. Will you help reclassify period pants as a period product in this year's Autumn Statement?

Best wishes, [insert name and age]

Dear Laura

Laura Mathias found out she had Alopecia, a condition that causes hairloss, when she was just 13. It was a very difficult time. Now she is 32 and loving life, so we asked what she would say to her 13 year old self. She wrote herself a letter.



Dear Laura,

I can't promise life will be perfect. Hair or not, it can be tough.

But now, aged 32, I can promise that you are going to make it through this. In fact, more than that, you are going to THRIVE!

It won't be because you find the determination to walk back through the school gates wearing a wig, it will be when you are ready to remove it.

One day you will walk down the street bald.

Wait, don't stop reading! I know it makes you angry when Mum says this and I remember why... it's not up to her, or anyone else, to tell YOU what accepting YOUR alopecia should look like.

One day you will realise that sharing this experience can unlock opportunities to be creative and help make sure no other 13-year-old feels like you are right now.

But to get here, I need you to do something: Stop wasting your energy waiting and hoping for your hair to grow back.

So many people love you and it's not because of how you look, it's because of who you are. Your real talents will come to the

fore when you finally learn to embrace that. And that's when some great things are going to happen for you. And I mean really great things.

And you know what, this is just the beginning. I wish I had a letter coming from the future, reminding me how brilliant it is just to be you and how important it is to stay thankful for the good stuff.

Trust me, there's going to be a lot of it – so keep going!

Love from,

Future you x

Can you remember a time when you felt sad, upset or worried? Why not try writing yourself a letter of love and encouragement below. This letter will always be here for you.



Look after yourself

You know that plants need water, sunshine and soil to be able to survive and thrive.

Imagine you were a plant, what kind of plant would you be?

What do you need to survive and thrive? Food, sleep, what else?

Design a plant that represents you and label it with everything you need to grow and be happy!



Self defence and stranger danger

The first steps to learning self defense are being aware of your environment. Does anyone make you feel uncomfortable, is anyone acting in an unusual or aggressive manner? Do you feel uncomfortable or scared?

If you are feeling apprehensive try to leave the area as quickly as possible or find a safe space, a space where there are other people. Talk to someone and tell them how you're feeling i.e "I feel scared of that person, he/she is following me, he/she keeps looking at me in a funny way".

If you can't do this, shout or scream for help as loudly as you can to attract attention. The best thing to do is run away as fast as you can to ask for help.

Practice at home!

- A lot of people feel too embarrassed or shy to shout loud and make a lot of noise. Turn some music up loud and practice shouting - build your confidence!
- Go running! The only way to become super fast is by practice.
- Practice saying NO!
We all try to be nice but sometimes you just need to say NO when you feel uncomfortable.

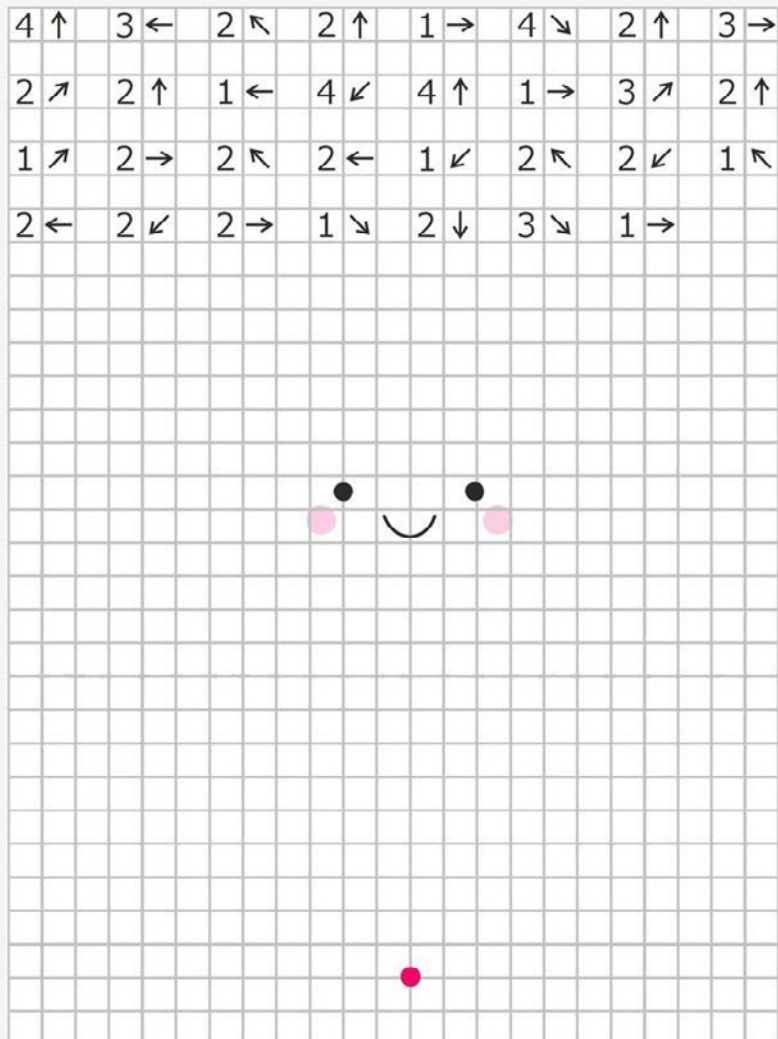
Tasha Keenan is a 2nd Dan Black Belt and a G2G karate instructor. She also teaches self defense classes.



Can you crack the code?

Starting at the pink dot, carefully follow the instructions to reveal the picture which is hidden in code... Find the Hitachi Team at this year's Festival of The Girl with your finished puzzle to claim a prize!

Hitachi Vantara



Join our campaign #futuregirlpledge

What can you do, big or small, to help create a more equal society for yourself and your friends? Write or draw your pledge here.

Together we can make a difference.



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 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

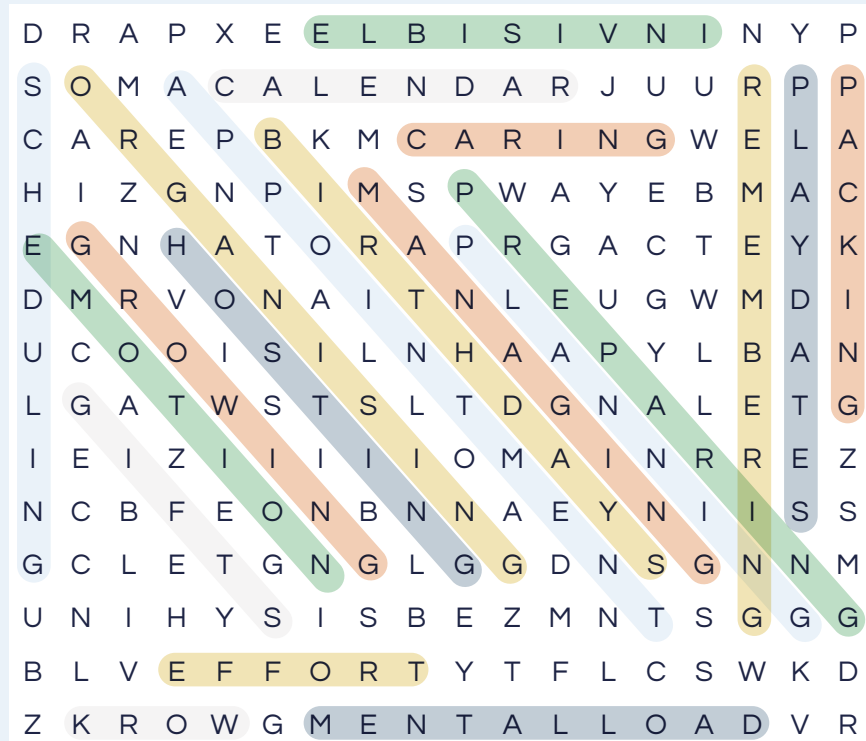
Here are the answers

How did you get on?

Gender equality quiz

CHILDREN'S QUIZ ANSWERS	CHILDREN'S QUIZ ANSWERS	CHILDREN'S QUIZ ANSWERS
<p>Question 1 129 million girls According to the United Nations there are many reasons for this such as poverty and child marriage.</p> <p>Question 2 Rwanda- 61.3% of parliament are women Cuba- 53.2%, Bolivia- 53.1% UK- 35%</p>	<p>Question 3 True When a woman got married, any property she owned passed into the ownership of her husband. The Married Women's Property Act 1870 was an Act of Parliament that allowed married women to be the legal owners of the money they earned and to inherit property.</p> <p>Question 4 'Deeds not Words' The Suffragettes were frustrated with the slow rate of change for women and wanted followers to take more action.</p>	<p>Question 5 1978 Before this, employers could pay women less than men for doing the same job. However, change wasn't immediate, with some employers finding loopholes to still pay women less than men.</p> <p>Question 6 'The glass ceiling' This is the metaphor used to describe the difficulties women and other groups face when trying to progress their careers.</p>

'Invisible work' Word Search



Thank you so much for taking part in



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