

Dance workshop to raise awareness of **youth hypersexualization**



BACKGROUND

The media have become an important source of information about sexuality. All too often, however, videos and ads use images that reinforce sexual stereotypes. Unfortunately, these stereotypes shape the attitudes and behaviour of young people, who self-identify with those stereotypical images.

WORKSHOP DESCRIPTION

After viewing and **discussing** videos by popular performers, participants learn the steps of an **exciting dance routine that has no sexual connotations** and harnesses their energy and personality. They are asked to think about **how to interpret the choreography** and share their observations with the rest of the group. The school or organization receives a **DVD** of the workshop along with suggestions for post-workshop activities.

GOALS

- Develop a **positive body image**
- Cultivate a **critical attitude** about the pervasiveness of sexual stereotypes in social media
- Present **positive role models**
- Make participants aware of their own behaviour and the **consequences of their actions**
- Adopt a **healthy lifestyle**.

TARGET AUDIENCE

Young people aged 10 to 25 years; dance experience not required.

COST

\$310, plus taxes

Discount available for workshop packages!
Travel, accommodation and meal expenses may apply.

SPECIFICS

- The workshop lasts 90 minutes, but can be shorter or longer depending on the organization's requirements.
- Prima Danse can set up a program for groups wishing to participate in a series of workshops over a longer period. Find out more about our range of workshops and programs!
- The workshop fits seamlessly into a regular class; it can also be booked for a half-day or full day as part of a special or extra-curricular activity.
- Prima Danse delivers on-site workshops if at least two are scheduled for the same day or for a long-term contract.
- Maximum number of participants: 35.
- The school or organization must supply a radio and a television with DVD player or a projector and laptop.

Événements Prima Danse is a non-profit organization whose mission is to utilize dance as a social training experience and promote its benefits as a cultural sport for a healthy lifestyle.



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