

# YOUNG LEADERS

The challenge of

# YOUNG WOMEN

to address adolescence changes



# Adolescence in Female

Adolescence is one of the most rapid changes that happen across the human life span, where physical, psychological, emotional and, personality changes happen.



**10–20% of adolescents  
globally experience mental  
health conditions**

WORLD HEALTH ORGANIZATION 2019



## ABSENCE OF NATIONAL WOMEN LEADERS



**24.3%**

WOMEN IN US NATIONAL PARLIAMENTS

**27%**

OF THE SEATS IN CANADA'S HOUSE OF COMMONS BELONG TO WOMEN.

**19.5%**

OF THE BOARD MEMBERS FOR THE TOP 500 CANADAIAN COMPANIES ARE WOMEN.

# PROBLEM 1

## SOCIAL MEDIA EFFECTS & INFLUENCE



### UNDERSTANDING THE CHALLENGE

- Young women are not prepared to be conscientious consumers of technology.
- They are inferior to the people they follow on social media.

#### **Woman in media**

is always seen as a beautiful figure and a fashion icon, and sometimes it will only put real women under spot to behave and look a certain way.

## UNDERSTANDING THE CHALLENGE

### PROBLEM 2

# INCREASE IN YOUNG GIRLS MENTAL HEALTH

- Over the last decades, mental health has been a major concern among young females.
- There has been a change in the health risk behavior, adolescent females are being engaged in more risky behaviors.



## PROBLEM 3

# LOW SELF-ESTEEM AND CONFIDENCE IN YOUNG GIRLS

- School education doesn't necessarily cover interpersonal skills that could guide girls in similar contexts.
- For so long, women have determined leadership by their ability to adjust to the male-dominated success.



## SOLUTION 1

# LEADERSHIP TRAINING AND SKILLS TO YOUNG WOMEN



- Everyone can develop their capacity to practice leadership if they choose to, and to have women examples in leadership can help young girls explore opportunities to advance their learning.
- It can help them change their perspective to leadership by making it an accessible concept for people of all genders.



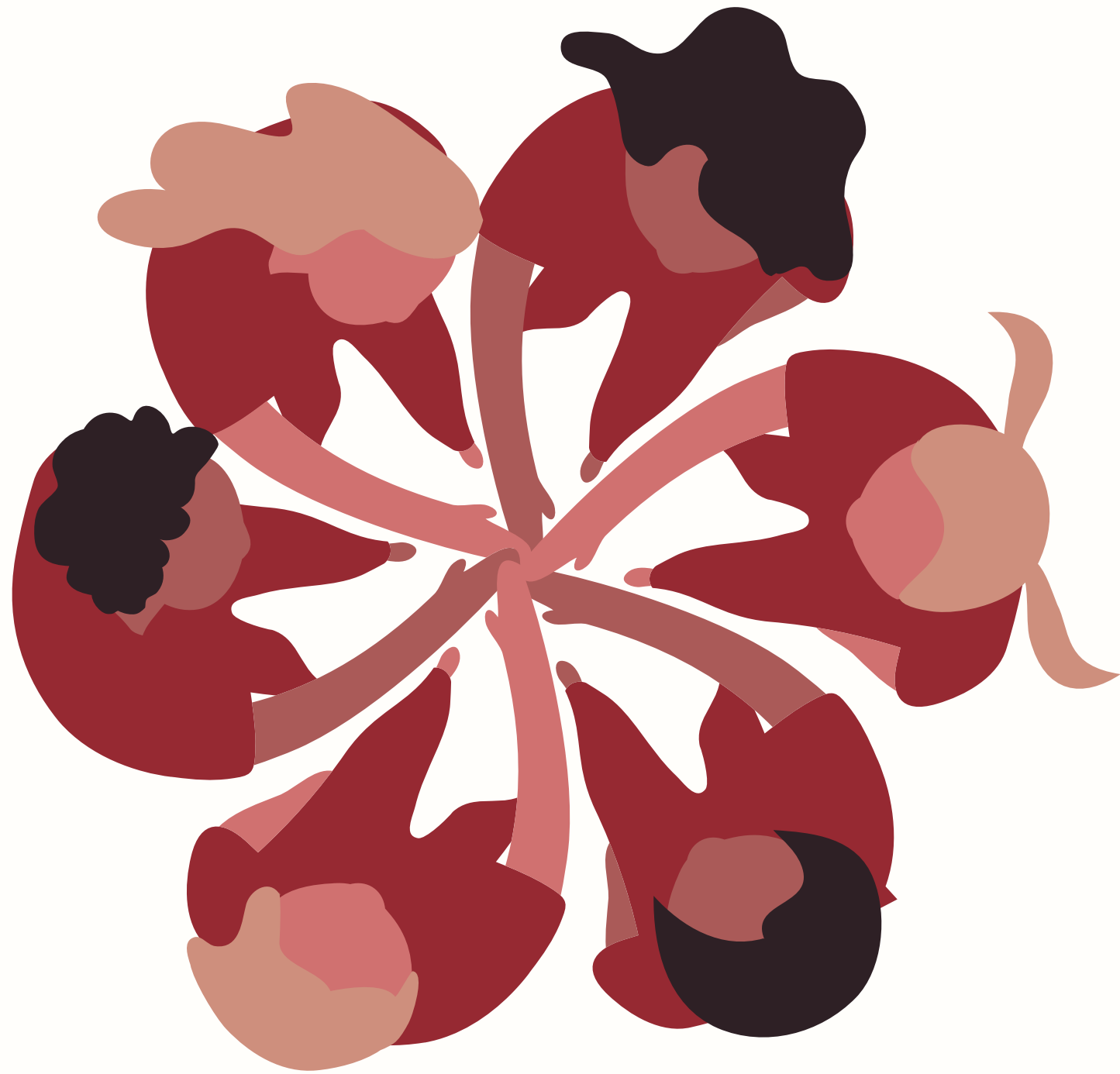
## SOLUTION 2

# HIGHER AWARENESS ON MENTAL HEALTH

- World Health Organization has provided a mental health program in lower resourced settings, to provide evidence-based guidelines for the non-specialist.
- The aim is to increase the awareness for early detection and treatment by respecting the children's rights.



## UNDERSTANDING EXISTING SOLUTION EFFORTS



- Everyone can develop their capacity to practice leadership if they choose to, and to have women examples in leadership can help young girls explore opportunities to advance their learning.
- Leadership education can help young women change their perspective by making it an accessible concept for people of all genders.

## IMPACT GAPS & LEVERS FOR CHANGE

GAP	LEVER OF CHANGE	EXAMPLE
<p>Absence of leadership education for adolescents in schools</p>	<p>Amending the school curriculum to include leadership training as part of the syllabus</p>	<ul style="list-style-type: none"><li>• Create an inclusive school leadership program within Ontario Ministry of Education, that works with young women to address their issues and challenges.</li><li>• Create a dedicated women health department that specializes in women issues in World Health Organization.</li></ul>

## IMPACT GAPS & LEVERS FOR CHANGE

GAP	LEVER OF CHANGE	EXAMPLE
<p>Lack of awareness of social media use among adolescents.</p>	<p>Raising awareness about ignorant misuse of technology use</p>	<ul style="list-style-type: none"><li>• Ground Ontario school curriculum with the fundamentals of digital lives around young women.</li><li>• Market weekly tips and tools designed specifically to help young women develop both their skills and habits through the digital world on common used applications.</li></ul>

## IMPACT GAPS & LEVERS FOR CHANGE

### GAP

Female leadership is underrepresented to young women.

### LEVER OF CHANGE

Setting higher goals for young girls by surrounding them with female leaders to narrow the gender gap, and increase their ambitions. Seeing women in charge will change expectations for young women and their families.

### EXAMPLE

Provide female leaders workshops for young women to lead by example, supported by Ontario's Ministry of Education.



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