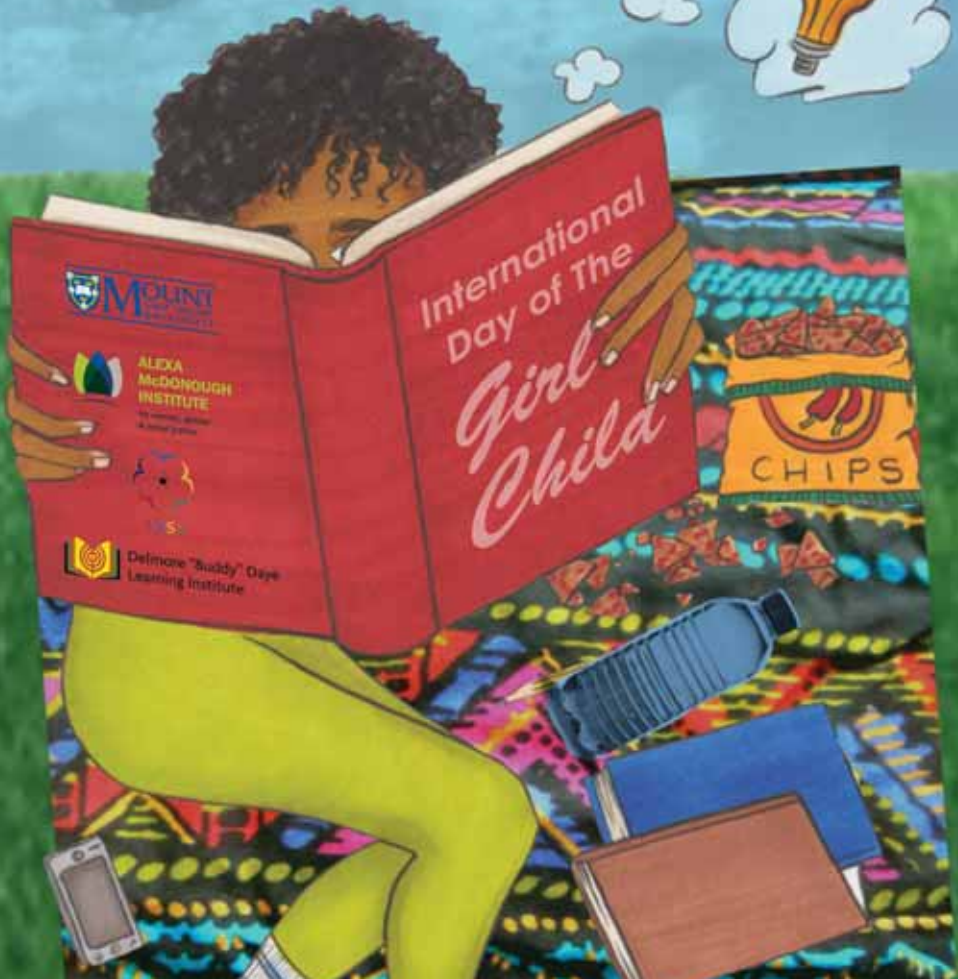




International Day of the *Girl Child*



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Delmore "Buddy" Daye
Learning Institute

5450 Cornwallis Street, Halifax, Nova Scotia, B3K 1A9

Written by El Jones

Illustrated by Bria Cherise Miller

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Why is there an international day of the girl? Because we know girls are powerful, courageous, creative and they are making a difference in communities everywhere. You don't have to wait until you become a woman to make a difference. You can make a difference in many ways, large or small.

Girls all over the world face challenges and discrimination. They are not always given access to knowledge, skills, protection, and support. This day is a reminder that girls need to be treated equitably and recognized for their potential.

There is no future without girls. We should all champion girls and women around us. Learn about the good, brave and beautiful things girls are doing here and around the world for their families, schools, friends, communities, the environment and more. Recognize and honour girls, past and present. The world needs to hear girls' stories in the media, in the movies, in books, the school curriculum, and in poems.

We hope you enjoy this poem, written by El Jones and illustrated by Bria Miller, now in its second printing! We hope you share it with a friend, too. It is about real girls in Nova Scotia. They were guests at the Alexa McDonough Institute's first celebration of the International Day of the Girl. They inspire. El's poem and Bria's illustrations remind us to celebrate all girls.

Thank you for being you! We celebrate YOU and girls everywhere, not only on International Day of the Girl (Oct 11) but everyday.



Susan (Susie) Brigham,
Past Chair of the Alexa McDonough Institute for Gender, Women and Social Justice (June 2018 – June 2020) and DBDLI Board member



KelleyAnne Malinen,
Current Chair of the Alexa McDonough Institute for Gender, Women and Social Justice



Foreword




Hello, and peace, everybody (this is how I start every poetry performance I do!) My name is El Jones and I am a poet, an academic, and a community advocate. Being an advocate means that you work to try and change things in the world or in your community.

Every girl and woman is powerful, and I hope you know that you can make the changes in the world that you want. This poem is about girls, and how important you are. I wrote this poem about real life, actual girls, who are doing great things in their own communities and schools.

This book began at the celebration of the Day of the Girl at Mount Saint Vincent University. I wrote the poem in the room while the event was going on because I wanted all the girls in the room to know how inspiring they are. I wanted to write a poem just for them, and for all girls.

I want every girl to know that you all have amazing talents, and you can do whatever you want and be what you want to be. A talent doesn't just mean things like singing, dancing, sports, or being good at math. It could also mean that you are a caring person, a good friend, or a great listener. Everybody has their own special talent. It's not always easy finding that talent or believing in it, but trust me, it is there. Don't ever let anyone tell you that you can't do something just because you are a girl. Girls can do anything.



I am so happy to see the beautiful illustrations by Bria Cherise Miller. I remember when I was a very little girl sitting listening to the teacher read us fairy tales, and hearing that the ugly and bad sisters had dark hair and skin. Because I have dark hair, I felt ugly and upset inside. So I love that the drawings in this book show that all girls are beautiful, no matter what colour your skin is, the size of your body, or the texture of your hair. These are drawings of real girls!

After you read this poem, and look at the pictures of the girls in this book, maybe you want to write your own poem about yourself, and draw a picture of the amazing things you do! What things do you do that help other people around you or that make a difference? What are you good at? What do you love doing? What are your dreams? I hope you feel inspired today and every day to explore, to dream, and to learn.

I am so glad you are reading this book. You matter, and the life of every girl is important.

Thank you to the Delmore Buddy Daye Learning Institute for making this book possible!

Written by El Jones

AMI's International Day of the Girl celebration Oct 11, 2017





THEY SAY GIRLS ARE THE
FUTURE,
BUT THE FUTURE IS NOW.

BRILLIANT YOUNG WOMEN
SHOWING THEIR POWER;
EACH ONE OF YOU LIKE A
QUEEN WHO IS WEARING HER
CROWN:
STRONG, TALENTED,
ACCOMPLISHED,
CAN'T BE EVER PUT DOWN.

WHAT, DID YOU THINK YOU COULD
PUSH US AROUND?









WE KNOW THERE'S NO LIMITS
TO WHAT GIRLS CAN DREAM.

IF IT'S SCIENTISTS, ARTISTS,
OR STARRING ON TEAMS,
BUILDING COMMUNITIES
UNDER THEIR OWN STEAM,
INDEPENDENT AND REAL,
GO AGAINST THE STREAM.









THEY MIGHT SAY THAT YOU'RE
ONLY DEFINED FOR YOUR
LOOKS
THAT GIRLS CAN'T BEAT BOYS
ON THE FIELD OR THROUGH
BOOKS,
BUT YOU KNOW THAT'S NOT
TRUE,
SO YOU'LL NEVER BE SHOOK!

WE CAN BE WHAT WE WANT:
DOCTORS, PLUMBERS, BUS
DRIVERS OR COOKS!



We can
be what we
want!





SOME PEOPLE MIGHT BULLY
YOU.

SOME MIGHT CALL YOU
NAMES,
MAKE YOU LOOK AT YOUR
BODY OR SELF,
AND TO MAKE YOU FEEL
ASHAMED
BUT YOU KNOW ALL THAT'S
JUST TO KNOCK YOU OFF
YOUR AIM.

WHOEVER YOU ARE IS WHO
YOU SHOULD EMBRACE!



Whoever you

are is who



you should


embrace.




THERE'S NO LIMITS AT ALL TO
WHAT YOU CAN ACHIEVE.

DO WHAT YOU DO AND BE
WHO YOU BE.
STAND UP FOR WHAT'S RIGHT.
YOU DON'T HAVE TO SIT
QUIETLY.

SOMETIMES IT'S HARD,
BUT YOU HAVE SO MUCH
BRAVERY!









WE'VE GOT SO MANY
INSPIRING EXAMPLES
RIGHT HERE THROUGH THESE
DOORS.

LIKE SAULTEAUX DANCER
TRISHA GORE,
SHARING HER CULTURE TO
MAKE HER PEOPLE SOAR AND
REMINDING US OF OUR ROOTS
THAT ARE HERE AT THE CORE.








IF YOU WANT OTHER AMAZING
GIRLS I CAN TELL YOU SOME
MORE.

THERE'S MAHALIA SMITH:
SHARING HER SONGS.
LETTING GIRLS KNOW THAT
THEY CAN BE STRONG

AND THAT LETTING YOURSELF
SHINE CAN NEVER BE WRONG.




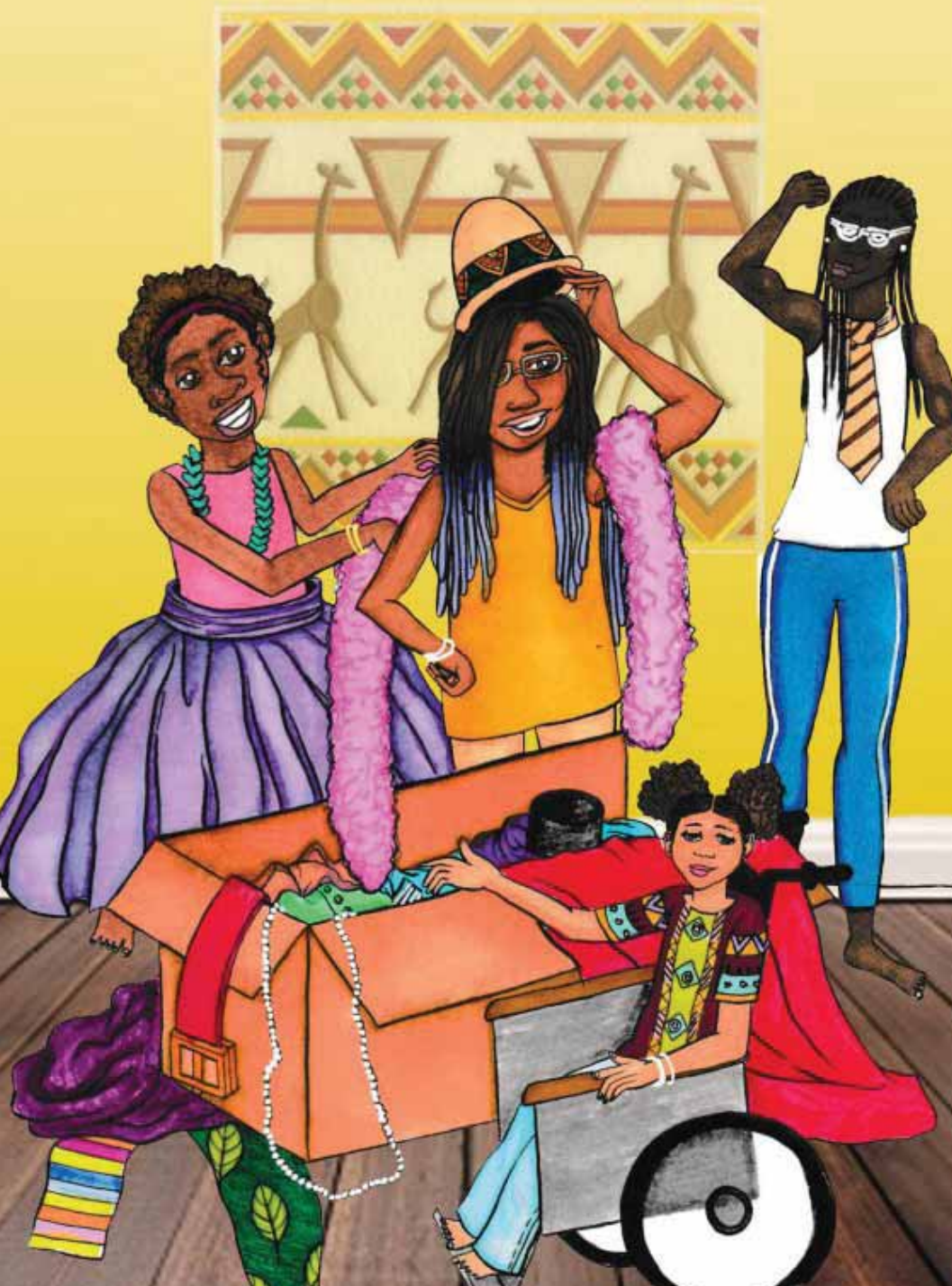





THEN THERE'S MEREDITH
BULLOCK:
SHOWING US THERE'S NO
LIMITS,
THAT WE DON'T CARE ABOUT
THE BOXES WHEN THEY TRY
TO PUT US IN 'EM.

THERE ARE NO BARRIERS
THAT STOP US FROM
WINNING,
FOR THE THINGS SHE'S GOING
TO DO? THIS IS JUST THE
BEGINNING.







ISABELLE TRUDEL ROCKING AS AN
MC,
SHOWING IT'S NEVER TOO YOUNG
TO BE STRONG AND FREE.


AND SHARING HER TALENTS
THERE'S JODY UPSHAW.

MORE THAN MUSIC, SHE'S REAL
AND SHE'S RAW,
SHOWING US THAT SHARING OUR
FEELINGS IS NEVER A FLAW.

THE SUCCESS OF OTHER GIRLS
SHE'S ALWAYS THERE TO
SUPPORT.








AND THE NEXT GIRL THAT
INSPIRES IS ELAYNA FORAN,
TELLING GIRLS AND WOMEN
THAT "YES, WE CAN!"

FIGHTING FOR OUR RIGHTS
ACROSS THIS LAND,
SHOWING GIRLS NOT TO BE
AFRAID TO TAKE A STAND.

BEYOND THE SWORD AND THE
PEN THERE'S THE POWER OF
WOMAN!



YES
we
CAN





AND THERE'S TIONA EMMERSON:

SHOWING US SELF LOVE, THAT
WHEN WE VALUE OURSELVES
THERE'S NO ONE ABOVE,
AND TO FOLLOW OUR TALENT
WHEN PUSH COMES TO SHOVE.

WHEN WE'RE TRUE TO
OURSELVES LIFE FITS LIKE A
GLOVE!








AND CHANGING OUR WORLD,
THERE'S STELLA BOWLES:

SHOWING US THAT GIRLS DON'T
ONLY FIT INTO STEREOTYPICAL
ROLES.

SCIENCE OR MATH, WHATEVER
YOUR GOALS,
FOLLOW YOUR PASSIONS THAT
GIVE JOY TO YOUR SOUL!








AND ON THE TV THERE'S
GABRIELLE TRUDEL:

LETTING GIRLS KNOW NOT TO
BE AFRAID TO COME OUT OF
YOUR SHELL,

AND TO GIVE VOICE TO THE
STORIES THAT YOU WANT TO
TELL.



Give voice
to the
stories you
wanna tell.



family







AND USING THE MEDIA IS
KARDEISHA PROVO:

GIVING REPRESENTATION TO
THE STORIES THAT WE NEED
TO KNOW.

AS A YOUNG GIRL SHE'S
TAKING CONTROL. OTHER
PEOPLE'S JUDGEMENTS?
SHE'S LETTING THEM GO.









AND THEN THERE'S ALL OF YOU GIRLS
WHO AREN'T ON THE STAGE,
BUT EVERY SINGLE ONE OF YOU IS
WRITING YOUR OWN PAGE.
EVEN IF YOU DIDN'T SPEAK, YOU HAVE
SO MUCH TO SAY,
YOU'RE THE ONES IN THIS WORLD WHO
ARE LEADING THE WAY!

SO OUT OF THIS ROOM,
GIVE EACH OTHER SUPPORT
BECAUSE WHEN ONE OF US IS LIFTED
EVERY ONE OF US SOARS.

WE DON'T BRING DOWN OTHER GIRLS.
WE HELP THEM TO RISE,
KNOWING THAT EVERY GIRL THAT
SHINES, IT MAKES US ALL FLY.








THERE'LL ALWAYS BE PEOPLE WHO
DON'T WANT YOU TO BE YOU.
EVEN WHEN IT'S HARD, FIGHT TO
STAY TRUE
BECAUSE GIRLS HAVE THE POWER
IN ALL THAT THEY DO.

THE GIRLS INSPIRING US ARE EACH
ONE OF YOU.

SO WHOEVER YOU ARE,
WHATEVER YOUR TALENT, SKILL OR
CAUSE,
STAND UP RIGHT NOW AND
GIVE YOURSELF APPLAUSE.







International Day of the Girl







**ALEXA
McDONOUGH
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for women, gender
& social justice



Delmore "Buddy" Daye
Learning Institute

