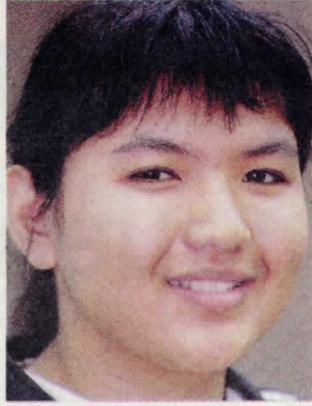




Tan



Nor Khairyna



Nawal

Finding their voice

SUNWAY University College (SyUC) and *Seventeen* magazine recently organised a Girl Power-Camp to provide those aged between 14 and 19 years with the tools to cope with the uncertainties of life.

One of the two youngest participants of the camp was Manal Wardah Majdi, 14, from Sekolah Menengah Kebangsaan USJ 12, Selangor.

"This is the first time I am camping outside school and school-related activities," says Manal.

"I learnt to be more self-confident and the importance of expressing myself, no matter who I am."

For Manal, the camp was an eye-opening experience and it was difficult to pin down a single activity that she

liked best.

Unlike a number of other female teenagers, Manal's mother is like her best friend.

Melanie Tan Hooi Wen, 17, from Wesley Methodist School, Kuala Lumpur, joined the camp for the motivational talks and discovered her own voice there in the process.

Appointed team leader for her group, Tan says she is learning to be more independent and to take charge.

"I inspired some of the younger girls, that's a nice feeling.

"I came with a few friends from school who noticed how different I am here," she says, adding that at home and in school she is quieter than her peers and family members.

Nawal Dzulkiflee, 16, from Sekolah Menengah Kebangsaan

Bandar Sunway, Sunway says she enrolled in the camp because she thought it would be a fun way to make new friends and learn new things. "I picked up some essential lessons. Now I know what is considered sexual harassment and what actions I can take if it ever happened to me," says Nawal.

Nor Khairyna Taha, 16, who comes from Sekolah Menengah Kebangsaan Bandar Sunway, a co-ed school, rarely gets the chance to participate in an all-girls' activity. "Here, we can ask questions freely. That is helpful because some girls are shy to ask questions when boys are around. I enjoyed my experience and intend to discuss what I learnt in this two days with my school friends," says Nor Khairyna.

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