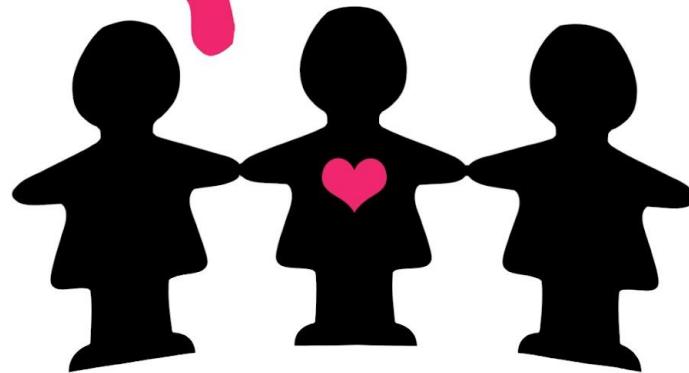




GIRL POWER
Empowering Girls In
Your Program

What is
girlpower



DISCOVER THE ROOT OF THE PROBLEM

- Parents
- Youth
- Staff

Discuss the issues with those who contribute to your program.

- What issues are they bringing home?
- Problems at school?
- Exclusion, bullying or shyness?
- Self-hatred
- Social Media
- Expectations vs. Reality

CREATE A POSITIVE ENVIRONMENT

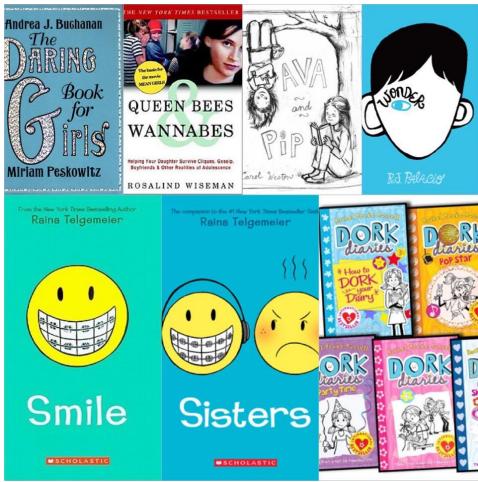
- Be honest with your goals and concerns.
- Talk about your plans for the classes.
- Ask them in a ‘truth circle’ what problems they are facing and what they want to learn about.
- Discourage put downs and bullying in the class. Sly remarks can happen, do not let them go unnoticed.
- Be frank; everyone has issues. You do too. Be comfortable with sharing your life experiences. Authenticity is your friend!

PRO TIPS BY GENTRY HOLBROOK

- Be adaptable.
- Plan the classes ahead of time.
- Combine activities with the topic.
 - Use arts & crafts, video support, recordings, pictures, etc.
- Young minds get bored! So give them incentives if needed.
- Keep them interested in the topic. Ask for their opinions on the topic and how they can relate it to their own lives.

CLASS IDEAS

- Bullying
- Cliques
- Exclusion
- Emotions
- Attitude
- Friendship
 - Speed Friend Dating
- Honesty
- Healthy Relationships
- Spa Day
- Dreams, goals & careers
- Compassion
- Community
- Self-appreciation
- Dislikes & Body Image
- Social Media Influence
- Daily journals



INTRO TO GIRL POWER

Here are some examples my group came up with. We shared these on social media for parents and others to watch together at home or to read.



- Talk to your group about what they think girl power is.
- What goals/items do you want to work on as a group?

Activity: Truth Circle, be honest and open about issues they are dealing with.

Activity: Brainstorm books and movies that show girl power! Create a collage and share it with their parents and social media. Take a day to watch a movie (Mulan is great).

BULLYING, CLIQUES & EXCLUSIONS



**WAYS TO
STOP
BULLYING**

A cartoon illustration of a white, round character with a simple face (two black dots for eyes, a small smile) wearing a white t-shirt. The character is holding a black megaphone to their mouth with both hands, as if shouting. The background is a solid orange color.

- Have you been bullied before?
- Have you bullied someone before?
- What are things bullies focus on?
- How can you stop bullying?

Activity: Act out bullying scenarios and have the kids step in. What should they do?

*You will need to create scenarios for them to act out prior to the activity.

BULLYING, CLIQUES & EXCLUSIONS



- Have you been a victim of cyberbullying?
- Have you ever inflicted cyber bullying?
- Are your social media pages safe and secure?
- How can you stop cyberbullying?
- How can you tell an adult or someone you trust about cyberbullying?

BULLYING, CLIQUES & EXCLUSIONS

- 
- How did the small birds treat the big bird?
 - Did the big bird seem to mind?
 - What was the lesson of the clip?

Activity: Discuss how you can walk away from bullies. Can you ‘shake it off’?

BULLYING, CLIQUES & EXCLUSIONS



Activity: Make a music video of your own to Taylor Swift's – Shake It Off!

How did Taylor 'Shake It Off'?

FRIENDSHIP



HOW TO
BREAK
THE ICE

- What tips did you learn?
- What are you willing to try out?

Activity: Break the kids out into a speed dating setting. Have them take 3-5 minutes (depending on your class size) to break the ice with people. It may already be people they know or are friends with, but the goal is to meet with everyone and discover new things.

FRIENDSHIP

GUIDE TO MAINTAINING FRIENDSHIPS



- What are the 3 tips given to maintain a friendship?
- What tip do you struggle with the most?
- Do you think you could put the tips into practice?

FRIENDSHIP

BEING FRIENDS WITH OPPOSITES



- Do you have a friend that is the opposite of you?
 - If so, do you guys argue a lot?
- What can you do to make your friendship stronger?

Activity: Combine Being Friends with Opposites and Maintaining Friendships into one activity. Break the kids into groups of two and have them act out different scenarios with a ‘bad’ outcome and a ‘good’ outcome. Discuss in a group setting after each one.

*You need to come up with scenarios prior to activity. Have them randomly picked out.

HEALTHY RELATIONSHIPS



TOXIC

RELATIONSHIPS

Everyone deserves to be in a healthy relationship.

- Do you have a toxic relationship in your life?
- What are ways to get out of a toxic relationship?

HEALTHY RELATIONSHIPS

HOW TO APOLOGIZE



Be honest and apologize.

- Do you apologize and mean it?
- Has someone apologized to you and it did not seem sincere?

Activity: WellCast Worksheet. Found in YouTube link.

HONESTY & COMPASSION

**FROM OUR
HEARTS
TO YOURS**



- When should you reach out to someone?
- Should it be only during good times or only bad times?

Activity: Create a donation box for the homeless shelter, animal shelter or local hospital. What do these places need?

Activity: Write simple happy complement sentences on an index card and distribute them to people at a park, on their cars, at local businesses.

Example: You are awesome!

HONESTY & COMPASSION



Activity:

Real Talk. When should you be honest about how you feel? Are you sad for someone? Do you feel for a tragic event?

Activity: Honesty Walk. Have everyone, including the teaching staff, line up in a straight line facing forward. Ask simple yes or no questions. If they answer yes have them take a step forward. If they answer no, they stay in their spot. Example questions: Have you ever lied? Have you ever been bullied? Do you like chocolate?

Ask questions that your class is learning about. Throw in a fun question to keep it light.

COMPLIMENT CAMPAIGN



Challenge:

Sit each person in front of a white board and have the other participants write their honest compliments of them. Give a compliment that you normally would be too shy to give!



How did it make the person receiving the compliments feel? How did it make you feel to give a true compliment?

DREAMS, GOALS AND CAREERS

- What are your dreams?
- What goals do you have in life?
- Do you think you can accomplish your goals?
- Should you listen to the critics?



Activity: Recreate this activity at your own program. Get anything easily breakable and let them smash the critics away.



DREAMS, GOALS AND CAREERS

Talk to the girls about their dream career! Have them take a day to research their career. Do they need to go to school? Do they have to specialize in something? Do they need to move out of state (example: marine biologist)?

Once they have researched their careers, have them draw out their dream career with chalk and place them into the surroundings! Take a picture of them so they can visualize themselves in that career!

COMMUNITY



- What do you feel the message of the video is?
- Have you volunteered before?
 - If so, where?
- Where would you like to volunteer?
- What are ways we can give back to our community as a group?

Activity: Brainstorm volunteer locations and contact them to find out how your group can volunteer! Is it giving your time or creating a fundraiser/donation box? Get creative!

EMOTIONS & ATTITUDE



- Have you been jealous before?
 - What was the situation?
- What are the three ways of dealing with jealousy?

Activity: Write out on a piece of paper things you have been jealous of. Then write a positive as to why it is good for that person! Give a compliment to them and resolve it on your own.

EMOTIONS & ATTITUDE

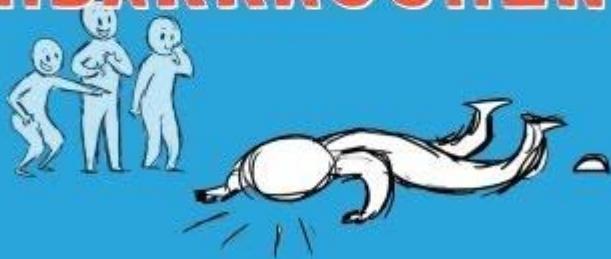
DEALING WITH REJECTION



- When have you felt rejected?
- Have you rejected someone before?
- What are the suggestions of ‘Taking Back Your Life’?
- What are ways you can have self-appreciation?
- How can you heal yourself?
- How can you find new friend groups?

EMOTIONS & ATTITUDE

HOW TO DEAL WITH EMBARRASSMENT

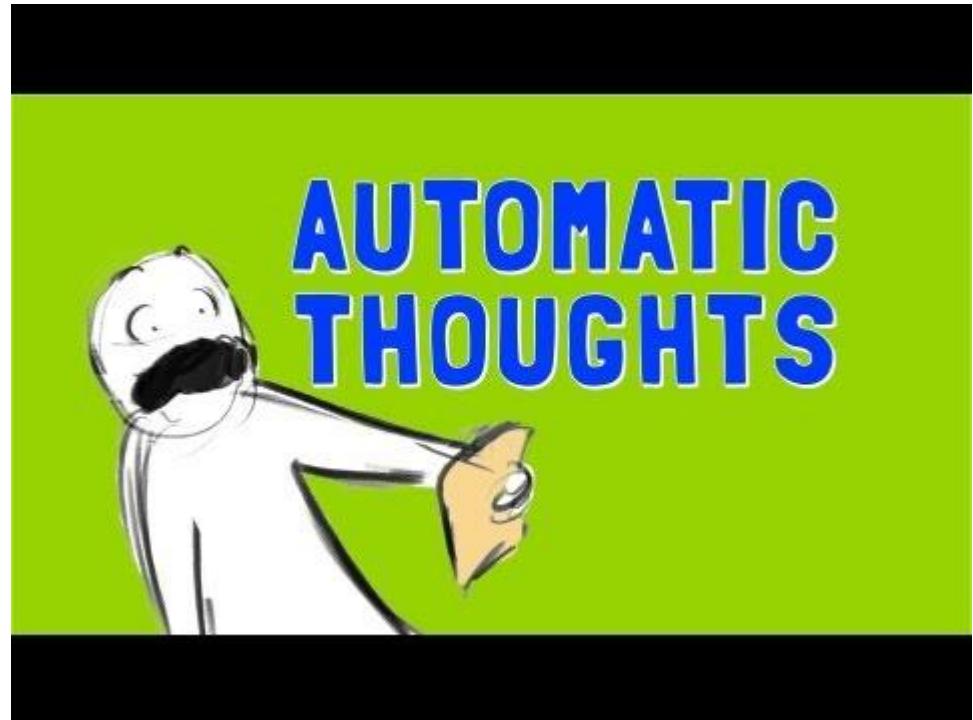


- What are the steps to dealing with embarrassment?
- Are you willing to share an embarrassing moment? We can laugh it off together! (Not required)
- What embarrassing moments have happened in movies?
 - Example: Princess Diaries
 - Watch these funny clips on YouTube. Everyone has embarrassing moments, but it is not that big of a deal!

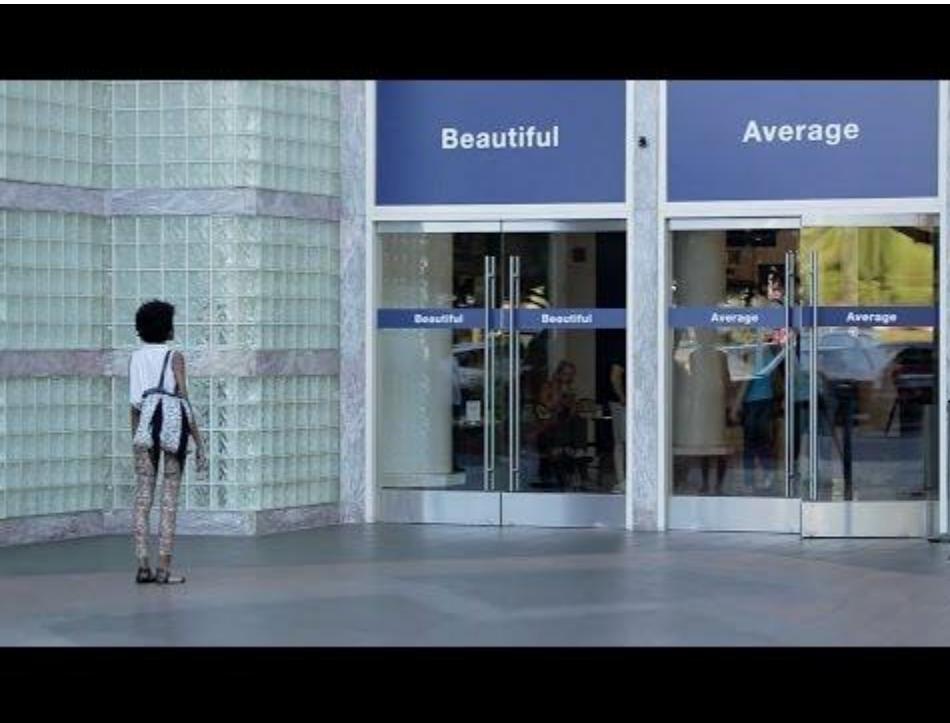
SELF-APPRECIATION & DAILY JOURNALS

- Take 10 minutes out of the beginning of each class and have them write out their day.
 - Write bad things or good things. If it is a bad thing, the challenge is to write 3 good things to compliment the bad.
 - They may ask if you are reading their journals. Be honest, you may read them if needed.

Activity: Get in a group and talk about negative thoughts they have. How can they change them? What are things you as a staff or the other kids can do to improve someone's view of themselves?



SELF APPRECIATION CONTINUED

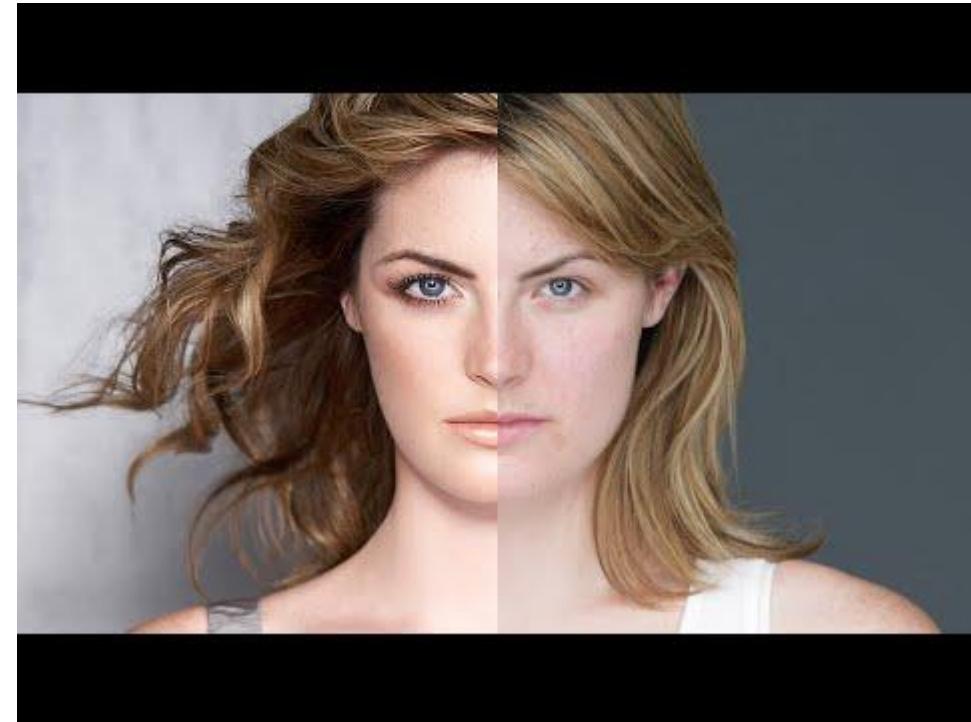


- What door would you go through?
Why or why not?
- Are there things about yourself
you may not like, but other
people do?

Example: I dislike my smile. I think it is too big. But my family loves that it matches my mom's. I learned over time to love my smile because it was something I shared with my mom.

Activity: Talk about yourself in a positive manner! Share with the group what you feel makes you you and why.

SOCIAL MEDIA & SOCIETY



- After watching this video, should you believe everything you see?
- How do you feel about magazines, music videos and social media platforms now?
- Would you want to have your face changed to be on a billboard? Why or why not?

SOCIAL MEDIA & SOCIETY

Watch The Video

- 
- What was the message of the video?
 - Do you think all music videos, artists and celebrities look like the beginning of the video? Why or why not?
 - Why do people wear makeup?
 - Does social media, such as this video, impact how you think famous people really look?

Activity: Make your own short Instagram videos (15 seconds long) to show how you embrace who you really are. You can do this as a large group activity or pods.

SOCIAL MEDIA & SOCIETY



Selfie Challenge!

- Discuss the video.
- Take selfies on your program phone and post them to your program website, facebook or instagram with the dove challenge: DoveSelfie.
- Have your parents, friends and followers comment positive things to keep the challenge going.
- Explain on your social media pages what the challenge is and the goals for the girls!

SOCIAL MEDIA & SOCIETY

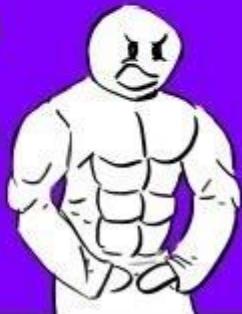
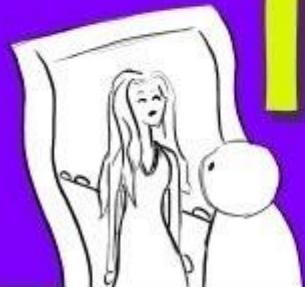


- Do you know anyone who has treated you “like a girl”?
 - Who? What were the circumstances?
 - How would you handle that situation now? Would you explain it’s not “like a girl”?
- How would you stop someone from treating another person “like a girl”?
 - What are ways you could stop this mind set?

Activity: Get outside and run around! Stretch your legs and prove to yourself you are more than “like a girl”.

DON'T HATE YOUR DISLIKES! YOU ARE UNIQUE!

BODY IMAGE



- What are the steps to get out of your head?
- Is everyone the same?
- Should you focus on your dislikes to fix them?
- What makes you unique?

See activity and supplies on next slide.

DON'T HATE YOUR DISLIKES! YOU ARE UNIQUE!



Activity: Break down your dislikes and turn them into something beautiful! Have the kids write out their dislikes on the plain side of the ceramics. They will then smash them and glue them back on, colorful side up to the picture frame. Have them 'smash' their insecurities away and create beauty out of it. Take a picture of them and put it in the picture frame.

Supplies:

- wood picture frames
- multiple colorful/printed plates, bowls and cups.
- hot glue
- camera

SPA DAY! TREAT YOURSELF!



Save this fun activity for the end of your class session. They worked hard to grow and learn, so let them know that hard work pays off!



- Paint each others nails!
- Bake cupcakes or other sweets.
- Sit in a circle and face each others back. Let them all massage the back of the person in front of them.
- Treat the last day as a celebratory party of all their hard work!
- Meditation

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