

Z-Girl: Hero Coach

30-Day Pilot Overview

Version v1.1 — Safety & Trust Layer

Week 1	Weeks 2–3	Week 4
Setup & Orientation	Guided Reflection Use	Review & Next Steps

Purpose

The Z-Girl pilot allows schools or youth organizations to explore a safe, youth-appropriate digital reflection and social-emotional learning (SEL) tool in a limited, low-risk setting.

Pilot Scope

- Duration: 30 days
- Participants: One classroom, advisory group, or youth program
- Recommended ages: 10–16

What Students Do

- Engage with Z-Girl for short reflection check-ins
- Practice naming emotions and identifying stressors
- Receive one small suggested “hero move” (e.g., breathing, journaling, asking for help)

Safety & Boundaries

■■ Safety & Trust Layer Active at All Times

Z-Girl is not therapy, not medical care, and not emergency support. Messages are screened for safety risk, and sensitive topics trigger calm check-ins and encouragement to involve trusted adults.

Data & Privacy

No student accounts are required. Chat history is stored locally in the browser and can be cleared at any time. The pilot is designed to minimize data collection.

Role of Adults

- Review the Parent & Educator Guide prior to pilot use
- Support youth reflection and discuss takeaways
- Intervene directly if safety concerns arise

Outcomes to Observe

- Student engagement with reflection
- Ability to name emotions
- Willingness to ask for help

What the Pilot Is Not

- Not a diagnostic or assessment tool
- Not a replacement for counselors or mental health professionals
- Not a crisis intervention system

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