

# 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

This document is provided for informational and educational purposes only.