



# Z-Girl: Hero Coach

Youth Reflection • SEL Support •  
Safety-First Design

A gentle hero coach for youth reflection —  
not a therapist or emergency service.

## What Is Z-Girl?

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- A fictional hero coach from **The 4 Lessons** universe
- Helps youth name **feelings** and reduce stress
- Encourages one **small positive ‘hero move’**
- Designed for ages **10–16**



### Safety & Trust Built In

- Messages **checked** for safety risk
- Calm safety **check-ins** when needed
- Encourages **trusted adult involvement**
- Crisis topics bypass normal chat flow

Z-Girl v1.1 – Safety & Trust Layer



### SEL Alignment

- Emotional awareness
- Self-regulation
- Positive self-talk
- Responsible decision-making



### Role of Adults

- Z-Girl supports adult-youth conversations
- Adults are encouraged to review the guide
- Safety concerns are always for qualified adults



For the Parent  
& Educator Guide  
& other safety  
resources scan here:



Reflect



Feel



Hero Move



Trusted Adult

• Parent & Educator Guide

• Safety & Use Guidelines

