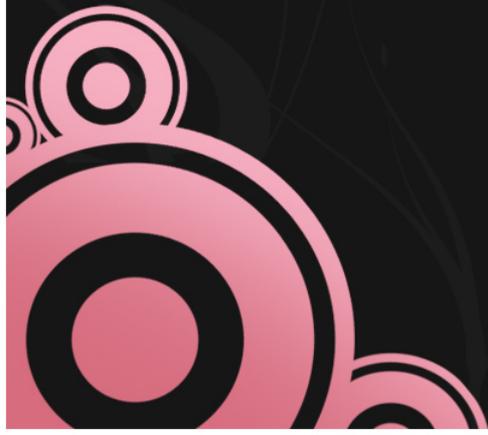# *"Real Girls"*

Kiana Battle, LMSW
&
Jessica Traylor, Ed.S.

School Social Workers Association
of Georgia
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Our Goals for Today

- Explain and demonstrate the Real Girls model

- Provide strategies to use relevant media in group counseling settings

- Encourage you to be creative in meeting needs within your organization

What is happening with girls?

- 70% of girls believe they are not good enough or don't measure up in some way: including looks, school performance, relationships
- Girls are engaging in self-destructive behavior: Anorexia, bulimia, cutting, and drug/alcohol use
- Girls are experiencing pressure from the media to look a certain way
- Young women represented 29% of all juvenile arrests in 2006

Why is this happening?

- Unrealistic notions of female beauty and body shapes along with limited gender stereotypes negatively affect young women: Cultural context, media messages
- One in three popular songs contains explicit references to drug or alcohol use
- Youth spend a total of 7.5 hours per day using media (TV, music, video games, print, computer, and movies)
- Less than 20% of girls report being religious: Where do they find their standard of beauty and behavior?

"Real Girls" Topics

- Self-Concept
- Media Analysis: Magazines, movies, and music
- Media Creation
- Female Stereotypes
- Affirmations: Positive Self-Talk
- Communication Skills
- Real-Life Problem Solving
- Self-Control
- Peer Pressure and Refusal Skills
- Healthy Relationships
- Setting Boundaries
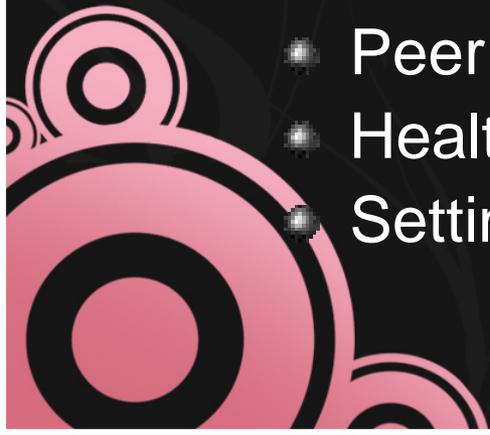
"Real Girls"
Foundational Overview

- **Media**: shapes our worldview, values, and choices

- **Identity Development**: adolescents are experiencing "identity confusion"

- **Youth Development Principles**: bonding, resilience, and identity

- **Group Process**: 2/3 of girls are more comfortable in all-girl groups. Shared experiences and connection are important for adolescent girls.

"Real Me"
Session 1

- Self Concept: How we view our selves in relation to the world around us.

- Who are You?

- Who does the mass media say you should be?

- How do your self-concept and media awareness impact your relationships and your choices?
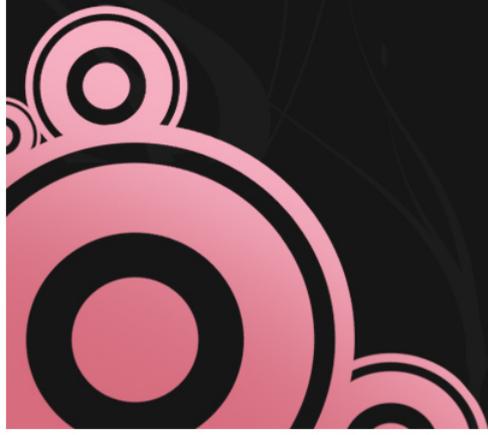
"Media Messages"
Session 2

- Media messages are created for a specific audience, with the specific intent of selling a message or a product.

- How important is media to you?

- What impact do these types of media messages have on girls?

- Activity: Magazine Analysis

- Discussion: Dove Evolution Video
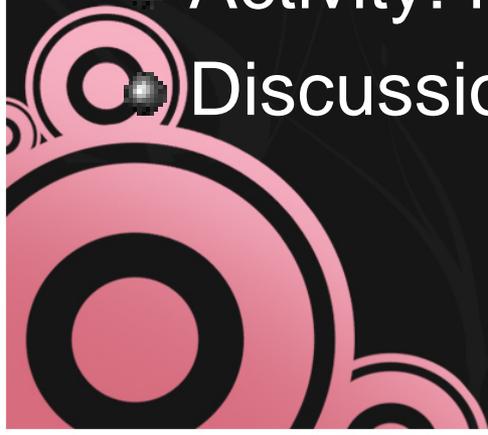
"Musical Messages"
Session 3

- One in three popular songs contains explicit references to drugs or alcohol
- An estimated 75 percent of teens spend two or three hours a day downloading or listening to music online.
- What impact does the media have on girls ideas about the prevalence of drug and alcohol use?
- Are words powerful?
- Does music have an emotional impact?
- Discussion: What is your theme song? Why?

"Media Stereotypes" Session 4

- Stereotypes are based on the media's need to sell images and products.

- Girls attitudes and beliefs can be shaped by media messages

- Do you think that media impacts the ideas you have about different groups of people?

- Discussion: [Blind Fear Video](#)
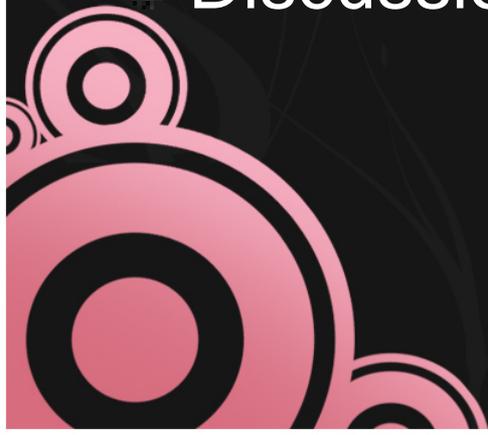
"Real Talk"
Session 5

- Affirmations and Positive Thoughts
- Does how you think about yourself impact the choices you make?
- Importance of effective communication
- Role Play: 3 communication styles

Passive Communication

Assertive Communication

Aggressive Communication
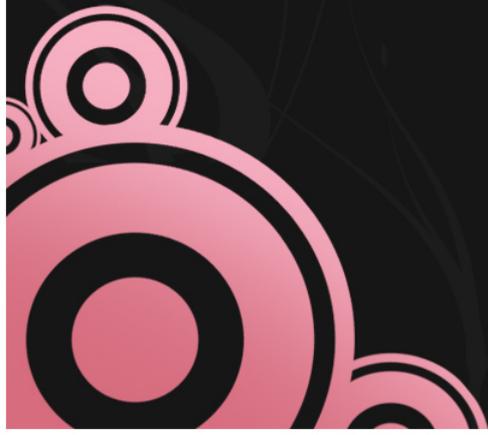
"Real Power"
Session 6

- Many girls spend a great deal of time worrying about what they can not control.

- Why is it important to know what you can control and what you can not control?

- Do girls believe that they are [powerful]?

- Refusal skills

- Peer pressure
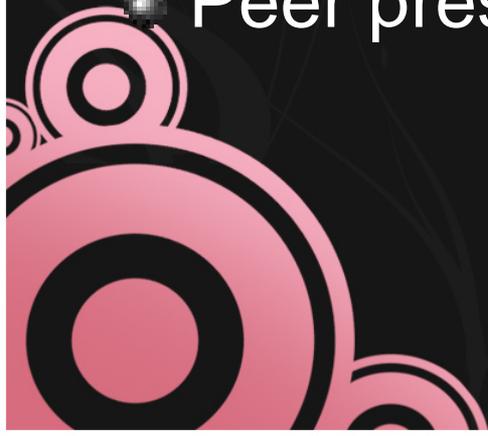
"Healthy Relationships" Session 7

- What is a healthy relationship?

- How does a healthy relationship look?

- What is the media's portrayal of girls and women in relationships?

- Why are boundaries important in a relationship?
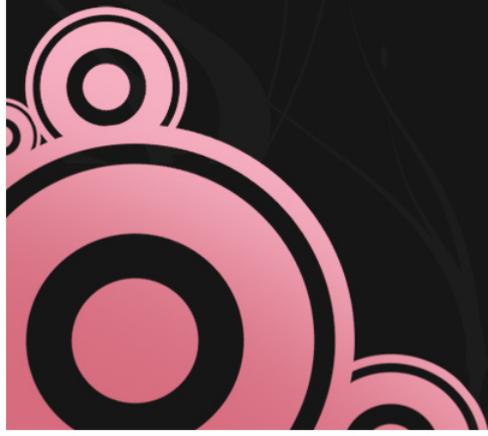
"Digital Story/Photo Collage" Session 8

- Culmination project: Girls will create a digital story about their lives

- Purpose: Self-Reflection Activity

- When girls are able to think about their previous actions, they are able to make better choices in the future

- Photo Collage is an alternative activity for girls if they choose not to complete digital story
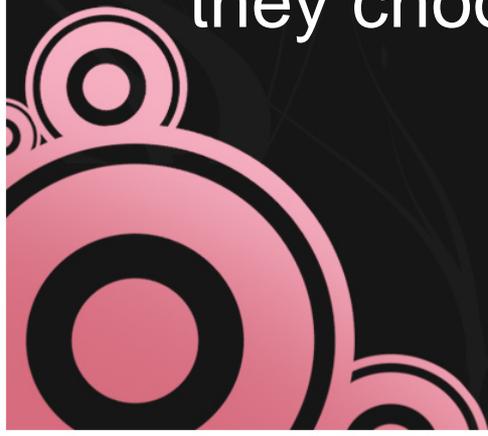
Questions & Answers

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Remember no question is a silly question

If you ask a question, you may help someone else

If you want to learn more you ask questions
????????????

You Have The Power!

- Discussion: Gifted Hands Video

- How can you "think outside of the box" to help the youth you serve?

- What program can you create?

- What needs to exist in your system, agency and/or organization for you to do this?

Testimonials
by: "Real Girls"

- You should do what you love and don't let anyone take that away from you

- Real Girls can do anything

- I liked being in a girls-only group because you can open up more than when guys are around

- Be a real girl! Eat an Oreo!

References

- Girls Incorporated (http://www.girlsinc.org)
- Generation M2: The Kaiser Family Foundation (http://www.kff.org)
- The Dove Self Esteem Fund (2008)

Thank You

It is our hope that after participating in this training, you will become a "true" change agent in the life of a young girl's journey through youth to womanhood.

Contact Information

Jessica Traylor, Ed.S.

Kiana Battle, LMSW

www.realgirls.us
Website for Books
Amazon.com
Jtraylor@lamar.k12.ga.us
Kiana.Battle@lamar.k12.ga.us
Email address for questions, comments, and training opportunities