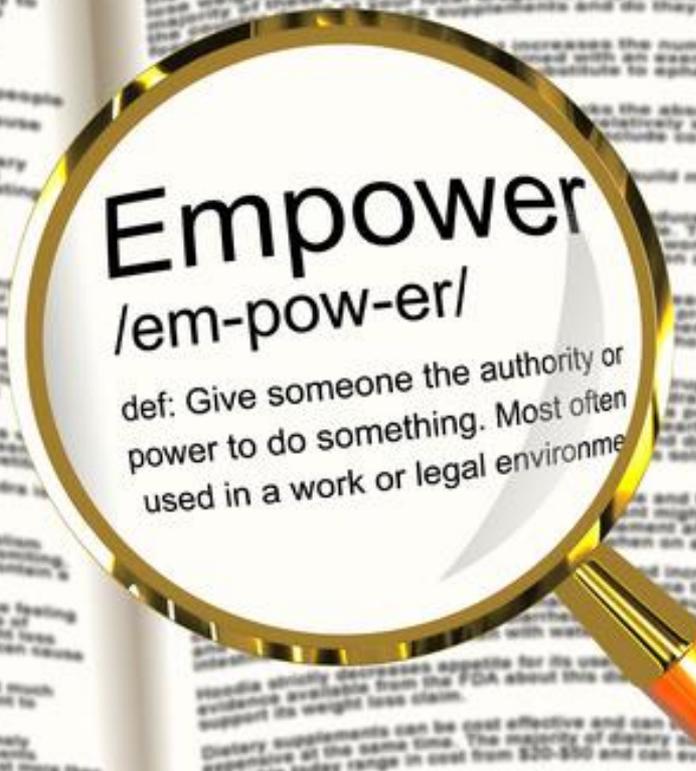


Empower and Inspire to Avoid the Drama

Maria Grovner

Education Program Specialist

February 24, 2016



Empower

/em-pow-er/

def: Give someone the authority or power to do something. Most often used in a work or legal environment



Inspire

/in-spya/

def: To instill in someone the motivation, enthusiasm and courage to do better things and achieve more.

- What leadership opportunities exist for your female students?
- Are there opportunities for students to plan events for the student body or community?
- Do you survey the students to find out their interests and plan school wide initiatives accordingly?

- Who are your female students looking up to?
- Who are some of the females you are bringing into the school to speak to the students or even the faculty?
- Do you have that female teacher that EVERYBODY just love?

My Top Five: What Causes the Drama?



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Boys

Clothing

Body
Image

Social
Pressures

Jealousy

Data Opportunities



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- Number of bullying incidents involving females
- Number of conflict resolution interventions you've had to conduct
- Number of girls enrolled in STEM related classes
- Disaggregating testing data for various subjects by gender
- Attendance rate by gender

Body Image Empowerment



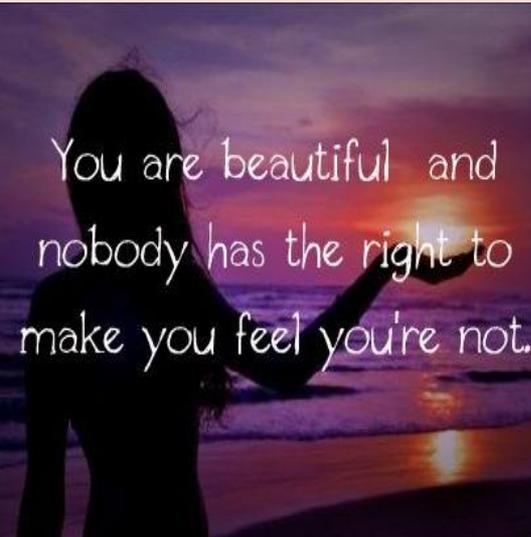
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- Initiate projects to teach girls how to question cultural messages.
- Have a group of girls create collages of images they find to be positive, and negative. Discuss the images and the reasons the girls chose them.
- Compare and contrast magazines, movies, videos or CD covers. Ask them "What are the stories in these pictures?" "What do you like or dislike?" "How does this make you feel?"
- Help her find her voice.
- Encourage girls to decide for themselves what they think about any number of topics.
- Letter-writing campaigns are also very empowering. Have them choose an ad or a TV show they have an opinion about (no matter what the opinion is) and write to the company to tell them. Share the letters and the responses they receive.

Quote Central



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"Believe in yourself and you can do unbelievable things."

-Unknown

girl

- Print out quotes and have students discuss their interpretation
- Students think about how quote can be applied to their life
- Have students create their own empowering/inspirational quote with graphics
- Quote of the Day or Week
- Print out and use as office or hallway décor



"You can only become truly accomplished at something you love.

Don't make money your goal.

Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you."

*Maya Angelou

Count on Me: Lessons for Girls



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- Think about how you are treating others, more than how they are treating you.
- Don't stir the pot with drama.
- Be mindful of manipulation.
- Forgive freely. Don't make people work for your forgiveness.
- Encourage other's strengths, don't point out their weaknesses.
- Listen.
- Be "for" your friends. Choose them. Be on their side.

Who are some inspiring females that relates to the interests of your girls?



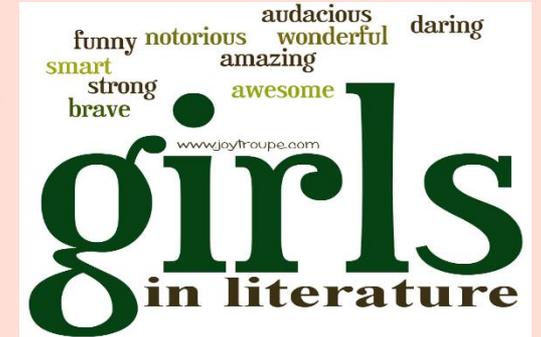
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Athletics: Maya Moore



Entertainment:
Jennifer Lawrence and Taylor Swift



Best Female role Models
for Young Girls



Fashion: Lauren Conrad



Corporate: Tyra Banks



Technology: Susan Wojcicki

IF SHE CAN SEE IT, SHE CAN BE IT

Who has the influence?



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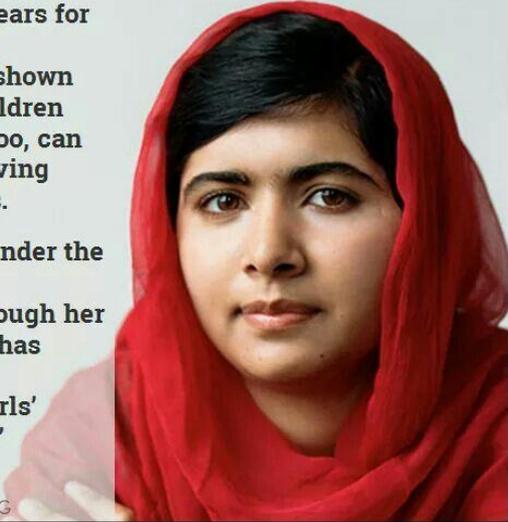
Malala Yousafzai

- Nobel Peace Prize
- Activist

Congratulations Malala
Winner of the 2014 Nobel Peace Prize
(at 17 years old, youngest winner ever of the prize)

"Despite her youth, Malala Yousafzai has already fought for several years for the right of girls to education, and has shown by example that children and young people, too, can contribute to improving their own situations.

This she has done under the most dangerous circumstances. Through her heroic struggle she has become a leading spokesperson for girls' rights to education."
- Nobel committee



FACEBOOK.COM/OURTIMEORG

Kylie Jenner

- Kim Kardashian's sister
- "Kylie Jenner" Lip challenge
- [#IAmMoreThan](#) (her anti-bullying campaign)
- Quoted as saying "I want to be an inspiration for young girls"



April: Community Service Month



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- Encourage classes or teams to do at least one project this month.
- Schoolwide project by grade level.
- Testing Month, but after testing check with administration about doing a project schoolwide during the school day.
- [Community Service: Middle & High School Kids](#)
- [Service Learning](#)
- [Animals, Seniors, Environment, Troops, Helping Other Kids](#)
- [35+ Service Projects for Kids](#)
- [366 Community Service Ideas](#)

Events/Activities for Girls



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Events/Activities for Moms & Daughters

- [Book Chat](#)
- [Mother Daughter TEA Workshop \(Technology Engineering Aptitude\)](#)
- [Hispanic Mother Daughter Program](#)
- **Movie Night**
 - Freaky Friday
 - [Mom-daughter movies](#) (some may be for adult mom-daughter relationships)

- Girls Night Out
- Book Club
- Small Group
- Introduction to Careers Summit
- Women In Engineering Day
- [Life Skills Empowerment Workshop](#)
- [October 11: International Day of the Girl](#)
- Girl Scout Week 3/6-3/12
- Work with local sororities who may offer girl empowerment programs on weekends
- Women's History Month (March)
- [Engineer Girl](#)
- [Sparking Interest in Computing](#)

DigiGirlz

(Registration Link)



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Welcome Event Hours General Event Information Contact Us English

Thank you for your interest in our DigiGirlz Event!
March 5, 2016

Event Location:
Omni Hotel at CNN
100 CNN Center
Atlanta, Georgia 30303

9:00 AM - Noon

Let's Get Started!

New Registration

Modify Registration

Tell a Friend

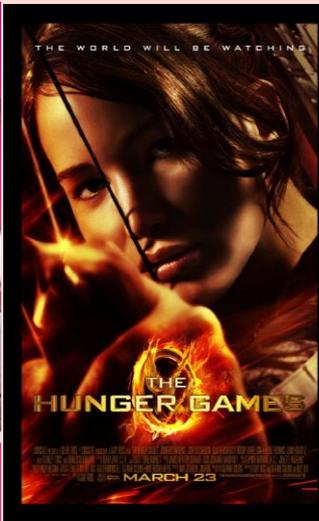
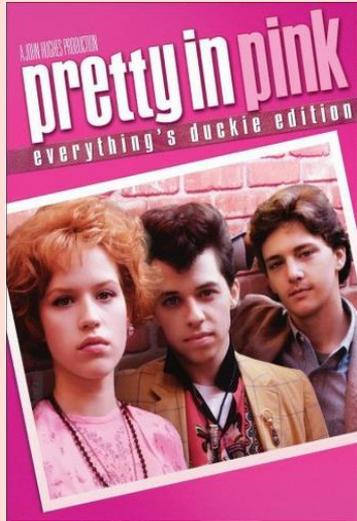
Add to Outlook

- There is no cost for participation and lunch will be provided. DigiGirlz will be in conjunction with the **Computer Science & Innovation: 2016 Women2Women Conference.**
- DigiGirlz is one of Microsoft's signature programs to invest in Science, Technology, Engineering and Math (STEM) education for young women and build a pipeline of future workers ready for the challenges of the global economy. It is a global program of 70+ multi-day and one-day camps held in multiple countries, and several locations across the US. The goal of DigiGirlz is to raise awareness about the variety of exciting and meaningful careers available in the technology industry while dispelling the stereotypes typically associated with high tech jobs and the people in those roles. Participants gain an understanding about what it is like to work at Microsoft through interactions with our products and employees.
- The Microsoft DigiGirlz Day was developed to provide girls with a better understanding of what a career in technology is all about. This exciting experience provides high school girls with opportunities to learn about careers in technology, talk with Microsoft employees about their life experiences, and enjoy hands-on computer and technology workshops.
- We are targeting students grades 7-12. While there is no cost for participation, you are responsible for your own transportation. Space is limited.

Registration Link that can be shared with parents and girls:

<https://www.eiseverywhere.com/ehome/164146>

Movies to Inspire Girls

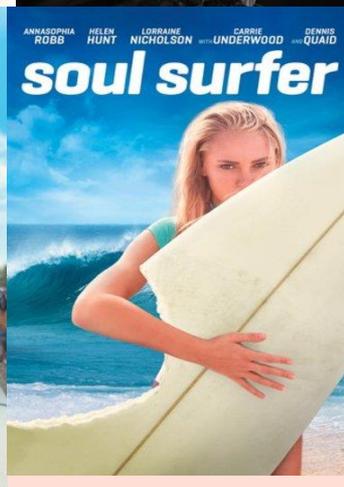
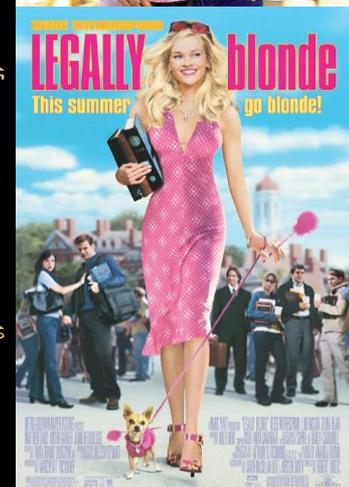


Host a movie each month or per quarter.

Discussion Pointers

Any girl who signs up in advance can attend.

Self- Reflection:
Create a movie plotline about you.
List cast members.



Music to Inspire Girls

SONG: Stronger (What Doesn't Kill You)

ARTIST: Kelly Clarkson

WHAT THE LYRICS SAY: "What doesn't kill makes you stronger, stand a little taller. Doesn't mean I'm lonely when I'm alone. What doesn't kill makes you fighter. Footsteps even lighter."

WHAT SHE HEARS: Life (read high-school) isn't always easy, but each adversity truly does make us stronger for the next time around.

SONG: Unwritten

ARTIST: Natasha Bedingfield

WHAT THE LYRICS SAY: "Live your life with arms wide open. Today is where your book begins. The rest is still unwritten."

WHAT SHE HEARS: Your life will be what you make it – make it count; nothing that has happened yet has determined your future.

SONG: Corner of the Sky

ARTIST: Jackson 5

MUSICAL: Pippin

WHAT THE LYRICS

SAY: "So many men seem destined to settle for something small, but I won't rest until I know I'll have it all. So don't ask where I'm going, just listen when I'm gone, and far away you'll hear me singing softly to the dawn."

WHAT SHE

HEARS: Never settle. Dream big, set goals and then go for it – no matter where the road may take you.

- In a group session, have empowering song playing while the participants are waiting to begin session.
- Have participants listen and discuss song lyrics.
- Participants discuss how the chosen song relates to them.



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***SONG:** I Hope You Dance

ARTIST: Lee Ann Womack

WHAT THE LYRICS SAY: "I hope you still feel small when you stand beside the ocean. Whenever one door closes, I hope one more opens. Promise me that you'll give fate a fighting chance. And when you get the choice to sit it out or dance. I hope you dance."

WHAT SHE HEARS: Keep perspective on where your life/problems fit into the bigger picture. Keep your eyes open for new opportunities/stay optimistic, and ALWAYS stay in the game.

***SONG:** Beautiful Flower

ARTIST: India Arie

WHAT THE LYRICS SAY: "'Cause you're beautiful like a flower.

More valuable than a diamond. You are powerful like a fire. You will heal the world with your mind."

WHAT SHE HEARS: India Arie tells young women struggling with their identities that they are beautiful, brilliant, powerful, resilient and "more valuable than a diamond."

SONG: Free To Be Me

ARTIST: Francesca Battistelli

WHAT THE LYRICS SAY: "'Cause I got a couple dents in my fender, Got a couple rips in my jeans. Try to fit the pieces together but perfection is my enemy. On my own I'm so clumsy, but on your shoulders I can see... I'm free to be me. **WHAT SHE HEARS:** It's not always going to be smooth sailing, but you are free to be who you were created to be even with a few mistakes along the way.

SONG: Defying Gravity

MUSICAL: Wicked

WHAT THE LYRICS SAY: "I'm through accepting limits, 'cause someone says they're so. Some things I cannot change, but till I try, I'll never know! "

WHAT SHE HEARS: There are no limits to what you can accomplish when you realize that there is no such thing as failure, only feedback on what doesn't work. Get up, brush yourself off and start again.



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Resources

- **7Wondelicious:** We focus on overturning the gender stereotypes that make girls obsess with body image, keep girls from taking leadership roles, that limit girls' interests in sciences and math and cause them to feel self-aware when playing sports.
- **Girls Can't WHAT?:** We've started a revolution that challenges women to break through gender stereotypes and achieve their dreams. Ideas, motivation, encouragement and interviews can be found on the [Girls Can't WHAT? blog](#), where we often spark very lively discussions on current issues and challenges facing women.
- **Girl Talk:** Founded in 2002, Girl Talk is a student-to-student mentoring program that pairs middle school girls with high school girls who serve as mentors. Weekly meetings are held before or after school, during which the high school leader conducts valuable lessons that address issues middle school girls face every day. Some examples of weekly lessons are Being Nice, Underage Drinking and How to Talk to Your Parents. Our mission is simple: We exist to help young girls build self-esteem, develop leadership skills and recognize the value of community service.

More Resources



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- **[Educating Girls Matters](#)**: Educating Girls Matters is an online resource designed to provide news about educating girls and links to websites of organizations that help educate girls/women around the world. We dare to imagine a world in which all girls have access to education.
- **[L'Oréal USA For Women in Science](#)**: L'Oréal recognizes the importance of advancing women in the sciences for the past six years through its For Women in Science program.
- **[Hardy Girls Healthy Women](#)**: Hardy Girls Healthy Women (HGHW) is a nonprofit organization dedicated to the health and well being of girls and women. Our vision is that all girls and women experience equality, independence, and safety in their everyday lives.
- **[Girls Inc.](#)**: Girls Incorporated® is a nonprofit organization that inspires all girls to be strong, smart, and bold.
- Also consider Girl Scouts USA. There's two councils in GA... **[Girl Scouts of Greater Atlanta](#)** and **[Girl Scouts of Historic Georgia](#)**. They're about more than cookies.

Resources (with curriculum)



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Girl Up

- As the United Nations Foundation's adolescent girl campaign, Girl Up engages girls to take action.
- Led by a community of nearly half a million passionate advocates raising awareness and funds, our efforts help the hardest to reach girls living in places where it is hardest to be a girl.

Dove Self Esteem Project

- In collaboration with another corporation, DOVE has created a program of world-class resources, many of which have been scientifically proven to significantly develop and increase body confidence and self-esteem in young people.
- The resources are designed to help you engage and support young people aged 7 to 17 on issues relating to self-esteem and body confidence.
- Free to download and use, the materials range from articles, action plans, and conversation starters to activities, videos, and workshops.

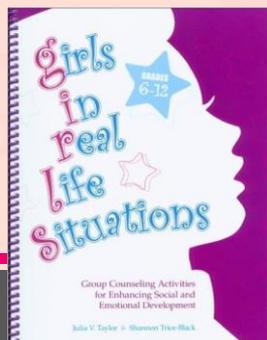
Julia V. Taylor



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Girls in Real Life Situations

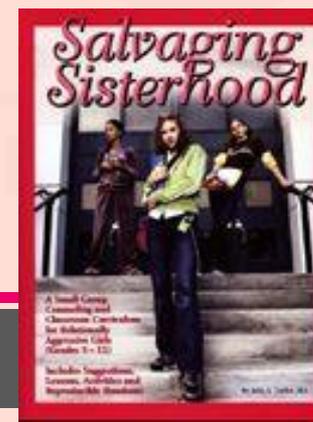
- This unique group counseling curriculum provides over 90 activities divided into twelve session themes:
 - Who Am I? Body Image, Choices, Communication, Emotions, Friendships, Relationships, Self-Esteem, Stress, Reaching Out, Tough Times, and Who I Am!
- During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment.
- They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions.
- [Activities that can be used](#)



[The Body Image Workbook for Teens](#), [The Bullying Workbook for Teens](#), [Salvaging Sisterhood](#), [G.I.R.L.S.: Group Counseling Activities for Enhancing Social and Emotional Development](#) (G.I.R.L.S. is two separate curricula, one for secondary ages, and another for elementary ages), and a children's book, [Perfectly You](#)

Salvaging Sisterhood

- A group curriculum designed to teach relationally aggressive and/or bullying girls how to communicate appropriately and diffuse anger.
- The book features over 50 activities that address issues such as the dynamics of female friendships, positive self-concepts, healthy conflict resolution, and how to lessen gossip, rumor spreading, and backstabbing.



All Levels



Using Movies & Music in Your School Counseling Program

2:00 PM

Elementary



Understanding the Counselor's Role in Crisis Situations

2:00 PM



5th Grade Portfolios Best Practices

2:00 PM

Middle



Early College Awareness Initiatives

11:00 AM

High



Implementing a College Admissions Boot Camp Program

11:00 AM



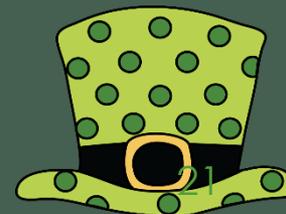
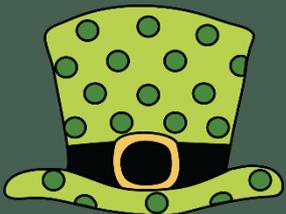
Academic Achievement Initiatives

11:00 AM

MARCH WEBINARS

REGISTER TODAY!! DON'T DELAY!!

Click on the session's topic to register.



A woman with dark hair, wearing a purple sequined long-sleeved dress, is smiling and pointing her right hand upwards. Her left hand is held out in a gesture. The background is dark with a purple glow.

Questions & Answers

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