“Real Girls”

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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 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
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
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
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

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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?
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!
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.
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