

Girls Circle Activity Guides

There are numerous guides for use with the Program rich with skill-building themes and activities that promote critical thinking in all areas of girls' lives.

8 Weeks	Friendship	Groundbreaking guide that addresses exclusion, intolerance, and feuding. Confronts relational aggression and shores girls up with strong interpersonal skills; knocks down barriers to pride, confidence, and empathy. Themes include topics such as "Being Included, Being Left Out," & "Feuds, Followers, & Fairness." Increases caring and relational competence.
8 weeks	Being a Girl	Introduces girls to the positive experience of a support circle addressing topics such as "Growing Up Female," "Growth and Self-Care," and "Female Role Models." Activities include collage, affirmations, and theme-related crafts. Great kit for middle-school girls new to support groups.
8 weeks	Body Image	Examines cultural messages and personal beliefs that influence body image. Themes emphasize raising awareness, recognizing body signals, and exploring underlying causes of poor body image. Topics cover physical awareness, health, and emotional balance through media exploration, imagery, art, personal story telling, and more. Excellent prevention program.
12 weeks	Honoring Diversity	Recognizes girls' varied cultural, ethnic, and racial backgrounds emphasizing positive identity and alliance building. Includes discussions and activities that cover topics such as "Stereotype Busting," "Beyond Fear," "Cultural Treasures," "Culture Clash," and includes a community advocacy exercise. Themes focus on appreciating diversity in girls lives by identifying biases, developing navigational tools in a multi-cultural society, and promoting understanding and respect within and between groups. Guide includes a girls' journal for weekly reflection.
12 weeks	Mind, Body, Spirit	This excellent prevention program addresses alcohol, tobacco, and drug decision making as well as healthy sexuality, promoting abstinence and/or reduction to high-risk behaviors by exploring the realities of risk and the power of self-care. Helps girls examine and evaluate choices through affirmations, role-play, media influence, journal writing, videos and more. Addresses sexuality decision-making and definitions of "infatuation, desire, and love" through real teen stories, music messages, and personal standards activity. Outstanding prevention program that promotes critical thinking and is much enjoyed by girls!

8 weeks	Expressing My Individuality	Explores topics such as celebrating individuality, diversity, getting along with others, and addresses goals, conflict styles, feeling good about ourselves, and taking time to relax. Activities include values exploration, "How Others See Me," making dream catchers, potting a plant to symbolize personal growth, and finally culminates with a girls' compliment circle. A variety of topics and activities for middle and high school girls!
10 weeks	Relationships with Peers	Enhances girls' awareness of their relationships with themselves and others. Themes include "Expressing Myself," "Accepting Different Parts of Myself," "Giving Voice to Feelings," Romantic Relationships, "Girlfights or Girlfriends" and are complimented by activities such as journaling, role-play, sculpting, and more. Highly engaging for teen girls.
8 weeks	Who I Am	Works with girls to examine identity, assertiveness skills, and goal setting through role-play, mandala-making, relationship to music, and more. Themes include "Journaling and Self-Disclosure," "Song About Me-Who I Am," "Personal Growth/Assertiveness," and "Life Goals/Personal Goals." Very well received by high school girls.
12 weeks	Paths to the Future	A skills-building support circle for use with at-risk or court-involved girls. Examines thoughts, beliefs, and actions about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, HIV, drug abuse, stress and goal-setting. Opens up girls to important exploration regarding their choices and behaviors and examines ways to promote self-care and healthy decision-making through lively, prepared discussions and activities. Creative activities include assertiveness role-plays, collage, progressive relaxation, writing, creating "life-maps" and more.
8 weeks	Wise & Well	Addresses 21st Century challenges such as cyberbullying, social networking, binge drinking, marijuana use, the stigma of mental health and more. In this guide, girls and facilitators walk through the myriad of common 21st Century risks with discussions and activities that inspire eyes wide open, minds sharp and aware, and hearts willing to step up to leadership for their own health and safety.
8 weeks	My Family, My Self	This essential guide gets at the critical importance of girls' development within the context of their family relationships and offers girls the opportunity to safely and respectfully acknowledge and explore the many gifts and challenges of growing up within the family unit. Girls are invited to share the influence of their families and cultural values on their own social-emotional development, and build skills to strengthen their confidence in relationships with relatives and peers.
8 weeks	Mother-Daughter Circle	Mothers or Female Caregivers and their daughters join together in combined and age-appropriate groups to strengthen their bonds through shared listening, creative expression, and skill building. "Heart of the

		Matter" promotes empathy, communication skills, stress reduction, setting limits and honoring boundaries, exploring meanings and messages about female identity, identifying relationship accountability, and experiencing affirmation together and within their broader female community.
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