

# GIRL TALK 1 CURRICULUM

Empowering Girls to be Confident, Kind & Cyber Smart  
Exclusively designed for Elementary School Girls



Dear Administrators and Leaders,

Research shows that a girl's self-esteem peaks at age 9, then plummets. Nine is the age 50% of girls report having been on a diet and 3/4 of girls with low self-esteem engage in negative activities such as disordered eating, bullying, smoking and drinking. 78% of girls with low self-esteem admit that it is hard to feel good in school when you do not feel good about yourself. According to the results of a survey conducted by I-Safe America, a non-profit organization dedicated to Internet safety, over 40 percent of children in grades 4-8 have been bullied online. We care about girls and we care about Cyber Citizenship education. We want girls to know their self-worth, continue their education and become positive role models of their community. If girls are equipped with these elements, they will lead and positively shape the next generation.

We're on a mission to create positive change amongst girls, improve their self-confidence and gain the skills to lead with a positive digital footprint. Girls Above Society recognizes the unique contributions the GIRL TALK 1 Curriculum brings to girls learning self-confidence and leadership skills to become positive role models and leaders of their community online and offline.

Each generation shapes the next, therefore when we empower the girls of today, we are inspiring the girl leaders of tomorrow. GIRL TALK 1 Curriculum addresses such wide-ranging topics such as confidence, leadership, self-worth, friendships and Cyber Citizenship skills that contribute to a positive digital footprint.

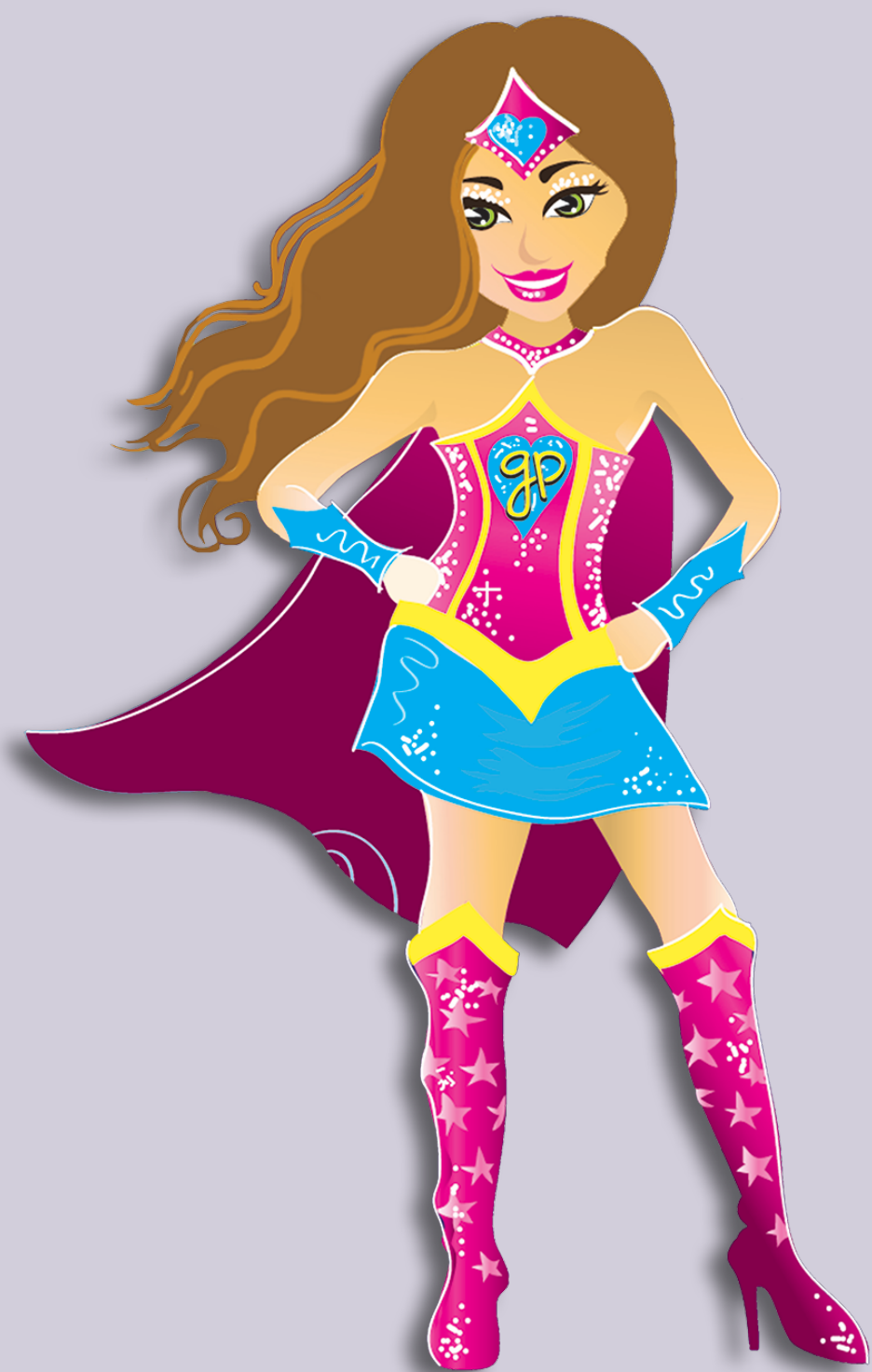
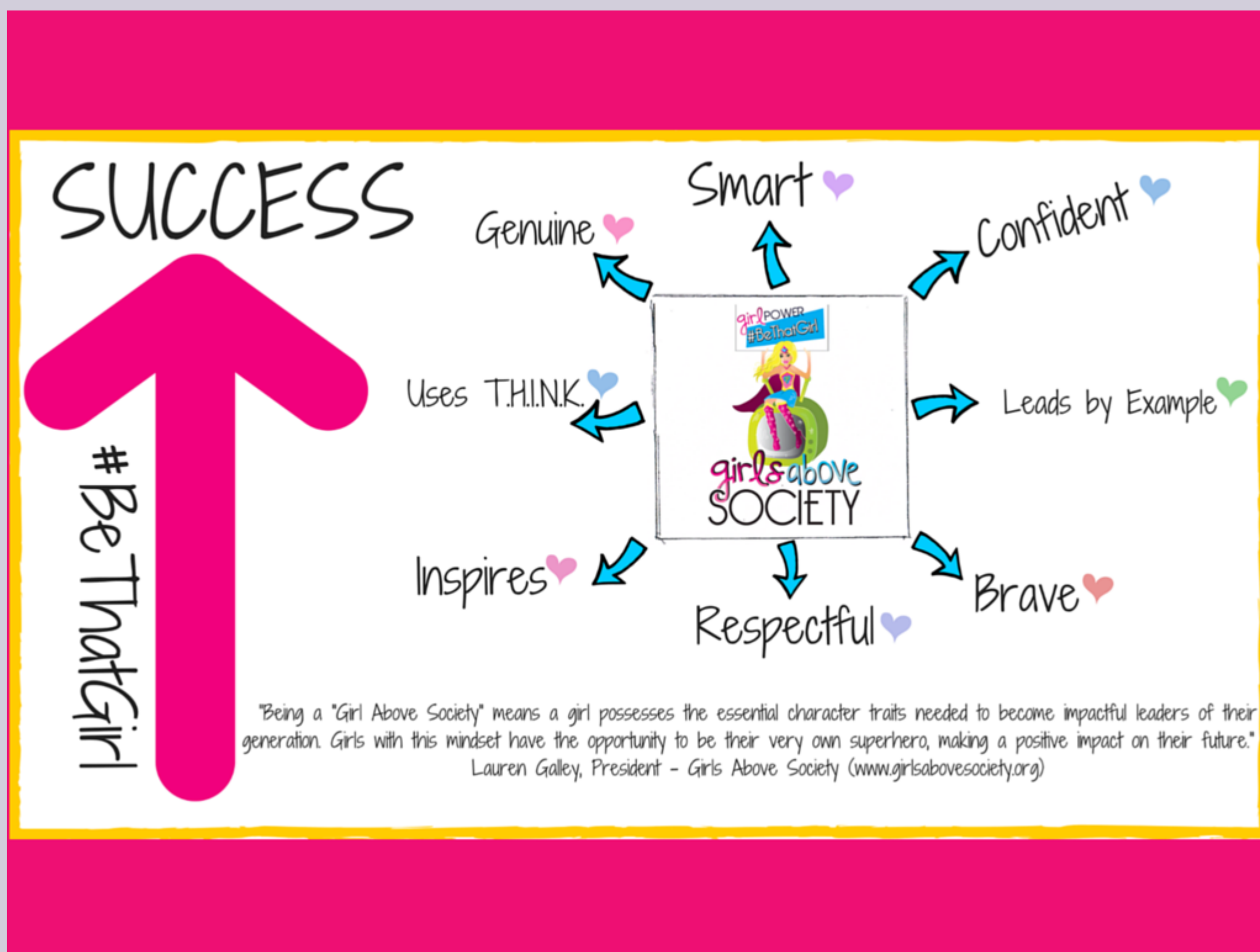
GIRL TALK 1 Curriculum provides a unique pre-recorded video element that virtually guides the curriculum while engaging and empowering girls to absorb the message behind each week's lesson.

Girls Above Society website serves as the hub for GIRL TALK 1 Curriculum. Lessons are easily navigated with organized elements to complete each week's GIRL TALK.

We're not just empowering today's girl. We're shaping a new culture of girls who lead with confidence, kindness and empowerment. Thank you for supporting the mental health and digital education of young girls.

Girls Above Society

# VISION AND VALUES



## VISION

We envision a society where ALL girls are confident and know their self-worth, a girl who is not afraid to launch her limitless potential that enables her to live her dreams and goals, become a role model for other generations and recognize her potential to blaze her own trail, becoming leaders of the community.

## VALUES

Girls Above Society's GIRL TALK Program embraces its core values. We aim to:

- Build confidence, courage and positive character for all girls.
- Empower girls to be kind and value respect for themselves and others.
- Embrace our differences and find strength in our connectedness
- Be brave in the face of adversity
- Develop life skills, healthy coping skills, and decision-making skills

# GIRL TALK ELEMENTS

**A. INTRODUCTION** Each week's GIRL TALK begins with an exciting overview and expectations!

**B. LET IT GO!** - GIRL TALK always begins on a positive note. Girls will gather in a circle and share one positive thing that happened that week. It can be anything from acing a test, making a new friend, accomplishing a goal or sharing a time they were kind and how that affected others. Let It Go allows us to focus on the positive and that's a great life lesson in itself!

**C. SURVEY/RESEARCH** - Each lesson is based on growing research on the pressures today's girls are facing. While Girls Above Society is collecting it's own data, we incorporate research from those highly respected in the field. Research reveals why it's important and GIRL TALK gives girls the building block to make positive change. Several GIRL TALK lessons include a survey. Collecting current data gives us the information needed to continually empower girls and improve GIRL TALK in it's entirety.

**D. LESSON** - The activity portion of GIRL TALK gives girls an opportunity to apply their unique mark as they work together, share their voices and learn valuable tools and skills that instill positivity online and offline. Girls walk away with an understanding of just how powerful their self-worth can reflect daily choices, goals and accountability during this time of maturity.

**E. DISCUSSION** - Every GIRL TALK consists of a relevant topic about pressures that young girls are facing in today's society. Discussion allows girls to see they are not alone AND gives girls the opportunity to express their thoughts, whether it be through questions and discussions, or by sharing relevant experiences. This discussion section should also include tips and advice on how to address the particular pressure discussed. Earning your "Girl Power" status is no easy feat. A GIRL TALK conclusion should be full of positivity. Reviewing the critical elements gives girls an extra dose of confidence that allows them to walk away, soak it in and look forward to their next week of GIRL TALK. The Girl Power Chant ends each week with a powerful reminder...Our Confidence is here to stay!

**F. DOODLE/JOURNAL** - Each GIRL TALK ends on a personal reflective note. Girls are encouraged to write or draw their takeaways from each week's GIRL TALK. Their thoughts may be setting goals, reflecting on how far they have come, negativity that needs to be released or even a positive quote that helps them continue their journey of empowerment.

**G. GIRL POWER CHANT/BOOSTER** - Each lesson ends with a positive Girl Power Chant and Power Up Booster. The Girl Power Chant is a powerful weekly reminder ...Our Confidence is here to stay! . Hearing positivity is important but saying positivity, especially in a group setting ignites a spark and enables girls to use their voices for good. Power Up Boosters are a printable takeaway for each GIRL TALK. Boosters are quotes of encouragement that girls keep as a personal reminder of Girl Power as they weave through the GIRL TALK experience.

# ACKNOWLEDGMENTS

**GIRL TALK 1** Curriculum was prepared under the direction of an expert education specialist and award-winning teen mentor in consultation with leaders in the girl empowerment industry and was made possible through the generous support of the non-profit Girls Above Society. Exceptionally valuable assistance was provided at critical steps by the Director of Education for Girls Above Society, Rebecca Moore.

The goal of the GIRL TALK 1 Curriculum: Provide guidance in developing and sustaining confidence and leadership skills that provide engaging and enrichment extended to school and life learning experiences, particularly for those girls most at risk for failure or under-performance during the traditional school day. GIRL TALK 2 teaches girls crucial skills as they begin their digital footprint. Girls will become cyber smart with the power to share their digital experience as they empower other girls throughout their teenage years.

GIRL TALK 1 gives girls the tools to sustain confidence, positive self-esteem and navigate the girl-to-girl drama and friendship anxieties with ease and strive towards shaping a kinder generation.

Contributors drew upon a depth of published research and a breadth of practical resources available for use in the construction and monitoring of after-school programs.

## **Contributors**

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