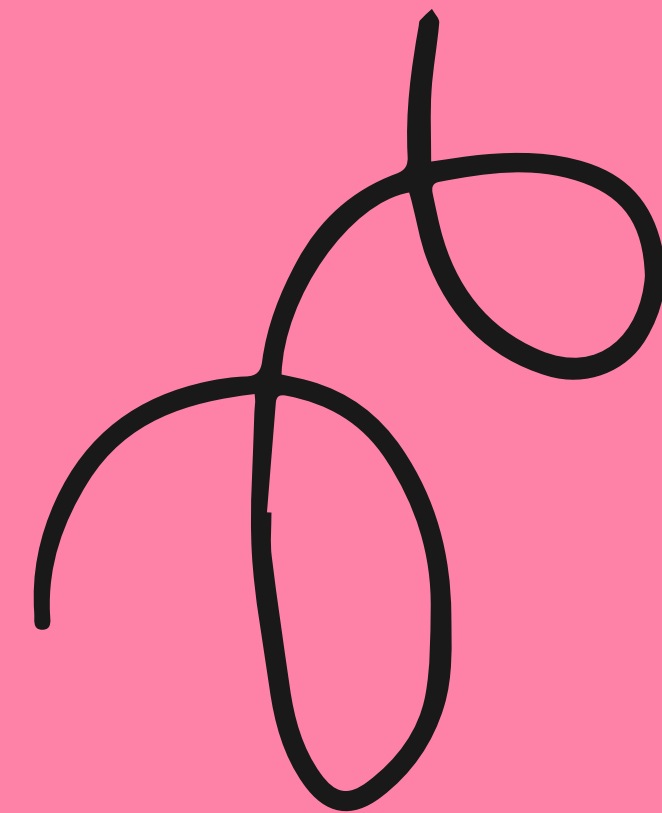


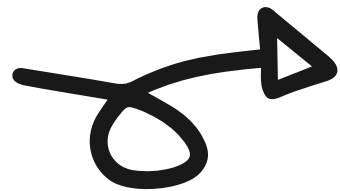


# GIRL GIRLS ABOVE SOCIETY TALK



VOLUNTEER/SERVICE HOURS

# WELCOME TO GIRL TALK!



20

I'm so excited to be your guide & help you earn volunteer service hours. Not only will you be earning 20 valuable hours you will become a mentor and positive connection for the girls in your group!

One of the biggest frustration amongst girls is the jealousy and drama that can get out of control super quick. Your GIRL TALK "Mean Stinks" mentorship will get the convos started to nix the negative vibes for good. "Mean Stinks" is the perfect way to show girls that instead of tearing each other down, we are all better when we support each other and nix the mean for good!

Are you ready to make a difference & earn 20 hours?

Let's get started!

*Lauren Martinez*



# MENTOR REQUIREMENTS

## 20 SERVICE/VOLUNTEER HOURS

### Sponsor 1

Select a "Super Mentor" - teacher - counselor - administrator to sponsor you as a Girls Above Society Mentor. Provide them with the sponsor letter, ask them to sign on and upon completion of your GIRL TALK have them sign off and share their thoughts.

### Recruit girls! 2

Recruit your girls! If you are in high school, connect with your middle school and gather a minimum of 4 with a maximum of 10 girls who would like to experience GIRL TALK!

### Photos 3

Please provide at least one photo from each phase of GIRL TALK. Elements include "ME TOO", MEAN STINKS Activity, Convos, Girl Power Chant. Each girl must have their parent sign our photo/video release form!

### Videos 4

Please provide at least 1 video with a maximum of 3 minutes. You can choose an element or create several videos of the entire GIRL TALK. Don't forget to video the Girl Power Chant!

### Administer MEAN STINKS GIRL TALK/Share your thoughts! 5

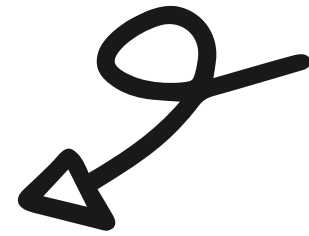
Share your thoughts with me! After administering the Mean Stinks GIRL TALK, I'd love to hear how the entire process went, what you would change, if anything, and your ideas for future GIRL TALKS.

### Survey 6

Please provide a pdf of the completed surveys. You can also take pics of the surveys and send individually of a PDF is not workable for you.

# GIRL POWER ASSISTANCE NEEDED!

*I'm empowering a group of girls while I earn 20 service/volunteer hours with Girls Above Society and would love you to oversee my journey.*



My Mission: I'll be gathering a small group of girls after school with a mission to empower them to be kind, inclusive and support one another. Girls can be mean and the drama starts with us so what better way to nix the negativity than to be a mentor myself and shape change amongst today's girls? Girls Above Society has approved my application to gain service hours as a mentor. I'm super excited to be able to administer one of their signature GIRL TALK's from their curriculum as my project. Elements of this project includes preparation time, delivery of the GIRL TALK and a wrap up gathering the required elements for my certificate of hours.

Where do you fit in? I'd love to share the project with you as I complete each segment. I'd be open to any feedback and support during the process. Some of the elements are completed on my time away from school. The actual GIRL TALK "Mean Stinks" will be conducted on school property after school and should take approximately 2 hours. I will need assistance in gathering some easily found supplies and receive permission to administer the GIRL TALK with supervision nearby.

Thank you for empowering me while I use my confidence to empower other girls. Change begins with 1 person...why not me?



# SUPERVISORY PERMISSION

Thank you for becoming a **SUPER**visory Mentor! Girls Above Society volunteer mentors help shape confidence, kindness and positivity amongst today's young girls. Your mentor volunteer is taking a courageous step towards girl empowerment and we're beyond thrilled.

Each mentor volunteer is required to complete 5 elements that result in a GIRL TALK titled "Mean Stinks" and is dealt with a task of gathering a small group of girls (minimum 4, maximum 10), preparing for the GIRL TALK lesson, delivering the lesson, taking photos/videos and administering a closing survey to the girls. The entire lesson is provided with details of each element. Preparation is necessary and volunteers are able to complete this away from school. The GIRL TALK lesson will be held on campus with an administrative approval and supervision.

A few supplies such as bulletin board paper (white), scissors (1 pair), markers, 1 ball of yarn (volunteers can easily find this item) printed surveys and pens for the girls to complete survey.

Your signature on this form states that you have given the volunteer permission to hold the GIRL TALK on campus after school and are willing to supervise/be available if needed for this process. Girls Above Society will provide a video/photo release form and upon request we are happy to provide a permission form for each girl if the regular school release form is not sufficient. We will also provide a flyer to help the volunteer recruit girls for this event.



Girls Above Society - Lauren Martinez

Mentor Volunteer -

SUPERvisory Mentor -  
School / Phone Contact Number

Email:

# MEAN STINKS

Expectations  
and outcomes

01

Girls will experience the signature GIRL TALK "Mean Stinks". Girls will gain the tools needed to navigate girl drama, jealousy, bullying through activities and conversations.

02

Girls will engage by completing activities, conversations, learning the girl power chant and completing a survey. Mean Stinks GIRL TALK will be administered by a peer earning service/cvolunteer hours.