## Girl Power: Self-Esteem Group Curriculum for 5th Grade Girls

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### What is Girl Power?



- An eight session group counseling curriculum for 5th grade girls
  - Goals:
    - Strengthen self-esteem and selfperception
    - 2. Promote awareness about how certain environments can affect self-esteem
    - 3. Promote resiliency.

### The Need for Girl Power



- Girls starting puberty (4th-8th grade) at higher risk for:
  - Low self-esteem
  - Poor body image (Hargreaves, 2002)
- · Factors contributing to low self-esteem
  - Obesity
  - The media
- · Low self-esteem is related to
  - Depression
  - Poor academic achievement
  - Negative body image

# The Effectiveness of Group Counseling



- Group counseling has been found to be effective in general. (Sanders, 2007)
- Group counseling has been effective in changing 5<sup>th</sup> grade girls' attitudes toward:
  - personal role options
  - home
- family responsibilities
   (Deutsch & Wolleat, 1981)
- Multimedia group counseling techniques successfully helped preadolescent girls deal with:
  - changing body image
  - · importance of peer group

(McCue, 1980)

# The Effectiveness of Group Counseling



- Improves student academic achievement when focused on 5 key areas:
  - (1) goal setting and progress monitoring
  - (2) building a community of caring, support, and encouragement
  - (3) cognitive and memory skills
  - (4) handling pressure and anxiety
  - (5) building healthy optimism.

(Brigman & Webb, 2007)

### **Girl Power Session Topics**

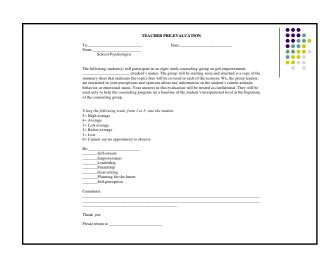


- 1. Promoting self-esteem
- 2. Creating a positive self-image
- 3. Handling peer pressure
- 4. Health and fitness
- 5. Planning for the future
- 6. Becoming a positive role model
- 7. Leadership skills

Teacher Referral Form  Dear Faculty and Starff:  From: School Psychology Ginduate Stadents	
Subject Taught: Date:	1
We will soon be stating a Girl Power counseling group in the school. We are seeking your help in identifying students whom you feel would beard from an group encoperatest connecting experience. The group would meet caped times for 14 minutes, and we would suggest and condustate the use and days with your schedule. Students will be responsible for completing any missed work and all homework assignments.	
Please indicate the name(s) of your students whom you would recommend. Each named student would be interviewed to determine willingness and readiness to be in a group.	
1. An empowerment group is for students whom you feel do not have good feelings about themselves.	
These students may be overly shy, passive, submissive, or quiet. They could be also compensating for their	
lack of self-esteem by showing a superior attitude.	
Please return this survey to our mailbox as soon as possible since we are ready to identify group members.	
If one of your students is selected to be in a group, you will be notified. Feel free to make any comments at	
the bottom of this sheet. Thank you.	
Comments/suggestions:	
Return this form to before	



Disections: Rate youneff on the following traits. Number 1 is low and 5 is high and 3 would be average.  I AM FAIR  1 2 3 3 4 5  I AM KEND  1 2 3 3 4 5  I AM HELFFUL  1 2 3 4 5  I AM CODIBIDIT  1 2 3 4 5  I AM AGOOL SIENERR  1 2 3 4 5  I AM ARTISTIC  1 2 3 4 5  I AM ARTISTIC  1 2 3 4 5  I AM ARTISTIC  1 2 3 4 5  I AM GOOD AT ACADEMICS  1 2 3 4 5  I AM OFF MAINDED  1 3 4 5  I AM OFF MAINDED  1 2 3 4 5  I AM TRUSTIC  1 2 3 4 5  I AM OFF MAINDED  1 2 3 4 5  I AM ARTISTIC  1 2 3 4 5  I AM OFF MAINDED  1 2 3 4 5  I AM ARTISTIC  1 3 4 5  I AM ARTISTIC  1 4 5  I AM COORDINATE  1 5 3 4 5  I AM ARTISTIC  1 4 5  I AM ARTISTIC  1 5 3 4 5  I AM ARTISTIC  1 6 3 4 5  I AM ARTISTIC  1 7 3 4 5  I AM ARTISTIC  1 8 3 4 5  I AM ARTISTIC  1 8 3 4 5	Self-esteem Rating Scale					Name		
TAM KIND	Directions: Rate yourself on the follo	wing traits.	Number	r 1 is low	and 5 is	high and	3 would be average.	
IAM HELPFUL	I AM FAIR		1	2	3	4	5	
IAM CONFIDENT	I AM KIND		1	2	3	4	5	
1 AM A GOOD LISTINER	I AM HELPFUL	1	2	3	4	5		
IAM ARTISTIC	I AM CONFIDENT		1	2	3	4	5	
1 AM ATHLETIC	I AM A GOOD LISTENER		1	2	3	4	5	
IAM GOOD AT ACADEMICS	I AM ARTISTIC	1	2	3	4	5		
IAM DEPENDABLE	I AM ATHLETIC		1	2	3	4	5	
IAM TRUSTWORTHY	I AM GOOD AT ACADEMICS	1	2	3	4	5		
IAM OPENMINDED	I AM DEPENDABLE		1	2	3	4	5	
1 AM ACCEPTING         1         2         3         4         5           1 HAVE A SENSE OF HUMOR         1         2         3         4         5	I AM TRUSTWORTHY	1	2	3	4	5		
I HAVE A SENSE OF HUMOR 1 2 3 4 5	I AM OPEN-MINDED	1	2	3	4	5		
	I AM ACCEPTING		1	2	3	4	5	
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THAVE LEADERSHIP SKILLS 1 2 3 4 5	I HAVE LEADERSHIP SKILLS	1	2	3	4	5		
HANDLING PEER PRESSURE 1 2 3 4 5	HANDLING PEER PRESSURE	1	2	3	4	5		
DECISION MAKING SKILLS 1 2 3 4 5	DECISION MAKING SKILLS	1	2	3	4	5		



# **General Girl Power Session Procedures**



- Icebreaker
  - Make members feel more at ease
- Activity
  - Related to session topic
- Discussion
  - Reflect on activity
- Ending Ritual
  - Get into a huddle, put hands in the middle and yell "Girl Power!"

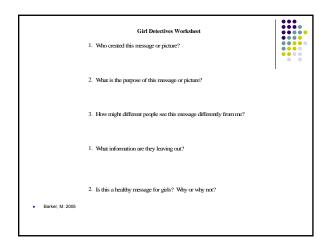
# Session 1: Promoting Self-Esteem



- Goals
  - Get to know each other
  - Establish group rules and purpose
- Begin discussing self-esteem
- Icebreaker
- The Common Game
- Group rules
- · Activity & Discussion
  - Define "self-esteem"
  - Sources of self-esteem
- Ending Ritual

### Session 2: Creating a Positive Self-Image

- Goals
  - · Review rules of confidentiality
  - Review last session's topic
  - Discuss positive and negative ways that females are portrayed by the media
- Icebreaker
  - "Have You Ever?"
- · Activity & Discussion
  - · "Decoding the Media"
- Ending Ritual



# Session 3: Identifying Role Models



- Goals
- Identify female role models and heroes in our community, culture, and society
- Icebreaker
  - The Balloons Game
- Activity & Discussion
  - Leaders & Role Models
- Ending Ritual

### Session 4: Leadership



- Goals
- Allow the opportunity to teach each other
- · Practice speaking and presentation skills
- Icebreaker
  - The Detective Game
- Activity & Discussion
  - Act out "How-to" Cards
- Ending Ritual

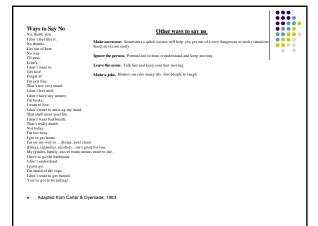
		How-to-Cards	
How to	bake chocolate chip cookies	How to play soccer	How to jump rope
Hov	v to play checkers	How to play baskethall	How to play baseball
How	to play hopscotch	How to fold a paper airplane	How to play volleyball
Но	w to grow a plant	How to make a peanut butter and jelly sandwich	How to play tetherball
How	to build a campfire	How to do the breaststroke	How to make a sand castle
can	How to do a twheel/somersault	How to dance	How to take a picture
_	How to	How to	How to
	How to	How to	How to

### Session 5: Handling Peer Pressure



- Goals
  - Review last session's topic
  - Discuss peer pressure and how to handle it
- Icebreaker
  - Guessing Game
- Activity & Discussion
  - "What Makes Me Feel Good About Myself?"
  - "Ways to Say No"
- Ending Ritual

What Makes Me Feel Good About Myself?								
	ich item in order of importance from 1 to 10. You can important.	use the same number twice if two things are						
1.	The movies/TV I look at							
2.	The grades I get in school							
3.	The clothes I wear							
4.	The brand of athletic shoes I have							
5.	The number of friends I have							
6.	What I do when I'm not in school							
7.	Where I live							
8.	How I get spending money							
9.	The hobbies I've got							
10	. What sports I play							
Why de	o you make the choices you do?							
Adapted from Car	ter & Oyemade, 1993							



### Session 6: Health & Fitness

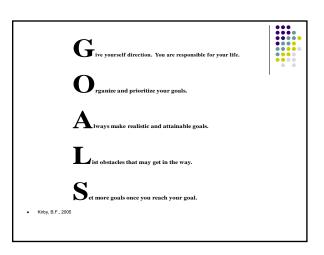
- Goals
  - Review last session's topic
  - · Discuss health factors
- Icebreaker
  - Name Game
- Activity & Discussion
  - Good Health Factors
- Ending Ritual

# | Health | Exercise | Area Air | Manager of Flora Air | Manager of F

Adapted from Carter & Oyemade, 199

# Session 7: Planning for the Future

- Goals
  - Review last session's topic
  - Discuss decision making
  - · Goal-setting and planning for the future
- Icebreaker
  - Decision Making
- Activity & Discussion
  - GOALS
- Ending Ritual



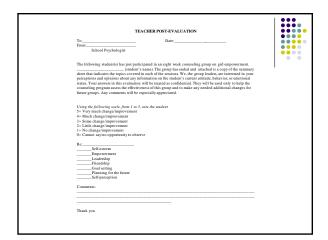
### Session 8: **Final Session**

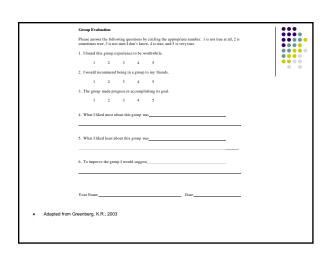
- Goals
  - Discuss feelings
  - Review previous topics
  - Evaluation
  - Closing CelebrationEnding Ritual
- Icebreaker
  - Feelings
- Activity & Discussion
  - Review topics discussed in last 7 weeks
- Ending Ritual
  - Compliments

### **Feelings**

- Energetic
- Relaxed
- Betrayed
- Confident
- Jealous
- Important
- Tense

- Content
- Peaceful
- Discouraged
- Overwhelmed
- Different
- Supported
- Intelligent





### **Modifying Girl Power Sessions**



- Due to time constraints or other group-related factors, modifications may need to be made to the group sessions to better fit the needs of your group
- · Additional activities available

### **Acknowledgements**



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### **Questions?**



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