What is Girl Power?

- An eight session group counseling curriculum for 5th grade girls
- Goals:
  1. Strengthen self-esteem and self-perception
  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 5th 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
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**

Girl Detective Worksheet

1. Who created this message or picture?
2. What is the purpose of this message or picture?
3. How might different people see this message differently because?
4. What information are they leaving out?
5. Is this a healthy message for girls? Why or why not?

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

<table>
<thead>
<tr>
<th>How to bake chocolate chip cookies</th>
<th>How to play soccer</th>
<th>How to jump rope</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to play basketball</td>
<td>How to play baseball</td>
<td>How to play volleyball</td>
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<tr>
<td>How to make a paper airplane</td>
<td>How to make a paper airplane</td>
<td>How to make a sandcastle</td>
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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**
Session 6: Health & Fitness

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

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

What Makes Me Feel Good About Myself?

Rate each item in order of importance from 1 to 10. You can use the same number twice if two things are equally important.

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 do you make the choices you do?

Ways to Say No

- No, thank you.
- I don’t feel like it.
- No thanks.
- Get out of here.
- No way.
- I’ll pass.
- I can’t.
- I don’t want to.
- Get lost!
- Forget it!
- I’m just fine.
- That’s not very smart.
- I don’t feel well.
- I don’t have any money.
- I’m broke.
- I want to live.
- I don’t want to mess up my head.
- That stuff ruins your life.
- I don’t want bad breath.
- That’s really dumb.
- Not today.
- I’m too busy.
- I got to get home.
- I’m on my way to… (home, next class)
- (Drugs, cigarettes, alcohol)…isn’t good for you.
- My (grades, family, soccer team) means more to me.
- I have to go the bathroom.
- I don’t understand.
- I gotta go.
- I’m afraid of the cops.
- I don’t want to get busted.
- You’ve got to be joking!

Other ways to say no

- Make an excuse.
- Sometimes a quick excuse will help you get out of a very dangerous or sticky situation.
- Keep an excuse ready.
- Pretend not to hear or understand and keep moving.
- Leave the scene.
- Talk him/her/it into it.
- Get people to laugh.

Give yourself direction. You are responsible for your life.

Organize and prioritize your goals.

Always make realistic and attainable goals.

Set obstacles that may get in the way.

Set more goals once you reach your goal.
Session 8: Final Session

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

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

Feelings

- Energetic
- Relaxed
- Betrayed
- Confident
- Jealous
- Important
- Tense
- Content
- Peaceful
- Discouraged
- Overwhelmed
- Different
- Supported
- Intelligent

Group Evaluation

Please answer the following questions by circling the appropriate number. 1 is not at all; 2 is somewhat; 3 is not sure/I don’t know; 4 is true; 5 is very much true.

1. I liked this group experience so much:
   1 2 3 4 5

2. I would recommend being in a group to my friends:
   1 2 3 4 5

3. I believe the group made progress in accomplishing its goal:
   1 2 3 4 5

4. I found this group experience to be worthwhile:
   1 2 3 4 5

5. What I liked least about this group was:

6. To improve the group I would suggest:

Thank you.

Adapted from Greenberg, K.R., 2003

Acknowledgements

- Special thanks to Llecenia Navarro, co-writer of Girl Power!

TEACHER EVALUATION

To: __________________________ Date: __________________
From: _______________________

The following student has just participated in an eight week counseling group on girl empowerment.

Special thanks to Llecenia Navarro, co-writer of Girl Power!

Acknowledgements
References


Questions?

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- If you didn’t get a handout, visit http://www.girlsontherun.org

References