



# Girls Circle Activity Guides

These materials provide facilitators with everything they need to run a strengths-based female responsive program for girls and create a safe space to address risky behaviors, build on protective factors, and improve relationships among girls. Simply gather your materials and be led through a high-powered Girls Circle experience by introducing gender-relevant and culturally responsive themes and activities that build skills in a format that interest and engage girls. The user-friendly guides contain all of the tools a group leader would need with step-by-step instructions on leading discussions and creative activities. Easily adaptable to your own unique setting.

## Friendship - \$78.00

**Ages 9-14. 8-Week Program.** Groundbreaking kit those shores girls up with strong interpersonal skills and knocks down the barriers to pride, confidence, and empathy. Confronts exclusion, intolerance, and feuding.



## Expressing My Individuality - \$78.00

**Ages 11-15. 8-Week Program.** Explores topics such as celebrating individuality, getting along with others - addresses goals, conflict styles, values exploration, and taking time to relax. A variety of topics and activities for middle and high school girls!



## Being A Girl - \$78.00

**Ages 11-13. 8-Week Program.** 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." Great kit for middle-school girls new to support groups.



## Mind, Body, Spirit - \$116.00

**Ages 12-18. 12-Week Program.** This excellent prevention kit 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.



## Honoring Diversity - \$116.00

**Ages 11-18. 12-Week Program.** Recognizes girls' varied cultural, ethnic, racial backgrounds, emphasizing positive identity and alliance-building.



## Body Image - \$78.00

**Ages 12+. 8-Week Program.** Helps girls examine the cultural messages and personal beliefs that influence body image.



## Who I Am - \$78.00

**Ages 14-18. 8-Week Program.** Works with girls to examine identity, assertiveness skills, and goal setting through role-play, mandala-making, relationship to music, and more. Excellent program that is well received by high school girls.



## Paths to the Future - \$116.00

**Ages 12+. 12-Week Program.** Skills building support circle for use with high-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.



## Relationships with Peers - \$105.00

**Ages 14-18. 10-Week Program.** Enhances girls' awareness of their relationships with themselves and others. Themes include "Expressing Myself," "Accepting Different Parts of Myself," and "Giving Voice to Feelings," "Romantic Relationships," "Girlfights or Girlfriends," and are complimented such as journaling, role-play, sculpting, and more. Highly engaging for teen girls.



## GIRLS CIRCLE COMPLETE SET PRICE \$980.00 - NOW \$880.00

A Complete Set of nine programs rich with skill-building themes and activities that promote critical thinking in all areas of girls' lives. Save over 10% by ordering the complete set and get over a year's worth of well-planned program material and curricula that you can mix and match as needed. Facilitator Manual and Evaluation Tool Kit included.



## Girls Circle Facilitator Manual - \$72.00 **A MUST HAVE!**

Facilitators and organizations that serve girls in any setting or culture will find this one-of-kind facilitator manual rich with practical, useful information presented in our workshop. Includes: Applying the Relational Theory and Resiliency Model, Designing an Effective Group Format, Role of the Facilitator, Designing a Girls Circle, Effective Facilitation Skills, Holding Lively Group Discussions, How to Get Kids Talking, and Handling Challenging Group Dynamics. 135 pages to prepare you with all the information and skills you need to run high-powered gender specific programs for girls.

## Evaluation Tool Kit - \$65.00

Contains all materials you need to measure outcomes with your Girls Circle program in conjunction with any combination of the Girls Circle Activity Guides. Also includes step-by-step instructions for program evaluation, consent forms, information sheets, Spanish language Survey and forms, and options for collaboration with a national GCA study. A **Younger Girls Survey** which has no reference to drugs, alcohol, or sex has also been developed and is available for \$16.00.

Girls Circle Order Form

Or Order Online at [www.girlscircle.com](http://www.girlscircle.com)

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