

WORKING WITH GIRLS

YOUTH
FOR CHRIST



WHY GIRLS

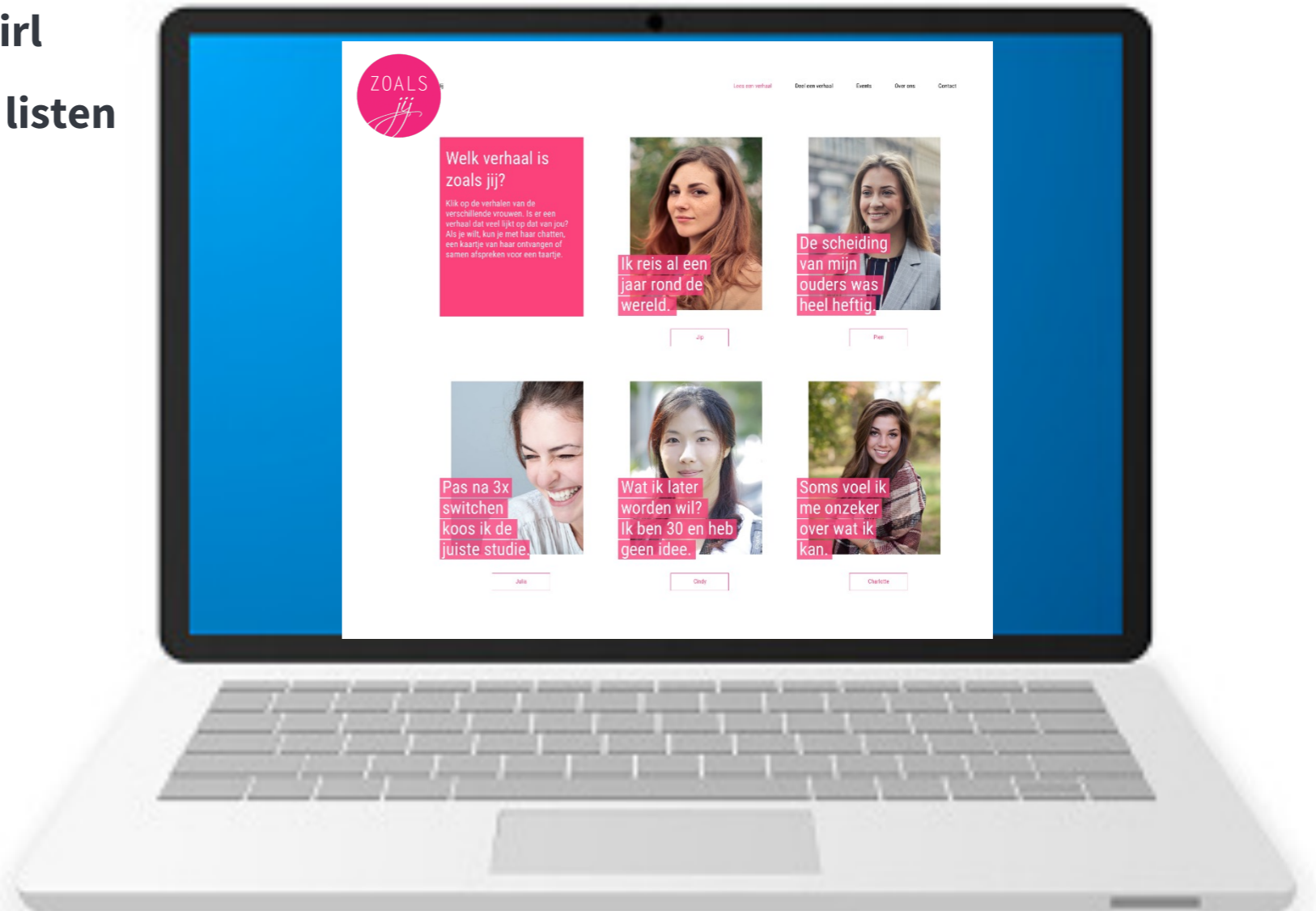
- DEPRESSION - ANXIETY
- CHANGING BODIES
- IMPORTANT LIFE CHOICES
- LOW SELFESTEEM
- RESILIANCE
- SEXUAL INTIMIDATION

Buddy Project

For girls: 14-18 years

1. Women share real stories (divorce, depression, being bullied)
2. Girls choose their own buddy on the website
3. Woman & girl meet up
4. Woman: invests one year in girl
5. Women: motivate, challenge, listen

www.zoalsjij.nl





- More confidence
- More boundaries
- Less depression
- Learning to ask for help



Girls clubs

For girls: 10-14 years

SuperWoman

Method for girls clubs



SuperWoman Method



GOAL

- The girls discover how they are part of a family.
- The girls discover how family influences them and how they themselves (can) also influence the family.
- The girls can distinguish positive and negative influence.

CONTENT

90 MIN TOTAL

Get ready

Energizer	Crazy families do not exist	15 m.
Starter	Interesting families	10 m.

@work

A	Mom, do I really look like you?	20 m.
B	Family-talk	25 m.

Move out

Re:flect	Family wish list	10 m.
Kick out	Anxious hearts	10 m.

Exersice sheets

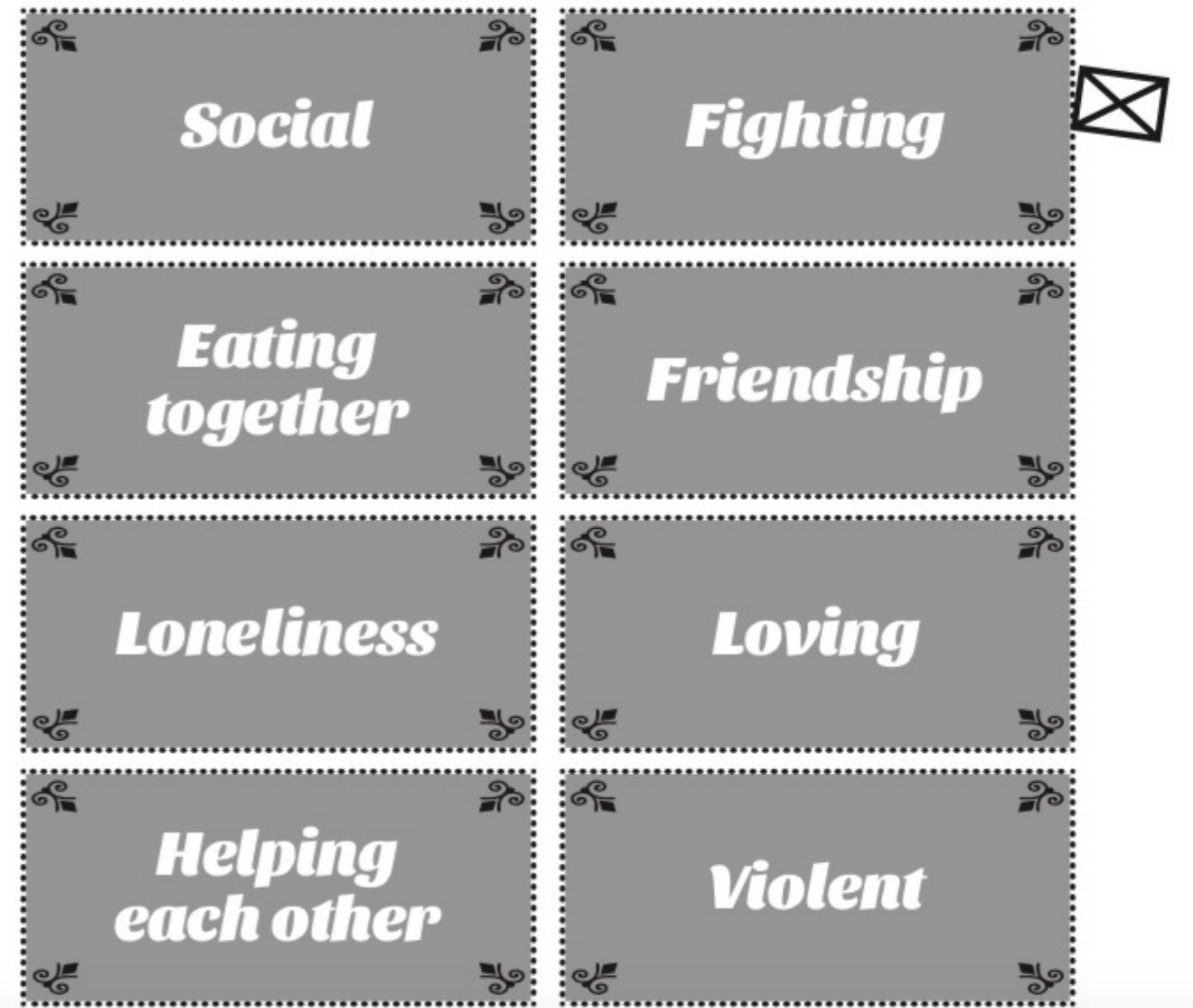
MISSION

The girls learn to have respect for themselves and their environment. They are involved in and are responsible for the community and are of importance to others.

MAIN GOALS

- The girls will be able to take care of themselves (and their family) physically, psychologically, socially and spiritually.
- The girls get to know their talents and qualities, will learn to use these within the community and will be able to teach others as well.

Which words describe your family?



Super Woman is available for free
Check with your director

- Including worksheets
- Ideas for games
- Information & instruction

SuperWoman Method Topics

- Self image
- Social environment
- Talents & Society
- Body & Sexuality

