

Topics of a Girl Gathering

- Girl Empowerment, Goals and Values
- Self-Talk / Celebrating Yourself
- Private vs Secret
- Agreements in a Girl Gathering
- Practicing Body Neutrality vs Body Positivity
- Review of Puberty
- Your Menstrual Cycle is Your Super Power
- Emotions and Feelings
- More of These: Nutrition, Exercise, Sleep, Connections, Journaling, Meditation
- Avoiding Self-Destructive Behaviors
- Practicing Skills: Decision Making, Communication, Assertiveness, Negotiation
- Who are the Trusted Adults in Your Life
- What to do when you Suspect Someone Other than You is in Trouble



(Break for Snack - Meet with Parents)



- 4-Minute Meditation Practice for Emotion Management
- Your Body is Quite Normal!
- Barbie is a Feminine Icon and a Cartoon Character
- Review of the Female Anatomy
- Reproduction
- What to Expect at your 1st Pelvic Exam (for High School Girls)
- Reasons People Have Sex
- Physical Feelings, Yearnings and Crushes
- Getting to Know Your Body
- Birth Control Methods
- What are STI's & HIV?
- What is Family Planning?
- Having a Baby when You're Ready
- Who is a Safe Romantic Partner, Friend or Confidant
- Consent and Declaring Your Boundaries.
- Saying "No" is a Skill to be Practiced
- More Empowerment! Speaking up for Yourself!
- Reading of the Girls' Questions

