



## 2008 PROGRAMS FOR SCOUTS BY GIRLS EMPOWERED

[www.girlsempowered.com](http://www.girlsempowered.com)

248-593-9911



All Workshops and Classes Are One Hour Long Unless Otherwise Noted

### FRIENDSHIP, DEALING WITH MEAN GIRL BEHAVIOR & BULLYING

#### **FRIEND OR FOE (6+)**

This workshop is all about the "Do's" and "Don'ts" of friendship. The girls will make a Friend or Foe Kit to represent the "dos and don'ts" and learn how true friends treat each other.

#### **STOP, THINK, GO! (5-7 yrs)**

This workshop uses games and simple crafts to teach our littlest ones the "Do's and Don'ts" of how to treat other kids- their friends, classmates, and siblings. This is a great way to teach decision-making skills. Parents will love using this tool.

#### **PICK a STICK (8+)**

Coping with Bullies & Peer interactions (age 8 +): This interactive discussion teaches girls the different responses they can choose in a conflict situation and social situations. Girls learn about five roles children often play in social circles: the Mean Girl, the Bystander, the Doormat, the Instigator & the Empowered Girl. They learn what it looks like to be mean, to be a bystander, to be walked all over and to stand up for yourself.

#### **PICK a STICK with ANIMALS (6+)**

Using animals and a simple craft the girls will learn what it looks like to be mean, to be walked all over, to be a bystander, and to be assertive and to stand up for yourself.

#### **THE POWER OF WORDS (age 8+):**

This interactive discussion along with a craft teaches girls the power of words. The girls will explore both the positive and the negative impacts of their words on others and their own self-esteem. How words can be used to build people up or tear them down (including themselves!) Teasing, gossip, and self-talk will be covered.

#### **IN BOUNDS/OUT OF BOUNDS (ages 8+)**

The workshop uses a sports theme to teach girls the "Do's and Don'ts" of how to treat other kids- their friends, classmates, and siblings and help them make decisions about how they will and will not let other kids treat them. Teasing, taunting, put-downs, and harassment are covered.

#### **IN BOUNDS/OUT OF BOUNDS (Middle school +)**

Same description as above but includes respect between boy/girl relationships.

## **FRIENDSHIP WORKSHOP- (ages 6-9)**

Girls learn about how to make friends, dealing with your enemies, and being a friend. Includes a craft and story.

## **Navigate the Tween Girl World: (ages 10+)**

Girls worry about being popular, cool and fitting in. Girls are being mean through the use of cell phones and the internet. Girls will learn about the importance of being themselves, making decisions that are right for them and how to use technology in a healthy way.

## **SOCIAL SKILLS, COMMUNICATION AND ASSERTIVENESS TRAINING WORKSHOPS**

### **CIVILIZED ASSERTIVENESS (age 6+)**

Girls learn how they can stand up for themselves and what they believe in while still being polite and gracious. Assertiveness does not mean we always get our own way. Civilized assertiveness respects the rights of others as well as our own rights. We discuss styles of communication and analyze body language. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Girls paint a smiley face while learning that you can still be nice and be assertive. (Girls 6+)
2. Role Plays: Girls see and feel (practice) what the different styles of communication look like. (Girls 8+)
3. ASSERT (ages 7+) Girls will learn how to be assertiveness through body language, voice, and communication and do a poster activity to take home to remind them how to be assertive.



### **I HAVE A VOICE: (6+)**

Girls will learn how to be assertive through their body language, voice, and words. They will learn how to use their voice to express their opinions, ideas, thoughts and that they do matter! Fun craft and story included!

### **CONFLICT RESOLUTION SKILLS (age 8+)**

Conflict is a normal element of all relationships. It is how we deal with it that can help or prevent us from being successful. Girls learn 7 positive techniques for handling problems so they can neither avoid nor escalate a situation with conflict. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Girls make a Problem solving kit. (7+)
2. Role Plays: Girls see and feel (practice) how to handle conflict. (8+)
3. Poster Activity: Girls make a poster that helps them remember how to handle conflict. (8+)

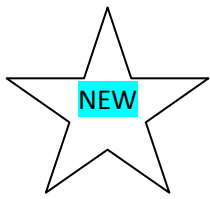
### **SOCIAL SKILLS KIT (age 8+)**

Good social skills are essential for successful relationships. Girls learn what social skills are and then do fun activities that focus on a few essential skills- listening, meeting new people, and having a conversation. They will make a social skills kit to remind them of the tools they learned.

## **SELF ESTEEM and CONFIDENCE WORKSHOPS:**

### **THE BUBBLE! (all ages)**

Being yourself is one of the biggest challenges each of us face in life. Girls learn about their own personal power and how they own the beliefs they hold about themselves. They learn how they give their power away when they let others make them feel bad about themselves, are mean to others because someone was mean to them, make decisions that are not right for them, let others walk all over them, and give into peer pressure.



**ABCs of GIRL POWER:** Girls learn what about girl power, why you want it and how to get it! Includes a Girl Power picture frame craft!

**GO GREEN! (ages 7+)**

Girls will make a fun craft using recycled materials while learning how to be environmentally aware and what steps they can take to make an impact.

**THE HEALTHY AND LOVIG HEART PROJECT (all ages)**

The heart is the most important muscle in the body. We emphasize healthy living through taking care of your heart- physical activity, nutrition, sleep, empathy, minimizing stress and worry, and how to be kind to yourself and others. We talk about the difference in being a kind person and being someone who gets walked all over. Girls paint and decorate a plaster heart.

**FLOWER POWER (ages 6-10 yrs)**

Girls learn about all the things they need to grow into a healthy happy girl. Discussion centers around self-esteem, nutrition, physical activity, hobbies, friends and family.

**CREATE A DREAM PILLOW: (ages 8+)**

Girls learn why self-esteem and confidence is necessary to go after the dreams you have for your life. Girls make a heart stuffed pillow with their dreams stuffed inside. Workshop: 1 ½ hrs

**FORTUNE COOKIES: (ages 6+)**

The girls learn about self-appreciation and appreciation of the things they have in their life. The discussion is about how to focus on what you have and who you are instead of being unhappy about what others may have that you don't. The girls decorate fortune cookies.

**Self-Esteem/Body Image Discussion (age 10+)**

Girls learn what self-esteem is, how you get it and why you want it. Over 25 different ways of building confidence are discussed. **Mother/Daughter self-esteem/body image workshop (age 9 +)** 1 ½ hours for \$25 per pair

**Yoga/Self-esteem workshop (age 8+ Yoga class & craft)**

Girls sew a fun eye pillow to use in yoga sessions. Discussion is about how to become the person you want. Girls are led through visualization during yoga to help them see how they can create positive, confident feelings in their life 1 ½ hours for \$15 per girl Parent/daughter workshop \$25 per pair

**Yoga/Stress Less workshop (age 6+ Yoga class & craft)**

Girls learn about how to manage stress and anxiety. They will make a craft to help them manage anxiety and do yoga. 1 ½ hours for \$15 per girl Parent/daughter workshop \$25 per pair

**GET READY for MIDDLE SCHOOL (for 5th grade troops)**

The transition to middle school is an exciting (and sometimes) scary change, especially for girls who are already beginning the journey into puberty. We talk through their fears, help them see the positive growth opportunities, and give them tips and techniques to ensure their middle school years get off to a successful start.

**Self-Defense: (all ages)**

1 hour of physical self-defense moves. \$15

Plus ½ hour discussion that is tailored towards the age and requested topics focusing on boundaries, dating violence and prevention. \$20 Parent/Child together \$30

\*No group discounts on self-defense programs.

## Organize a Neighborhood or School Troop Event

Includes a 3 hours program, 2 workshops, and a Patch

\$15 per girl

Minimum of 100 girls

You pick the two workshops!!!

### Sample of a Neighborhood event

Daisies: Hip Hop & Stop, Think, & Go!

Brownie I: Yoga & Civilized Assertiveness

Brownie II: Hip Hop & Friend or Foe

Junior: Yoga & The Power of Words

Jr Cadette & Sr Girl Scouts: Cardioboxing & Pick Your Stick

**WORKSHOPS FOR PARENTS** - schedule a workshop at the same time as your Scout meeting!

**Navigate the Girl World:** Learn shocking ways that girls can be mean to each other: teasing, bullying, manipulating and intimidating. Parents will learn about four roles children often play in social circles: the Mean Girl/Bully, the Bystander, the Doormat, and the Empowered girl. Parents will learn how to help their daughter identify the behavior and learn strategies to respond to these situations that happen on the playground, in the lunch room, in the hallways-everywhere! Help girls deal with cliques and gossip as they learn healthy ways to interact, communicate and maintain friendships.

**Building Self-Confidence:** Parents will learn how they can help build their daughter's self-esteem and confidence. Learn over 25 ways to work on self-esteem, social skills, and self-efficacy. Creating an environment to foster your daughter's self-esteem is one of the best gifts a parent can give their daughter.

### Pricing Information

Minimum number of girls: 10

Educational workshops: \$15 per girl for the first fifteen girls, \$10 per additional girl

Over 50 girls: includes patch & additional  $\frac{1}{2}$  hour

Deposit is \$150.

Fitness classes -- \$10 per girl for the first fifteen girls, \$5 per additional girl

Over 50 girls: includes Patch

Deposit is \$100.

Parent Workshops: \$15 per parent Can be scheduled at the same time of workshop for troops or separately.  
1  $\frac{1}{2}$  hours (if scheduled at the same time as troop workshop, the troop workshops includes an additional  $\frac{1}{2}$  hour).

**Patches:** available for \$2.00 Check out new patches at [www.girlsempowered.com](http://www.girlsempowered.com)

**Location:** Your location or at the Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

**Availability:** Anytime; based on instructor availability

To schedule a workshop: fill out workshop request form at [www.girlsempowered.com](http://www.girlsempowered.com)  
Once workshop is reserved, a contract by email will be sent to confirm all information.  
A deposit is required to reserve workshops.  
For answers to commonly asked questions see list at [www.girlsempowered.com](http://www.girlsempowered.com)