

Girls Incorporated of Metro Denver

Girls Inc. Workshop Topics List

The following workshops are interactive, designed for girls but we may be able to adapt them for boys, and include brochures and hand-outs. Workshops can be adapted to fit your scheduling needs: workshops can be anywhere from 45 minutes to two hours. Workshops may also be available in Spanish.

Outreach Programs Department

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Anger Management

Participants will have an opportunity to reflect on occasions when they have felt anger, how they dealt with it, and learn to express and deal with anger in a healthy and productive way. Using role-plays, students will practice assertiveness in expressing anger and appropriate ways to release anger.

Body Image

This workshop will cover stereotypical ideals concerning attractiveness, the role the media plays in that, and the effects, including some information on eating disorders. Also, this workshop will provide ways girls can take a stand against advertising and media that perpetuate negative stereotypes about women. There will be a 20-minute video on body image.

Budgeting

Did you know that the average person earns one million dollars in their lifetime? In this workshop participants explore their personal spending values, the difference between needs and wants, and how to reach their financial goals. Participants will also learn how to create a personal budget. This workshop is taken from Futures and Options, a component of Girls Inc. Economic LiteracySM.

Communication Skills

Participants will participate in several activities to increase effective communication, including active listening. Participants will explore the differences between passive, assertive and aggressive communication styles and participate in role plays to practice assertive skills. There are also activities dealing with presentation skills and effective feedback. This topic can be covered in one or multiple workshops.

Community Service

Participants will explore what it is like to give and receive. This workshop helps participants identify the benefits of community service and create ways to help others.

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Decision Making

In this workshop, participants recognize that there are multiple perspectives to any issue. Activities will include the process of decision making and influences that affect our personal decisions.

Drug, Alcohol and Tobacco Awareness

Participants will gain basic knowledge in different kinds of drugs, alcohol and tobacco and the effects that they can have on the body and mind. This workshop can easily be combined with the Peer and Media Pressure workshop.

Eating Disorders

This workshop is designed to focus specifically on eating disorders. Students have the opportunity to learn about the different kinds of eating disorders, each of their causes, symptoms, side effects, and how to recover from them. Its purpose is to educate girls to nurture healthy eating attitudes and how to love their bodies.

Global Awareness

This workshop begins with a basic map exercise asking participants to identify different continents, countries and cities. Different kinds of maps are used in order to emphasize that maps can be politically and culturally manipulated (i.e. what country is shown in the middle of the map, how the size of countries reflect a bias). Participants will also explore the disparities of power and resources in the world and how that affects countries and individuals.

Goals for the Future

Designed to build self-esteem, participants will have the opportunity to explore their strengths and their interests. Activities are geared to challenge participants to question themselves about the practical steps they need to take in order to achieve their goals. Lastly, the participants will be asked to evaluate the obstacles that may take place and figure out possible ways to overcome them.

Health Power! Healthy Choices in Fitness

This workshop introduces participants to the exercise pyramid. Participants will learn about the importance of regular physical activity through aerobic and strength exercises. This workshop is gender specific, age appropriate and it compliments the Nutrition workshop by exploring the Female Triad.

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Health Power! Healthy Choices in Nutrition

Participants will learn how to use the food pyramid, visualize serving sizes, and read food labels in order to make healthier choices in nutrition. Participants will understand the importance of a healthy diet and make a personal plan for healthy nutrition habits. Special emphasis is placed on the nutrition needs of teenagers and girls.

Healthy Relationships & Dating Abuse

The purpose of this workshop is to explore elements and indicators of healthy relationships. This includes expanding girls' awareness on the various forms of dating abuse. Participants will be able to identify the warning signs of a potentially abusive relationship and evaluate their own relationships.

Job Preparation

Participants will explore how to find a job, apply for a job, and keep a job. This workshop includes creating a résumé and practicing interview questions. This workshop is taken from Futures and Options, a component of Girls Inc. Economic LiteracySM.

Leadership

Participants will explore characteristics and qualities that make up leadership. In addition, participants will look at ways that they are leaders and practice being a leader within a group.

Listening Skills

Participants will learn about the importance of listening as a powerful communication skill. We will cover active listening, body language, and skill through role-plays and activities that will demonstrate both good and poor listening skills.

Mass Media & Gender Violence

In this workshop participants will explore gender stereotypes, the media, and their combined effects on our daily lives. Participants will be involved in deep discussions and create a plan to counter negative media messages. If available, there will be a 20-minute video segment shown from *Tough Guise: Violence, Media & the Crisis in Masculinity* by Jackson Katz.

Peer Pressure

Participants will define various forms of peer pressure and explore ways to handle these difficult situations. Participants will practice peer pressure refusal skills through role plays.

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Self-Awareness

Participants will learn about different personality types as well as how personality and personal values can affect actions and interactions between people. Participants will explore their own personality types and personal values through a personality color quiz and several interactive group activities. This topic can be done as a one-time workshop or a series of two workshops

Self Defense

Action for Safety is a program designed to get girls accustomed to the many different ways we can defend ourselves, including using your mind and voice, getting away, trusting your feelings, telling someone, as well as physical self defense techniques. A variety of topics including teasing and bullying, anger management, and learning about community resources are addressed through fun activities. These can be done as individual workshops or a series over several weeks.

Sexual Harassment

This workshop reminds girls of their rights as people in society, what kind of situations are considered sexual harassment, and emphasizes that sexual harassment may not be about sexuality, but about power.

Stress Management

Participants will learn about stress – what it is, leading causes, and its effects on the body. Participants will explore what causes them stress in their lives and identify positive ways to deal with that stress.

Teamwork

Working in groups is a common experience in both the classroom and workplace, yet many of us do not *learn* how to interact in a group. In this workshop, students participate in a number of team-building and group dynamic activities designed to build teamwork skills.

Teasing and Bullying

Teasing and bullying are ways that children and young people get hurt. Through role playing, girls will have an opportunity to practice responding to bullies using their minds and voices as self-defense, and also what they can do if they witness someone else being bullied or teased.

Understanding Credit

In this workshop participants will explore wise and risky reasons to borrow money. Through an interactive activity participants will understand interest and the price of borrowing money.

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Emphasis is also placed on credit cards and achieving good credit. This workshop is taken from Futures and Options, a component of Girls Inc. Economic LiteracySM.

Women Leaders

This is your chance to learn about *herstory*, that's *history* that focuses on the great things women have done. In this workshop participants will define the qualities of a leader, while spending time learning about amazing women from the past and present. Participants will identify role models in their lives and learn how they can also be leaders.

Health & Sexuality related topics

Puberty

Workshops on puberty are designed for girls ages 8 – 12. Age-appropriate explanations frame the physical, emotional and social changes that adolescents experience during this period in their lives. Activities may include videos, diagrams, handouts, and group discussions.

Menstruation

Workshops on menstruation are designed for girls ages 8 – 12. Age-appropriate information and activities will address female anatomy, physical and emotional issues surrounding menstruation, and personal hygiene. Activities may include a video, diagrams, group discussion, and a demonstration of feminine products and how they work.

Let's Talk – Parent / Child Workshop

In this one to three-hour workshop, parents / guardians and youth, ages 8 – 12, will open the doors of communication around sexuality. It is important to establish comfort and rapport in discussing these issues early on in order to foster openness in the future. Activities will focus on getting to know one another better, learning how to communicate about sensitive topics, and learning together about puberty and other changes happening to adolescents at this time in their lives.

Healthy Romantic Relationships

Participants, appropriate for ages 12-25, explore the characteristics of both healthy and unhealthy relationships through an interactive activity and discussion.

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Reproductive Health of Women / Feminine Hygiene

Participants learn the basics of women's and girls' reproductive health and hygiene. The workshop can be geared towards girls ages 9-18. Topics may include anatomy, menstruation, puberty, ovulation, conception and pregnancy. Activities may include a lecture, video, participatory game, and / or a question / answer session.

Assertiveness Skills

Participants gain an understanding of what assertive, aggressive and passive behaviors are through definitions and role plays. This workshop is most appropriate for girls and women ages 12 – 24. Assertiveness skills continues to be the area where we see the greatest deficit among girls today.

Identifying & Resisting Sexual Pressure

In this workshop, participants learn how to identify risky situations involving sexuality and practice their assertiveness skills in avoiding such situations. This workshop is appropriate for girls ages 12-18.

Clarifying Your Values About Sexuality

Participants learn about four different standards relating to sexuality and are encouraged to explore and compare their own personal values with their family's values and their peers' values. This workshop is appropriate for ages 12-18.

Analyzing Media Messages

Participants become aware of the messages and pressures conveyed by the media (music, advertisements, and videos) about women and sexuality. Participants are also given an opportunity to analyze different forms of actual media. This workshop is appropriate for ages 12-18.

Abstinence

Participants learn that abstinence is the only 100% way to avoid becoming a teen parent, suffering from the emotional consequences of being sexually active, and contracting a sexually transmitted disease or HIV/AIDS. Activities may include a discussion on the definition of abstinence, an interactive activity or a video. This workshop is appropriate for ages 12-18.

Teen Pregnancy

Participants learn about the statistics, risks and consequences of teenage pregnancy through a variety of activities. This workshop is appropriate for ages 12-18.

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Sexually Transmitted Diseases & HIV / AIDS

Participants learn about the statistics, risks and consequences of teens contracting sexually transmitted diseases. Participants also learn about the eight most common STD's, how they are transmitted, and how they can be treated or cured. Additionally, the importance of testing is emphasized. This workshop can be geared towards youth ages 12-24.

Emotional Risks of Being Sexually Active

Participants learn about and explore the emotional risks of being sexually active such as guilt, regret, emotional hurt and disappointment and gossip and rumors. Activities include a brief lecture, a brainstorming session, and a letter writing activity. This workshop is appropriate for ages 12-18.

Contraception

Participants learn about the different forms of contraception as well as protection in order to prevent pregnancy and to avoid STD's and HIV. Activities include a lecture, small group presentations, and a condom demonstration. This workshop is most appropriate for youth ages 14-24.

PARENT WORKSHOPS

These workshops can also be custom-designed for different settings and lengths of time.

How to Speak With Your Children About Sex

In this parent workshop, a health educator will present information and statistics on adolescent sexual behavior and development, teenage pregnancy, and sexually transmitted diseases among youth. Parents will also participate in activities to practice communicating about these sensitive topics, and be provided with materials and resources to facilitate discussion with their kids.

Visions of Beauty: How to Support Your Daughter's Positive Body Image

This parent workshop will present basic facts related to body image and eating disorders. Parents will then learn some activities and tools that they can use to help their daughter build a positive body image, with an emphasis on deconstructing media messages.