

Topics of a Girl Gathering

- Learning Empowerment through Goals and Core Values
- Honoring Family Values
- Private vs Secret
- Self-Talk / Celebrating Yourself
- Practicing Body Neutrality vs Body Positivity
- Reproduction is the Earth's System of Renewing Itself
- Review of Puberty
- Your Menstrual Cycle is Your Super Power
- Emotions (body's response) and Feelings (the stories we create)
- More of These: Nutrition, Exercise, Sleep, Connections, Journaling
- Avoiding Self-Destructive Behaviors
- Practicing Skills: Decision Making, Communication, 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 for Parents' Questions)



- Practices for Emotion Management
- Your Body is Quite Normal!
- Barbie is a Feminine Icon and a Cartoon Character
- Review of the Female and Male Anatomy
- Taking Care of Your Body and Reproductive Health
- Reproduction, How Babies are Made
- Reasons Adults Have Sex
- Reasons Young People Should Postpone Sex
- Applying Your Shared Family Values
- Physical Feelings, Yearnings and Crushes are Normal
- Letting Go of Fear, Shame and Self-Judgement
- What is Family Planning?
- What are STI's & HIV?
- 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
- Overall Health is Based on Conscious Decisions
- Answering the Girls' Questions

