**Girl Talk Empowerment Program Outline**

1. **Week One: “Getting to Know You”**

During week one, the girls are introduced to the 8 week program and the other participants. The girls will write a letter to themselves stating what they hope to accomplish during the 8 week program. They will engage in open dialogue regarding concerns or challenges they are currently facing. We will have ice-breakers, set the expectations of participation in the program, and share the importance of self-investment. Each girl will take a pledge and be asked to sign an agreement stating they are 100% committed to the program and will do their best!

1. **Week Two: “Loving The Skin You’re In”**

During week two, the girls will learn how to embrace their God given selves. In this session, topics such as hygiene, make-up, hair, and self-image will be discussed to encourage the girls to look inward as well as outward. This session opens the dialogue regarding societal standards and the challenges of living up to unrealistic expectations. We cover the importance of taking care of your Temple and how food and exercise play an important role, both physically and emotionally.

1. **Week Three: “Can’t We All Just Get Along”**

During week three, the girls are introduced to conflict resolution techniques and how social media has increased Bullying in the teenage population. The girls will focus on the Do’s and Don’ts of problem solving and will be exposed to real life examples and given various scenarios to role play to better understand how to appropriately handle difficult situations and friendship conflict.

1. **Week Four: “Now You See Me”**

During week Four, the girls are introduced to the concept of brand image. Here the girls will work toward creating their brand and focus on external perception. They will engage in an activity that will allow them to paint themselves as they want the world to see them. They will learn how social media activities play a key role in shaping their image and how the public, including potential employers will view them. We will discuss appropriate social media behavior and sites, and the negative consequences of inappropriate activity. In this session, they’ll learn the importance of a “Positive” brand image and how that starts now and will follow them through life.

1. **Week Five: “Owning Your Body”**

During week Five, the girls are introduced to several topics including sex and sexually transmitted diseases, healthy relationships, teen pregnancy, and domestic violence. This session will address difficult topics to arm the girls with knowledge and awareness to make good choices. It empowers them to take control of their body, understand appropriate vs. non appropriate interactions, address same-sex relationships, and how to potentially avoid unwanted situations, and what to do if it happens to you. We will have a guest lecturer along with videos to highlight key concepts and examples.

1. **Week Six: “Money Matters”**

During week Six, the girls are introduced to Finance 101. This session focuses on the stewardship of money and teaches them the importance of gaining financial independence. We will have interactive exercises to illustrate the flow of money and its relationship to everyday living. Topics include managing finances, banking, debts, assets, credit scores, loans, and savings and investments.

1. **Week Seven: “Preparing for Take-Off”**

During week Seven, the girls are challenged to explore different careers to better understand the opportunities that are ahead of them. We’ll discuss the pros and cons of entrepreneurship vs corporate sector and share examples of individuals that have achieved success in both. The girls will share with the group their ideal career/job and why. In the session, we focus on the importance of college preparation and discuss GPA and SAT scores and their correlation to college entry standards. Tools and resources are provided on obtaining financial assistance. The girls will prepare a resume, apply for a job, and participate in a mock interview.

1. **Week Eight: “Graduation”**

During week Eight, the girls will pull it all together. We will take a look back on the last seven weeks and highlight the key learnings and share the fond memories we’ve made. The girls will open the letter they wrote during week one and reflect on their accomplishments. We will host a graduation ceremony and present our GIRL TALK Empowerment Program graduates to their family and friends. Refreshments will be provided.