

emPOWERing GIRLS

WHO?

emPOWERing GIRLS was created for teen girls in the 6th-8th grade

WHY?

- NIH has reported more adolescent girls report alcohol use and binge drinking than boys.
- DMHAS surveyed NJ Middle Schools and reported that alcohol remains the substance most widely used by seventh and eighth grade students in NJ, with females at a higher rate than males.
- DMHAS reported of students struggling with mental health, 24% reported using alcohol.
- A key informant stated girls are drinking more than boys at parties and sleepovers.



WHAT?

Through the five-week curriculum we will emPOWER teen girls with information and skills to make healthy life choices.

WHERE?

Middle Schools in Hunterdon County

WHEN?

After School - 1 day a week for 5 weeks, 1 hr per session



Prevention
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Prevention Education

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PROGRAM OUTLINE

LESSON 1 – Introduction

- INTRODUCTION
- SNACK TIME
- INTRO
- ACTIVITY 1 – Pre-Survey
- ACTIVITY 2 – Establish group norms
- ACTIVITY 3 – Decorate name tags, name game
- ACTIVITY 4 – Icebreaker

LESSON 2 – Self-Esteem & Positive Self-Talk

- SNACK TIME
- INTRO
- ACTIVITY 1 – Icebreaker
- ACTIVITY 2 – Journal Activity
- ACTIVITY 3 – Positive Traits
- ACTIVITY 4 – Self-Affirmation

LESSON 3 – Safe & Healthy

- SNACK TIME
- INTRO
- ACTIVITY 1 – Icebreaker
- ACTIVITY 2 – Fact or Fiction
- ACTIVITY 3 – Creating Healthy Habits

LESSON 4 – Relationships & Bullying

- SNACK TIME
- INTRO
- ACTIVITY 1 – Icebreaker
- ACTIVITY 2 – Discussion: Bullying
- ACTIVITY 3 – Healthy vs. Unhealthy Relationship Characteristics
- ACTIVITY 4 – Setting Boundaries & Saying NO

LESSON 5 – Acts of Kindness

- SNACK TIME
- INTRO
- ACTIVITY 1 – Icebreaker
- ACTIVITY 2 – Random Acts of Kindness
- ACTIVITY 3 – Closing Activity: TAPS
- ACTIVITY 4 – Post Survey