



Girls' Respect Groups FAQ

What Is Girls' Respect Groups?

Girls' Respect Groups is a unique after-school program for middle school girls, led by specially-trained high school girls. GRG puts middle school girls directly in touch with kind-hearted teen leaders who share their experience & lend a helping hand. It's a wonderful opportunity for both sets of young women – Girls Helping Girls!

Tell Me More!

GRG is really 2 programs: (1) a leadership training program for teen girls, & (2) an after-school self-esteem supporting, friendship-building, bullying prevention program for preteen girls. Here's more about each program:

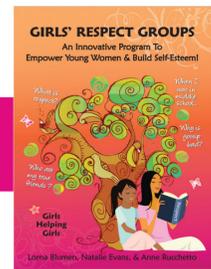
✧ **The GRG High School Leadership Training Program.** This 10-12 week program trains high school girls to lead GRGs for middle school girls. It's often run as an after-school program or club in high schools, but it could be run anywhere (a community center, someone's home, etc). You can download a complete, week-by-week training agenda from the GRG website, GirlsRespectGroups.com (Resource Section/GRG Teen Leaders' Training). A High School Teacher is required as a contact person & there is often a community leader as an additional GRG Adult Advisor. Either or both can lead the weekly sessions. Once you've trained the 1st set of GRG Teen Leaders (& they've run some groups), they can become the trainers for the next set of leaders-in-training.

✧ **The GRG Middle School Program.** Once you have trained GRG Leaders, they can run this 6-week, 90-min program for middle school girls. Each week covers a different topic:

- What Respect Means To Me
- Your Mind & Your Body
- Your Media IQ
- Family & Friends
- Standing Up for Yourself & Others
- Romantic Relationships

GRG is typically run as an after-school program in the middle schools, usually for 6th grade or the entry grade for middle school. A 6th Grade Teacher Contact is required at the middle school. An adult mentor from the GRG High School Program accompanies the GRG Teen Leaders to all sessions. The GRG program is run by the GRG Teen Leaders, with the supportive back-up of an adult who stays in the meeting room.

GIRLS' RESPECT GROUPS



What's Great About Girls' Respect Groups?

GRG puts the message of **Girls Helping Girls** into action. Kind-hearted teens share their knowledge & life experience, helping the next generation of girls. Teen girls can do this job better than anyone else, & it brings out the best in both groups of girls. And while teen girls sign up for GRG Leadership Training to learn how to run GRGs for middle school girls, they're always surprised by how much they learn about themselves. It's GRG for high school girls, too!

For middle school girls, it's a chance to sit down with your friends (or frenemies) & talk about hot issues, guided by GRG Teen Leaders who've been down the same path. It's a hands-on course in "**What I Wish I'd Known In 6th Grade**", offered with wisdom, empathy & respect. Working together, preteens can solve tough middle school social problems, in an environment where GRG girls feel supported to be themselves & help each other, even in conflict.

Best of all, **GRG is by & for real teens**. Two of the GRG program developers were teenage girls! These amazing young women also co-authored the book **Girls' Respect Groups: An Innovative Program To Empower Young Women & Build Self-Esteem!** (Camberley Press, 2009). It's a perfect example of how teens, given half a chance, can do outstanding things. As one of our teen leaders said, "It's a chance for teens to turn heads for the **right** reasons."

What Happens After GRG Ends?

The GRG influence remains long after the after-school program has finished. **GRG builds supportive groups of girlfriends** – at the middle school & high school levels. These are girls who will support you & stand by you, girls who "get it" about the importance of respect & the corrosiveness of girls' exclusion, friends who will give you a nudge when you make a mistake & cross the line (& we all do!).

How Do I Start GRG In My School Or Community?

Your step-by-step guide to setting up & running GRG programs for high school & middle school is in **Girls' Respect Groups: An Innovative Program To Empower Young Women & Build Self-Esteem!** You'll find everything you need to get started – weekly agendas, lesson plans, handouts, & tips on running groups from experienced GRG Leaders. If you're a teacher already running girls' programs, you can use the book's curriculum on your own. We still encourage you to train high school girls to lead GRGs – there's something special that happens when you put these 2 groups of girls together!

Get Started Today Building Respectful Communities Of Girls Helping Girls!

GirlsRespectGroups.com

**Girls' Respect Groups:
An Innovative Program To Empower Young Women & Build Self-Esteem!**

Available @

