

I'M GREAT

Girls Respecting Each other And Themselves

Workbook



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I'M GREAT AND THE FIVE R'S OF RESPECT

I'm GREAT is a special initiative aimed to positively impact girls and women through direct programming and female mentorship. The choices young girls are confronted with in middle and high school strongly affect future outcomes. The focus of *I'm GREAT* is to teach girls how to **Respect** themselves, others, and the world around them. In order to appreciate the differences among each other, girls need to recognize that people think differently and have unique opinions and traits. Through the five R's of Respect, *I'm GREAT* will unite a community of girls who will come together to learn critical tools and develop into healthy, empowered women.

The Five R's of Respect:

Responsible, Real, Reflective, Resilient, and Remarkable

Responsible

I'm GREAT teaches young girls to be responsible by being accountable for their actions and commitments. Peer pressure is prevalent in the lives of young girls today, and many will face difficult situations, sometimes with drugs and alcohol. It is up to each girl to choose to act with integrity and to honor her commitments. By being responsible, girls learn to be trustworthy and dependable while doing the right thing.

Real

I'm GREAT encourages girls to be true to themselves, friends, family, and others. To be real means not to be fake, false, or artificial. By addressing issues such as body image and emotional challenges, *I'm GREAT* inspires girls to be confident in themselves and genuine to all.

Reflective

I'm GREAT helps girls to understand the effects of the decisions they make and to reflect on their experiences. Mistakes will happen. It is important for girls to know that their mistakes do not define them. Girls have the opportunity to learn and to grow from her mistakes.

Resilient

I'm GREAT fosters the skills girls need to respond to adversity. There will be challenges in life, and it is important that girls learn how to bounce back from those difficulties. Whether bullying, family issues, or bad test grades, *I'm GREAT* girls learn how to cope with life's challenges, ultimately becoming better and stronger women.

Remarkable

I'm GREAT empowers girls to grow into exceptional young women. Girls have the potential to make a positive impact on the world. By understanding how their responses to adversity, both in-person and on social media, affect others, *I'm GREAT* girls build a legacy worth following, becoming the new role models of tomorrow.

I AM RESPONSIBLE

Handcuff Escape Challenge

The goal of this activity is to show you that making responsible decisions on your own is hard, but when you allow peers to influence and persuade you, decision-making can be even more difficult. **The I Am Responsible** lesson encourages you to be responsible, stay true to your values, act with integrity, and make good decisions when no one is watching.

1. What did you think of this challenge? Was it easy? Difficult? Why? _____

2. If you had difficulty – did you and your partner look at other teams to see what they were doing? _____

a. If so, did it help you? _____

b. If not, what made you decide to keep doing the challenge your way, despite what others were doing or saying?

The Obstacle Course

The goal of this activity is to inspire you to believe in yourself and trust your own values and actions when being confronted with difficult challenges or tasks.

1. Is it worth winning something at all costs? _____

a. Why or why not? _____

2. Is it hard to trust your own instincts sometimes? Why is that? _____

3. How would you define integrity? _____

4. What are some ways you can show integrity when dealing with a difficult choice? _____

I AM RESPONSIBLE

Take Home Challenge

Peer pressure exists all around you in many different situations. You often turn to your friends for advice in tough situations, but you still need to be able to determine the best course of action for yourself.

Write down five steps you can take to display integrity and confidence the next time you face peer pressure in a challenging situation.



KEEPING IT REAL

I am Beautiful, Too

The goal of this activity is for you to recognize the difference between how you view yourself and others. It is easy for you to be critical of yourself based on how you look, yet open to see the beauty in family, friends, and strangers. Let's uncover the disconnect between finding the beauty in others and finding the beauty within. The **I Am Beautiful, Too** activity strives to build confidence by inspiring you to seek the beauty within yourself as easily as you find it in others.

1. Name one thing about your body that you like the most. _____

2. Write down at least one thing your partner said that makes you unique.

a. Dance Move Partner _____

b. Fierce Face Partner _____

c. Jumping Jack Partner _____

3. Was it easier to find something you liked about your partner or something you liked about yourself? Explain why. ____

4. Remembering what your partners said about you, how does it make you feel? Do you agree with her? _____

5. What is one thing you learned from this lesson that you can take back to your community? _____

KEEPING IT REAL

Real Body Language

The goal of this activity is to demonstrate how powerful body language is when communicating with others. You can understand people by their body language – positive and negative. The **Real Body Language** activity will teach you a unique way to improve your confidence and show respect for others and yourselves.

1. Look at your current body language and do a body audit check. How are you standing right now? _____

2. List some situations where a hunched and small position is okay. Why is that? _____

a. What are some situations where this position not okay? _____

b. What nonverbal message do you think you conveyed to others when making yourself small? _____

c. How did your posture influence your feelings of respect toward one another? _____

3. List some situations where an expanded, tall position is encouraged. Why is that? _____

a. What nonverbal message do you think you conveyed to your partner when you were making yourself large and tall? _____

b. How did your posture influence your feelings of confidence toward one another? _____

4. Think about the difference in what you communicate between the hunched position and the tall position. Answer the following:

a. Which of the two positions showed respect and confidence? Why? _____

b. How can you continue to show respect and instill confidence outside of this activity? _____

c. Why is it important to represent yourself in an open, confident manner? _____

KEEPING IT REAL

Take Home Challenge

Remember what your partners said about you in the **I Am Beautiful, Too** activity. At least once a day, look in the mirror and repeat those answers out loud to yourself. Be sure to stand tall and make eye contact with yourself while speaking out loud.

Watch the Dove Friends video at: <http://bit.ly/GreatDoveVideo>

- How did the Dove Friends video relate to the **I Am Beautiful, Too** activity? _____

Sometimes your body language conveys things before you even open your mouth and being aware of your posture can change the tone of a conversation.

Take notice of your posture and eye contact while talking to someone. Have a full conversation with three people while standing tall. Then answer the questions below:

- How did it feel standing upright with good posture? _____
- Was your attitude affected by your posture? If so, in what way? _____



THE REFLECTIVE GIRL IN THE MIRROR

The Human Knot

The goal of this activity is to encourage you to work together to create a strategy that will help you make tough decisions.

1. What steps did you use to untangle your human knot? _____

a. What made it easy? _____

b. What made it difficult? _____

2. Did your group have to make adjustments along the way? What adjustments did you make? _____

3. As a team, how to did you work together to untangle the knot? _____

a. What steps do you use when faced with a tough decision? _____

b. How can these steps help you make decisions in the future? _____

Cross the River

The goal of this activity is to recognize that the decisions you make, even as young adults, can and often will impact your life. By learning how to reflect on past decisions, you will gain the tools necessary to make a better future for yourself.

The **Cross the River** activity gives you the chance to make decisions, understand why you made the right or wrong choices, and shows you how to work with the outcome.

Scenario 1: Stacy had a math test on Friday. She started studying on Monday and studied every day after school to prepare, even turning down her friend's offer to go to the mall. On Friday, she felt very confident going into the test, thinking she aced it. When she got her test back, her grade was a 55%. Stacy had failed the exam. Stacy is sad because she studied hard for the exam but still did not do well. If you were Stacy, what would you do to get a better grade on the next test? _____

THE REFLECTIVE GIRL IN THE MIRROR

Scenario 2: Natalie had a bad day at school. When she got home, Natalie decided to vent her frustration on social media by posting some negative feelings about the school. The next morning when she got to school, Natalie was called into her counselor's office. They pulled up her posts and based off Natalie's words decided to give her detention. If you were Natalie, how would you handle your frustration next time? _____

Scenario 3: Emma is one of the six starters on the school volleyball team. She is confident in her skills as she is one of the best players on the team. When the school year ended, many of her teammates practiced together to keep up their skills. Emma was invited to practice with them, but decided that she would rather spend more time at the pool. Once the school year started again, the team was ready for games, but Emma was not a starting player anymore. If you were Emma, what would you do to get your position back as a starter? _____

Scenario 4: Karlie was invited to a party at Debbie's house. Debbie invited most of the girls from her class to come over to watch movies, eat pizza, and sleep over. Karlie arrived at the party and was having fun. Later, some other girls arrived and brought alcohol with them. One of the girls started passing around a bottle for everyone to take a drink. Karlie was starting to feel sick to her stomach and wanted to go home. She didn't want to drink, however, she didn't want the other girls to make fun of her for going home. If you were Karlie, how would you handle the situation? _____

Scenario 5: Taylor loves being on the soccer team. She knows that after school, she must do her homework, make a snack for herself and her brother, and do the dishes before she can go to practice. Today, Taylor decided to talk on the phone with her friend Abbie for over an hour. She got her homework done and made a snack for herself and her brother, but didn't do the dishes. Because of this, Taylor wasn't allowed to go to practice. The team rule is that if you miss a practice, you can't play in the game on the weekend. If you were Taylor, how would you ensure that you were able to attend practice and play in future games? _____

THE REFLECTIVE GIRL IN THE MIRROR

1. What was the most challenging part of getting across the river? _____

2. How did your team's answers to the scenarios help you cross the river? _____

3. Looking back at your own life, how do you think the decisions you make now can affect you in the future? _____

4. Thinking about the scenarios, how did your team decide on what to do? _____

5. How can you use these scenarios to help you in the real world? _____

Take Home Challenge

Find someone at home this week and ask them about a tough decision they made and how they made it. What strategies did they use when faced with tough decisions? Then share with them what steps you have written down when faced with a tough decision.



RISE ABOVE WITH RESILIENCY

Buddies and Bullies

The goal of this activity is to identify what bullying behaviors are so you are able to prevent them.

Write down some characteristics of people you consider your friends in the "Buddy" column. Write down some characteristics of what you think makes a bully in the "Bully" column.

Buddy	Bully

1. What can you do if you see your friends displaying bully characteristics? _____

2. How can you help your friends who are dealing with bullies? _____

RISE ABOVE WITH RESILIENCY

Connecting the Dots

The goal of this activity is to learn to recognize and channel your emotions and energy in a productive way. Use the space below to help plan your skit.

Your group scenario is: _____

Roles: _____

Dialogue: _____

What are two ways you can channel your emotions in a positive way when you are faced with a challenging situation?

1. _____

2. _____

Take Home Challenge

Look back at the ways you would deal with your emotions during a difficult scenario. Have you noticed yourself using these techniques? What ultimately helped you get through the situation? _____

REMARKABLE ME

Role Models

1. What is a role model? _____

2. Who are some of your role models? _____

3. What characteristics do they have that make them a role model to you? _____

Is That a Fact?!

The goal of this activity is to understand why it is important to navigate social networks safely and thoughtfully.

1. How can you tell if something is a fact or opinion? _____

2. What makes deciding if something is a fact or an opinion difficult? _____

3. Did everyone in your group agree which cards were facts and which were opinions? _____

4. If you're not sure if something is a fact, what can you do? _____

5. Why is it important to know whether something is a fact or opinion? _____

6. How can we apply this to social media? How can you be a more responsible social media user? _____

REMARKABLE ME

Minefields

The goal of the activity is to teach you the importance of building positive relationships, active listening, and clear communication as leaders of tomorrow.

1. What did you learn from this activity? _____

2. What was the most difficult thing for you and your partner? _____

3. Did both people have an important role? _____

4. What are some situations where you rely on people? _____

5. How do mentors play an important role in your life? How can you serve as mentors? _____

Take Home Challenge

Think about who in your life serves as a positive mentor. What makes you like them? What do they do to support you? First, let's figure out how you would start out your letter.

Who would you write your letter to? _____

Why them? _____

Write the first few sentences of a thank you letter to your mentor in your Workbook. To continue your letter, finish it on a new piece of paper. You don't have to send it, but if you want to, they will appreciate it!

RESPECT STARTS WITH ME

Showing Respect

Take a minute to write down how you can show respect to these different people in your life.

Respect	
Coaches	
Parents	
Teachers	
Friends	
Siblings/Relatives	
Yourself	

The Ceremonial Flags

The goal of this activity is to have you work together and discover the importance of communication. In this activity you learn to appreciate and respect individual similarities and differences in yourself and others.

How does it make you feel when you are respected by others? _____

Describe two ways that you can show respect to a group of people such as a team?

1. _____

2. _____

RESPECT STARTS WITH ME

The *I'm GREAT* Games

The goal of this activity is for you to participate in a variety of team activities to practice cooperation and sportsmanship as well as celebrating big and small successes.

1. How did you show respect towards your teammates? _____

2. How did you show respect towards other teams? _____

3. How do you see athletes showing respect during a recent game? _____

4. How can you use what you have learned and apply it to your friends, family, and everyone you encounter? _____

Take Home Challenge

In the Ceremonial Flag activity, you recognized the importance of listening and sharing in a conversation to get to know someone. The next time you have a conversation, take notice of how much time you spend listening. What did you learn from the conversation about the other person? How can you apply these listening skills to future conversations?

Respect was the key idea throughout the *I'm GREAT* program. How have you seen people show respect in your daily life? What are some ways you've shown people respect after participating in the *I'm GREAT* games?



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