



**GIRLS ON THE RISE**




“There is no force more powerful than a woman determined to rise.” –W.E.B. Dubois

# GIRLS ON THE RISE

**THIS PROGRAM WORKS WITH GIRLS TO EXAMINE IDENTITY, ASSERTIVENESS SKILLS, AND GOAL SETTING THROUGH ROLE-PLAY, MANDALA-MAKING, RELATIONSHIP TO MUSIC, AND MORE.**

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## STRENGTHS-BASED IN-SCHOOL APPROACH



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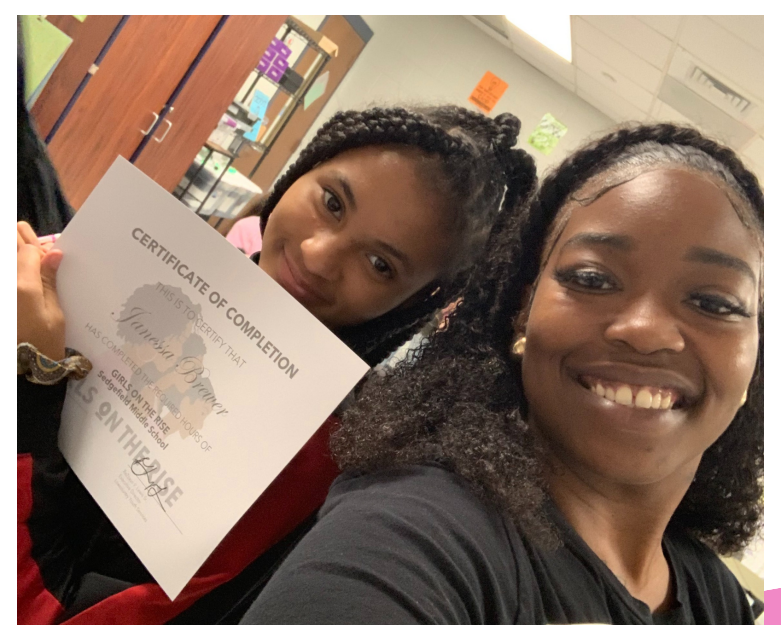
Girls On The Rise is a strengths-based in-school approach to mentorship which is intended to cultivate a social environment that effectively competes with risk-taking norms of young girls (ages 9-14) and better meets their most critical needs for belonging, self-worth, competency, perseverance, purpose, and meaningful identities.

This program uses the evidence-based curriculum created by Girls Circle Research. This program brings extensive experience from mental health, social emotional, trauma-recovery, and youth development facilitators. Girls On The Rise is the sister program to our Young Men Rise program and provides an inclusive environment that honors cultural, family, social emotional beliefs and incorporates aspects of cultural practices in the program.

We are girls, rising above any obstacle, discovering the uniqueness of self,  
We are girls, rising above stereotypes, redefining ourselves positively  
We are girls, rising past barriers and growing into womanhood  
We are girls, rising to the top and determined to achieve goals  
We are GIRLS ON THE RISE

## OUR THREE CORE VALUES

self-awareness - confidence - respect.





## HOW DOES THE PROGRAM WORK?

- 60 minutes per session
- 10 sessions
- 15 - 20 youth of similar developmental age
- 1 adult female facilitator
- Physically, culturally, and emotionally safe; protected, confidential
- Co-created group guidelines and expectations based on mutual respect, caring, inclusion, confidentiality
- Legal, ethical guidelines

## THEORETICAL FOUNDATION & RESEARCH-BASED COMPONENTS

Relational-Cultural Theory & integrates complementary approaches:

- Resiliency Theory; Strengths/Assets-based
- Male Responsive; Masculinity Identity development
- Gender-Transformative: critically explores cultural norms, stereotypes
- Preventative and Restorative
- Adolescent Brain Development
- Trauma-Informed, Trauma- Responsive
- Motivational Interviewing
- Rites of Passage
- Positive Youth Development

# WHY THIS APPROACH?

Youth can reclaim their hidden, disconnected, emotions, and hereby increase their capacities for healthy risk-taking. Together, they engage positive resources and assets toward developing a safer, more sustainable female identity

Girls On The Rise offers girls and young women access to the strengths and resources of their community to reduce risks and to develop healthy and culturally positive identities and pathways to womanhood.

## WHO HAVE WE WORKED WITH?






## **GIRLS ON THE RISE**

**Contact us:**

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