

Curriculum outline
Thematic workshop for girls

10 sessions
10 participants

Session 1

Framework settings, group norms, creation of safe place and trust building

Duration: 120 minutes

Goal of the session: Creation of the framework the group will work in in the next 10 sessions

- Introduction of the context of the workshop, practical information
- Introduction of participants
- Goal settings
- Expectations and fears
- Ice breaker games: true or false, Lazy Louisa,
- creation of safe place and group norms:
 - o art activity: deserted island. What makes this island safe for you? What makes this island safe for the others? What is our responsibility in creating and maintaining a safe place?
- wrap up and closing

Session 2

Self esteem- What is it? Why it is important?

Duration 120 minutes

Goal of the session: Understand the concept of self-esteem and the creation of the group's definition of self-esteem

- Reminder and invocation of the safe place
- introductory round
- physical activity
- creation of new definition of self-esteem
- activities with the new definition
- positive feedback to ourselves and to others
- wrap up and closing

Session 3

My rights and my needs

Duration: 120 minutes

Goal of the session: understanding the basic rights, being able to assess and understand my needs

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical act
- „Declaration of my rights” template- discussion about the rights and them being entitled to those rights

- Based on the discussion regarding the rights, conversation about the needs
- distinction. of internal and external needs
- distinction of debatable and indisputable needs
- Completion of ' I need it, I want it, I deserve it' template and discussion of results
- prioritization of individual needs
- wrap up and closing

Session 4

Socialization and education of girls

Duration: 120 minutes

Goal of the session: understanding the impact of early childhood socialization, having an overview of how girls and women are being educated regarding their behaviour and self-expression

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- Art activity:
 - o the life story/life path of a girl according to the social norms
 - o the life story/life path of a girl according to their aspirations
 - o discussion of differences between the two ways
- approaches of others (e.g. family members, peers, foreigners) to them as girls
- positive and negative sides of education and socialization
- wrap up and closing

Session 5

Gender stereotypes and social norms

Duration: 120 minutes

Goal of the session: understanding the connection between gender roles and the self-esteem of women, finding female role models, understand the impact of gender roles on women

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- Discussion: gender stereotypes and social expectations
- small group discussion:
 - o female and male gender stereotypes
 - o the representation of female and male figures in the media
- wrap up and closing

Session 6

Needs in a relationship- what makes a relationship healthy

Duration: 120 minutes

Goal of the session: identify the personal needs in a relationship, learn how to show our needs in relationships, having a realistic view of the partner's needs, finding peace and joy in being single

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- Distinction of the different types of relationships
- Discussion about liking and loving someone
- What makes you feel liked and loved?
- Duluth-model- Wheel of equity, Wheel of Power and control
- Wrap up and closing

Session 7

My body, my life- setting up and keeping boundaries

Duration: 120 minutes

Goal of the session: create the definition of boundaries, understanding the threats to boundaries, learning positive techniques for keeping boundaries, understanding the connection between the lack of boundaries and abusive relationship

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- What are the boundaries? Definition
- visualization
- boundaries and rights
- boundaries and needs
- creation of boundaries- situational activities
- personal safety (mental and physical)
- wrap up and closing

Session 8

Self-empowerment, self-advocacy

Duration: 120 minutes

Goal of the session: understanding the concept and practice of self-empowerment, understanding the difference between aggression and self-advocacy, increase self-confidence

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- assertive techniques and guidelines for self-advocacy
- self- representation
- differentiation between aggression and self-advocacy
- situational activities for practicing assertive communication and self-advocacy
- wrap up and closing

Session 9

What is a traumatic experience? Signs and symptoms of PTSD.

Duration: 120 minutes

Goal of the session: understanding the nature of traumatic experiences, understanding the symptoms of PTSD, learning techniques to manage symptoms and reactions

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- psychoeducation on traumatic experiences
- physiological, psychological and biological responses to traumatic experiences
- the window of tolerance
- symptoms of PTSD
- criteria of PTSD
- stabilizing and grounding techniques
- wrap up and closing

Session 10

Sexual health and hygiene

Duration: 120 minutes

Goal of the sessions: understanding reproductive rights, understanding the importance of sexual boundaries, understanding the importance of protection and consensual sexual acts

- Reminder and invocation of the safe place
- introductory round
- summary of the previous session
- Physical activity
- Psychoeducation on STD
- Psychoeducation on protection
- Importance of boundaries in a sexual relationship
- Harm on reproductive rights
- Wrap up and closing