

GIVING VOICE TO FEELINGS

When girls and young women voice their ideas and opinions in a safe environment, it strengthens their confidence and self-esteem and encourages them to express themselves more fully and critically think through their behavior and choices. By examining cultural expectations in a safe and supportive setting, they gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests, and talents.



Empowering Girls: Building Strength Together.



Hope Starts Today.

GET IN TOUCH

283 W. 2nd St.
Oswego, NY 13126
315-342-4489
preventionstaff@farnhaminc.org



THE GIRLS CIRCLE MODEL

The Girls Circle model, a structured support group for girls and youth who identify with female development from 9-18 years, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.

It aims to counteract social and interpersonal forces that impede the growth and development of girls and young women by promoting an emotionally safe setting and structure within which they can develop caring relationships and use authentic voices.

CIRCLE GUIDELINES

Girls Circle does not aim to provide advice, but encourages youth to share experiences that are helpful to one another. To participate, they need only have the desire, make a commitment to attend the meetings, and agree to follow the circle guidelines, i.e., respect, no put-downs or interruptions, offer experiences – not advice, keep the focus on oneself, and keep what's said in the group private. They are free to share at their own pace.

GIRLS CIRCLE FORMAT

The Girls Circle Activity Guides are designed to help Girls Circle facilitators set a safe, creative environment and provide weeks of age-appropriate themes and activities. Groups are most often held weekly for 30 minutes to an hour, in-person.

Each week the facilitator leads the group through a format that includes each youth taking turns talking and listening to one another respectfully about their concerns and interests. Participants express themselves further through creative or focused activities such as role playing, journaling, media, murals, poetry, drama, movement, drawing, collage, clay, visualization and imagery, and so on. Gender-responsive themes and topics are introduced which relate to the girls' and young women's lives, such as being a girl, trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, social media, and decision-making.

