

Why Girls Circle?

Girls Circle strives to encourage girls and young women to hold on to their voices and stay true to themselves.

It enhances judgment and critical thinking skills for wise and healthy choices and counters trends towards self-doubt while improving self-esteem.

Evidence based areas of significant gain for Girls Circle include self-efficacy, body image and perceived social support.

What to expect:

In weekly sessions, a group of six to ten girls of similar age and development meet with a female facilitator for 1.5 hours for 10 weeks.

(Times and Locations may vary.)

At the last session, youth will participate in a completion celebration, allowing them to reflect of their time spent in the circle. Youth are also welcome to continue attending groups after completion if desired.

Developmental Assets Strengthened:

- Integrity
- Honesty
- Responsibility
- Planning and Decision Making
- Interpersonal Competence
- Cultural Competence
- Resistance skills
- Peaceful Conflict Resolution
- Personal Power
- Self-Esteem
- Sense of Purpose
- Positive View of Personal Future

Girls Circle
is NOT therapy,
but has the goal of supporting
young women in making positive
choices for their futures.



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Clackamas County Juvenile Department



A skills group for
Young Women*

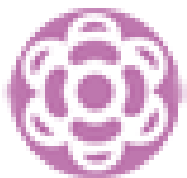
*for youth who
identify as female

Girls Circle :Overview

Girls Circle is designed to:

- Foster self-esteem.
- Help girls maintain authentic connection with peers.
- Counter trends toward self-doubt.
- Allow for genuine self-expression.

When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and encourages them to express themselves. By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests, and talents.



Theme Topics

- Exploring new perspectives
- Relationship Values
- Girl Fights
- Communication Skills
- Dealing with Authority Figures
- Stress Management
- Goal Setting
- Drug Use and Abuse
- Self-Affirmations
- Mind/Body/Spirit Balance
- Body Image
- Role Models
- Growth and Self-Care

Format:

- **Opening Ritual:** An action that marks the commencement of the circle process.
- **Theme Introduction:** A short synopsis of what is planned for the meeting.
- **Check-In:** a time for participants to check in with the group and express whatever they wish or perhaps name something about the theme.
- **Activity:** Consists of verbal or creative activities which allows them the ability to express themselves in a safe environment without the danger of losing connections with others.
- **Sharing of Activity:** The Circle reconvenes to allow time for sharing. Through careful questioning, girls can begin to share responses and feelings, interpret themes, explore commonalities, and make connection between the theme and their experiences in the real world.
- **Closing Ritual:** Brings a close to the shared experiences and sends the members off with a positive tone.



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force to overcome these risk factors.

Girls Circle works to address the following risk and protective factors:

- ⇒ Increases empathy for others.
- ⇒ Strengthens their expectation of their future.
- ⇒ Strengthens positive relationships with friends who are academic achievers.
- ⇒ Promotes youth having an adult in their life (other than a parent /guardian) she can talk to.
- ⇒ Increases problem solving and coping skills.
- ⇒ Activities and discussion regarding constructive extra-curricular activities.