



Girl Talk Outline

Self Worth: Value one-self, love one self, respect one self

- Self esteem – (brief on what makes us special and unique)
- Who are you? *Ask girls to describe themselves in 1 word*
- Self confidence and body image
- Self respect
- Empower one another
- [Introduce Girl Power Mind Games Curriculum \(11 possible continual lessons\)](#)

Puberty and Menstrual Cycle: What makes boys and girls different?

Puberty Changes –

- Physical Changes – [Show pictures of female and males anatomy/allow for questions](#)
- Emotional Changes
- Social Changes

Gift of menstruation-

- Menstrual Cycle: [explain cycle/show photos of reproduction system](#)
- [Explain and demonstrate how to use and care for AfriPads](#)

Sexual Decision Making: Sex should be special because YOU are special.

- Understanding romantic relationships
- Why you are worth waiting for (you are beautifully and perfectly made)
- Abstinence and its connection to pregnancy prevention
- Prevention of STDs/HIV

Reproduction basics and birth control options

- Fertility and the reproduction basics
- How babies are conceived and sexual intercourse ([demonstrate with anatomy pictures](#))
- Birth control options ([demonstrate female condom, discuss implant](#))

Sexual Abuse and Assault: Possible threat of sexual abuse and rape, and your right to say 'no' when pressured by an adult to engage in intercourse

- My body My rights –to say NO
- Hints to prevent sexual assault – avoid being alone
- What to do when ask or coerce into sex. (Run and tell)
- Rape explained (it is not your fault). Tell and get tested for STDs.