



Things Every
Girl Should
Know

But first,
Love Yourself.



The first thing you should know is that:

You Rock!

The second thing you should know is that:

You are Smart!

The third thing you should know is that:

You are Amazing, Fantastic & Awesome!

And never let anyone tell you otherwise!

We all have talents.
We all have abilities.
We all have value.

We can all contribute.
We can all make a difference.
We can all love.

Don't be afraid to be yourself.
Try to see the brighter side.

Laugh out loud!

Surround yourself with people that make you feel good.

Don't worry, be happy.



My Personal Values

What do I value about myself? (e.g. sense of humour, happiness)

- 1.
- 2.
- 3.

What do I think are important values in other people?
(e.g. being positive, kindness)

- 1.
- 2.
- 3.

What do I value in a friendship? (e.g. honestly, loyalty)

- 1.
- 2.
- 3.

What do I value in a dating relationship?
(e.g. trustworthiness, openness)

- 1.
- 2.
- 3.



All About Me!

Answer the following questions the best you can.

There are no right or wrong answers.

• What word best describes me?	
• What is important to me?	
• Who is important to me?	
• What makes me special?	
• Is having a partner important to me?	
• Are having friends important to me?	
• What are my goals for the future?	
• Who can I talk to?	
• Is school important to me?	
• Is having a child important to me?	



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Who Am I?

**Here is an opportunity to think about who you are.
Complete the information sheet privately.
You don't have to share your answers.**

Things I like to do with other people:

Things I like to do by myself:

Things I like about being me:

Ways I like to treat other people:

Things I would like to learn:

Things I would like to do:

Things I like about my community:

Who do you Admire?



Instructions:

Think about someone you admire or the person you would like to be.
What are the qualities about them that you admire?

1. What are their skills?
2. What is their personality?
3. What are their goals?
4. What are their accomplishments?
5. What do they value in life?
6. What other things do you admire about them?



I am Amazing and I look Fantastic!!

Every single one of us is unique, different and special in our own ways. This is a good thing. Wouldn't the world be boring if we were all the same?

What makes me unique and different from everyone else?

What are some things I admire in myself?

I think the most interesting thing about me is:

If I could do anything I wanted, what would I do?

If I could be any kind of person I wanted, what kind of person would I be?

Why is friendship important in my life?

What kind of friend am I?

What makes me feel strong?

What makes me feel smart?

What makes me feel good about myself?

Who makes me feel good about myself?

**Nothing is stopping you from being who you want to be and
doing what you want to do.**

**Go for it!
You can do it!
You are great!**

**Do things that make you feel good about yourself.
Hang out with people that make you feel good about yourself.
Never let anyone tell you, that you are not amazing and fantastic.
Because you are!!!!**

Healthy Relationships

Qualities to look for in people

Someone who...

- Is respectful and kind
- Is comfortable with themselves
- Listens to what you have to say
- Doesn't twist your words
- Takes responsibility for their own behaviour and feelings
- Shares common interests with you
- Has a sense of humour
- Enjoys other friends and interests
- Enjoys the fact that you have other friends and interests
- Respects your values and beliefs
- Is genuine and honest
- Is appropriately affectionate
- Supports your goals and activities
- Encourages independence
- Is flexible and willing to compromise
- Can say no
- Enjoys their personal time and space
- Is not afraid to have fun in life
- Appreciates you just the way you are
- Makes you feel good about yourself
- Is proud of you
- Is trustworthy
- Encourages you to be the best person you can be





Favourites!!!

1. What is your favourite colour? _____
2. What is your favourite animal? _____
3. What is your favourite movie? _____
4. What is your favourite TV show? _____
5. What is your favourite food? _____
6. What is your favourite drink? _____
7. Who is your favourite artist/band/music group? _____
8. What is your favourite book? _____
9. What is your favourite sport to play? _____
10. What is your favourite part of your body? _____
11. What is your favourite subject in school? _____
12. Who is your favourite person? _____
13. Who is your favourite girl/woman? _____
14. What is your favourite meal of the day? _____
15. What is your favourite thing to do on a Sat? _____
16. What is your favourite holiday? _____

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Do you Agree or Disagree?

1. Friends are the most important people in my life.
2. It is important to keep other people's secrets.
3. The people my age on TV look and act like the people I know.
4. It is ok to spread rumours about someone.
5. Everything on the Internet is true.
6. It is ok for a girl to date lots of boys.
7. It is ok for a boy to date lots of girls.
8. It is ok to talk behind someone's back as long as they don't hear it.
9. It is a good idea to compliment people.
10. Everyone's bodies are different and that is ok.
11. It is important to get lots of physical activity.
12. It is important to make people feel good about themselves.
13. School is important.
14. It is important to laugh and have fun.
15. It is important to be happy with yourself.
16. It is important to be proud of yourself.



⚙️ Friendship ⚙️

1. Is it important to have friends?
2. Is it better to have lots of friends or one or two close friends?
3. Who do you consider your friends?
4. If someone is not your friend does it matter how you treat them?
5. Who is more important – your friends or someone you date?
6. Can you break up with a friend?
7. Is it important that a friend can trust you with a secret?
8. Can you be friends with someone of the opposite sex?
9. How does the Internet (e.g. Instagram, Snapchat) affect friendships?
10. Do friendships deserve and require effort and attention?
11. Is trust and honesty important in friendships?
12. Can self-esteem affect friendships?
13. Do you think the people who are your friends will change over the course of your life?
14. What qualities do you look for in a friend?
15. Do you think you are a good friend?

Book List

Dunham, Kelli (2008). **The Girl's Body Book: Everything you need to Know for Growing up You.** Kennebunkport, Maine

Gravelle, Karen & Gravelle, Jennifer (2006). **The Period Book: Everything you don't want to ask but need to know.** New York, NY

Harris, Robie H. (2004). **It's Perfectly Normal: Changing bodies, growing up, sex and sexual health.** Cambridge, MA

Kauder Nalebuff, Rachel (2009). **My Little Red Book.** New York, NY:
***Short stories about first periods*

Kelley Criswell, Patti (2006). **Friends: Making Them and Keeping Them.** China: American Girl Publishing Inc.

Lavender, Missy & Donatelli Ihm, Jeni (2015). **Below Your Belt, How to be Queen of your Pelvic Region: A Pelvic Health Handbook for Girls.** Women's Health Foundation.

Madison, Lynda (2002). **American Girl, The Feelings Book: The Care and Keeping of your Emotions.** Middleton, WI

Saltz, Dr. Gail. (2007). **Changing You! A Guide to Body Changes and Sexuality.** Dutton Children's Books

Silverberg, Cory (2015). **Sex is a Funny Word: A book about bodies, feelings, and YOU.** Seven Stories Press.

Weiss, Marisa & Friedman, Isabel (2008). **Taking Care of Your "Girls": A breast health guide for girls, teens and in-betweens.** New York, NY



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