

*Gammagirls was created with the belief that mentoring youth is more crucial than ever. The teenagers in today's society need adults to take an active interest in them. Mentored teens are more likely to avoid risk behaviors such as drug and alcohol use, dropping out of school, and premature sexual activity. They are more likely to stay in school, plan for the future, and make constructive choices in friends, circles of influence and healthy environments.*

# What is Gammagirls?

**GAMMAGIRLS** is a program of facilitated group process and short-term mentorship.

## PURPOSE

- Turn peer pressure into peer support.
- Learn together and from each other
- Discover common struggles and strengths
- Decrease sense of isolation
- Discover purpose and identity in Christ



## Topics Discussed

### 1 WELCOME TO GAMMAGIRLS

Introductory session: get to know each other, discuss group dynamics and set group guidelines

### 2 THE ART OF COMMUNICATION

Conversation skills: how to start conversation, how to keep them going, maker and breakers

### 3 THE IMPACT OF THE MEDIA

How society influences how we see ourselves. Fads and trends and the affects they have on behavior

### 4 POSITIVE SELF-IMAGE

Identifying and acknowledging positive qualities; Respect and value ourselves; attractiveness

### 5 UNDERSTANDING YOUR INNER VOICE

Positive or negative self-talk and their impact on our moods and self-worth, healthy boundaries

### 6 PROBLEM SOLVING & ASSERTIVENESS

Standing up for ourselves in a clear and respectful manner; Problem solving tools and strategies

### 7 HEALTHY SEXUALITY FOR TEENS

Healthy sexuality from a biblical and factual perspective; Boundaries and refusal skills

### 8 MANAGING RISK

Evaluating risk factors, refusal skills, self defense and facing fears

### 9 BEING A REAL FRIEND

Assessing problems too big to handle alone, coping skills, and where to go for help

### 10 HONOR YOUR DREAMS/GRADUATION

Future dreams, setting goals and Graduation celebration

## Facilitator Training

**HERE IS AN OPPORTUNITY TO BECOME INVOLVED AND HAVE A POSITIVE IMPACT IN THE LIVES OF OUR INCREDIBLE TEEN GIRLS**

Gammagirls has been designed for delivery in local churches by women who have chosen to be involved in a short-term mentorship relationship. Each group has a maximum of twelve (12) participants and two (2) female facilitators who meet weekly to talk about issues common to all teen girls.

### I WOULD LIKE MORE INFORMATION ABOUT...

(please check one)

Gammagirls

Facilitator Training

Making a Donation

### I WOULD LIKE TO SIGN UP FOR FACILITATOR TRAINING

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



### GAMMA LEADERSHIP TRAINING ASSOCIATION

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