



Let's Talk About..., an empowerment program for girls and young women, is a multi-module well-being program that has been developed with young women in the ACT. It uses a gendered approach to provide girls and young women with knowledge and skills to address challenges they face in everyday life. During the 50-minute sessions, students will be introduced to research data that relates to their specific cohort, from Years 5 to 10.

KEY CONCEPTS

It explores strategies for building self-awareness, self-esteem and confidence. In *Let's Talk About...* sessions, students will discuss feelings and emotions, character strengths and core values as well as friendship, boundaries and communication and building resilience to address their personal challenges.

LEARNING INTENTIONS

Students will:

- Recall and apply the Fearless Women research data to their own lived experience.
- Differentiate between feelings and emotions and examine their causes, including social media and bullying.
- Reflect on personal values and character strengths.
- Consider response to bullying.
- Understand how to create a positive support network for themselves.

SUCCESS CRITERIA

Students will be able to:

- Articulate their own thoughts and feelings on what causes anxiety and self-doubt.
- Participate actively in the discussion as individuals and groups.
- Listen without judgement; act with kindness.
- Contribute strategies and solutions of their design.
- Identify situations where they could give support to peers.

This program links to the following Australian Curriculum areas: HPE, General Capabilities, Personal and Social capabilities, Ethical Understanding and Creative and Critical Capabilities.

Fearless Women does not charge a fee for its services to the community.

To learn more or book *Let's Talk About...* please contact
admin@fearlesswomen.org.au or
visit our website fearlesswomen.org.au





AN EMPOWERMENT PROGRAM FOR GIRLS AND YOUNG WOMEN

1 FEARLESS FUTURE

- You are not alone
- It is OK not to be OK all the time
- Where to go to help
- Supporting a friend

2 THEY ARE JUST SELLING STUFF

- What is media?
- How to be a critical consumer
- Understanding the tricks and subtleties used in-person and online to sell products and promote brands
- Messages and pressure are everywhere
- Influencers and fake perfect
- Understanding FOMO and choosing JOMO
- Practice saying 'no'

3 CORE BELIEFS

- What are core beliefs?
- Why do we have them?
- Self-kindness and care
- Kindness
- Body image

4 CHARACTER STRENGTHS

- Exploring the 24 character strengths
- Identifying your strengths
- Respecting differences
- Building strengths
- Growth mindset
- Kindness

5 FEELINGS & EMOTIONS

- What are emotions?
- Where do emotions come from?
- Feelings and emotions
- Understanding what you are feeling
- Your feelings are valid
- Too many emotions all at once!
- Getting along with your feelings
- Things that emotionally strong people do
- Figuring out a friend's feelings

6 FRIENDSHIP

- Levels of friendship
- Toxic v healthy friendships
- Mean girls
- What sort of friend am I?
- Positive cycle of friendship
- Changing friends and behaviours

7 BOUNDARIES & COMMUNICATION

- What is a boundary?
- Why do we need them?
- Expressing boundaries
- Speaking up – setting boundaries
- When supporting a friend becomes too much
- BIFF: brief, informative, friendly and firm

8 RESILIENCE

- What is resilience
- Why we need resilience
- Decision-making
- Getting things done
- Challenges and empowerment
- Building Resilience
 - Gratitude
 - Mindfulness
 - Glimmers

Note: A program book supports each module. The program book reinforces key learnings, through additional information, activities and exercises.