

Young Women's Lives:

Building Self-Awareness for Life



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The Curriculum

Young Women's Lives helps teens face problems, identify personal strengths and supportive resources, and develop new ways of thinking and addressing challenges, both internal and external.

- for young women ages 14-19
- use as either a prevention or intervention tool
- cost effective, including reproducible handouts to facilitate any size group
- adaptable curriculum can be presented in 21 sessions 60-90 minutes in length; in 12 sessions with a violence focus; or in a 10-session general program.

The Facts

- In 1995, 513,000 teens had babies - 96% said "having self-respect" would have prevented the unwanted pregnancies. Being educated about sex, pregnancy and birth control were critical
- One in five young women in the U.S. struggles with an eating disorder, and half the young women in the country are dieting.
- Up to 73% of girls in the juvenile justice system are victims of physical or sexual abuse.

The Audience

Young Women's Lives is for young women in:

- schools (junior, middle, and senior high)
- community health agencies
- youth service organizations
- churches
- juvenile corrections
- adolescent treatment programs

The Format

Multiformat materials address a variety of learning styles and reinforce key messages through a Facilitator's Guide, and reproducible handouts.

Facilitator's Guide

This 21-session guide is designed to:

- help participants understand and convey ideas about violence, power, and control
- teach self-care strategies including body image, handling anger and other feelings, and finding support
- teach basic concepts including gender, social, cultural, and economic issues
- facilitate sessions on male violence and sexual harassment and assault
- facilitate action planning for group members

Handouts

35 *Reproducible handouts help participants:*

- identify challenges they face
- develop solutions and skills to help them cope with or overcome challenges
- understand social and cultural messages about being women
- use their experience and inner wisdom to develop strategies that lead to personal success