

GIRLS
Can fight
TOO!



Program: Girls Can Fight Too!

Time/Date: Fridays @ 8:00a

Duration: 10- Weeks in 50 Minutes Intervals

Equipment: GCFTOO! Shirt

Audience: 6th Grade

Cost: \$150 *Includes GCFTOO! Shirt

Girls Can Fight Too! 10 - Week Enrichment Program is a fun- filled, informative and empowering curriculum to prepare your daughter(s) for societal and personal dangers they will face daily. At the end of the 10 - Week session, your daughter(s) will be prepared and not scared as they conquer childhood and beyond.

Even at a young age girls learn goal setting and have a sense of accomplishment, and learn to be leaders. She is to respond with action, she's learning to be vocal about it, she's learning that she does not need to submit, instead, she has choices. Give them the gifts of confidence, strength, awareness, power and respect for themselves and desire to be surrounded by people they admire. If we want to put independent, strong girls out into the world, Girls Can Fight Too! lessons are a great place to start.

- **Week I: Introduction to Personal Safety**
- **Week II: Boundary Setting**
- **Week III: Becoming Bullyproof**
- **Week IV: Self-Esteem**
- **Week V: Friends & Frenemies**
- **Week VI: Reporting vs. Tattling**
- **Week VII: Healthy Relationships**
- **Week VIII: My Body, My Safety Rules**
- **Week IX: Internet Safety**
- **Week X: I Am A Fierce Girl**

For more information, contact Skye Walton:

Email: skye@divasinddefense.com

Call: (404) 946-9954 ext. 704

divasinddefense.com/lindley