

# INTRODUCTION TO EACH *BEING GIRLS CLUB* WORKSHOP



You will see these icons throughout the workshops



- This resource is in your pack



- Additional resources required



- Individual work



- Paired work



- Small group work



- Whole group work

It is recommended that you start each workshop from workshop 3, in the following way, as workshops 1 and 2 run in a different format.

**Preparation:** Read the workshop plan prior to commencement and ensure you have the required resources.

## Welcome

- Welcome the girls and allow them a short amount of time to greet each other.
- Ask the girls to sit and join you in the group. Use your agreed 'stop and listen' signal
- Take the register. Confirm any unauthorised absences. Check medication.
- Give members the opportunity to share with the Being Girls Club something they are proud of from the previous week, such as helping someone who needed it, putting a lot of effort into a piece of homework or trying a new activity etc.
- If the workshops are running in a school, it is a good idea to talk to teachers before the start of the workshop to ask for positive feedback about the members and share that with the members at this point.

*By the end of this activity, the members will be able to recognise and celebrate their own and others achievements.*

**Facilitator's Notes:** *This can be done verbally or by giving each girl a post-it note. This will depend on the number of members in the group. Ask them to write or talk about the thing they feel proud of from the previous week. If their responses are written down, ask them to display them in a designated place and the facilitator will read a small selection to the group. As time is limited for this activity, it is important to recognise that not all of the members will be able to have their responses read each week and that different people will have this opportunity on another occasion.*

## GROUP MESSAGE

**Facilitator Notes:** *As a whole group, show the members the Group Message. Ask them to chat to the person sitting next to them about what they may be learning more about in this workshop. Take feedback from some of the members. This initial activity is designed to encourage the members to think about the workshop topic. Do not allow this activity to dominate the workshop as it is intended only as warm up.*

*By the end of this activity, the members will be able to share their ideas and listen to those of others.*

Refer back to the group message as the session progresses to ground the session and keep it on track.

**Facilitators Notes:** *As the sessions progress, it is important that the facilitators take feedback from different members to encourage the sharing and acceptance of ideas. When dividing the members into pairs of groups, it is often useful to separate friends if appropriate, as this will encourage the members to work with different people and develop confidence in sharing ideas with unfamiliar people.*

**Summary Statement:** At the end of the workshop, read the Group Message again and read the statement. Acknowledge the members participation. Facilitators complete workshop review. Collect completed activities and keep in individual members file.