

Empowering Middle School Girls: Decision-Making Through Core Values

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Healthy Body, Healthy Mind, Healthy Acceptance

Deciding to be YOU, Deciding to be ENOUGH, Deciding to be AWESOME

5 scenarios to get them thinking "WHY." Most important: NO JUDGMENT.

1. There's a BIG party this weekend. Huge. Everyone will be there. You really want to go, but you also know that there won't be any parents there and that there WILL be alcohol and some drugs there. You know your parents would greatly disapprove of you attending, and that if you sneak and go and are caught, you will betray their trust and will face punishment. But it's a major party. And it will be obvious if you aren't there. What do you do?
2. There is this hot guy. Like, Abercrombie model hot. He goes to a different school and he's started texting you a lot. You have heard that his reputation revolves around what he does with girls, sexually. You are not sure you are ready for that type of relationship yet, but it feels pretty good to have someone like him attracted to you. You know if you start seeing him, he will probably pressure you to do some 'stuff.' And even if you don't do anything, you know that your reputation will be questioned just because of associating with him. You also know that your parents would highly disapprove of him. But...maaaan he is hot. What do you do?
3. You notice one of your very best friends has started being really self-conscious about what she eats. Rarely does she finish her lunch, and she seems to be tired and really irritable lately. She never accepts a compliment about her appearances and you think she looks like she's getting skinnier. What do you do?
4. You are a hard worker. You prepare for each test and you do your best. You may not always make the top grades, but you work really hard to do the best you can do. But recently, you suspect one of your friends of cheating off of you and just in cheating in general. You think she may have copied some of your homework when she was at your house this weekend, and you are pretty sure she is using her iPad to cheat during test. She is one of your best friends, and you know her parents put a TON of pressure on her at home about her grades. But it's still not fair. And you know the school has an Honor Code about cheating. What do you do?
5. All of your close friends comment on each other's social media accounts regularly. There are a lot of inside jokes that are thrown around and it's a great way to stay connected with each other. But you have noticed that one friend has created a different online account that she shares with your group, and with that account, she has started posting some scandalous pictures. The comments she gets are from older guys, and the comments are sort of scary. You don't think your friend is getting herself into a good place, and although you have mentioned it to her in the past, she just brushes you off. You are scared for your friend. What do you do?

Overall Health/Decisions Outline

- A. What does Healthy Acceptance mean?
 - a. Deciding to be YOU
 - b. 5 scenarios
 - c. Decision making
 - d. Maturity – what it allows you to do in regards to mental processes
 - e. Values
- B. Motto introduction and creation
- C. Healthy Body: Puberty
 - a. Male development
 - b. Female development
- D. Healthy Mind: Stress
 - a. Body responses to stress
 - b. How to deal with stress
- E. Healthy Mind and Healthy Body: Relationships
 - a. Unhealthy vs. Abusive relationships
 - b. Types of abuse
 - c. Communication
- F. Healthy Body: STDs
 - a. Judgment free zone
 - b. Viral vs. Bacterial
 - c. Discuss the STDs
- G. Healthy Body: Body Image
 - a. Positive vs. negative body image
 - b. Media and social comparisons
 - c. Three main types (anorexia, bulimia, overeating)
- H. Healthy YOU
 - a. Risks and Failures
 - b. Walk-away traits

Great Resources:

Dove Campaign for Real Beauty videos

Kindergarten Cop/Stress: <https://www.youtube.com/watch?v=IMQADg1Dp9g>

Know Your Why:

https://www.youtube.com/watch?v=qt9dJUsDWKw&list=PLF4IemfGxew0Fp2--sSIRLHIYFLXe_Cwa&index=18

MPx Enough: <https://mpxenough.wordpress.com/>

Colbie Caillat: <https://www.youtube.com/watch?v=GXoZLPSw8U8>

Name: _____

Reflection 4

State your motto: _____

Write 3-5 sentences on whether you think your motto was effective or not. Do you think it's hard to maintain certain standards and to live in alignment to those standards and values all the time? Do you feel as though your motto encouraged you to act any differently? Why or why not? If you think your motto was effective, how can you continue to live by it and let others know of it? If you don't think it was effective, come up with a different motto and try it on your own! _____

Final Project for Motto:

The final component to this project is that they must make a poster with their motto on it. I give them bright colored cardstock and they create a slogan that I laminate and hang on the locker room walls to continue to inspire themselves, those around them, and those that come behind them.

If you would like to add some wisdom to our locker room walls, please email me your motto or # and I will print it out, laminate it, and hang it on the wall! I'll snap a pic and send it back to you, too!

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If you want to see MY motto, please visit <https://mpxenough.wordpress.com/> where I put my own motto, MPx Enough, up for everyone to see and read about. Because why would I expect my students to do something I don't believe in, wholeheartedly, as well?!?