



Senior Primary Curriculum for Girls ages 10-12 years

Our young girls are at a crucial stage during their Upper Primary years as they enter early adolescence. Many of the issues that were once delayed until early teen years, are now a strong influence in these late primary years. Issues concerning peer groups, friendship conflicts, body image and self esteem concerns and social media are at the forefront as girls navigate who they are and their place in their tribe.

In response to this trend, secondary educator and author of books for young children as well as adolescents, Sharon Witt has written a ten week program that can be delivered to a group of young girls in a school setting or similar space.

Topics include:

discovering your uniqueness, understanding and developing your character, navigating friendships, developing positive self talk, being responsible cyber citizens, health and more.

Content of Session Outlines

SESSION 1 Self Esteem Matters

Focus:

- For students to understand that they are unique and one of a kind
- For girls to learn different ways in which they can work on developing a healthy and strong self esteem
- For girls to challenge the pressure that society places on us that our self worth can be found in how we LOOK!

SESSION 2 Your Gifts and Talents

Focus:

- For girls to identify that they have many qualities and strengths.
- For each girl to understand that they bring unique qualities and contributions to the groups they are a part of
- For students to explore other areas they may have strengths in but haven't discovered yet

SESSION 3 Healthy Friendships

Focus:

- To understand that friendships are a valuable part of our lives
- For girls to understand the importance of establishing and maintaining healthy friendships
- For girls to identify some aspects of friendships that may be unhealthy

SESSION 4 Friendship Matters - Social Etiquette

Focus:

- For girls to identify strategies they can use when seeking new friends
- For students to engage in and discuss possible resolutions for a variety of friendship issues presented
- Strategies girls can implement when faced with toxic friendships

SESSION 5 Healthy Bodies

Focus:

- To understand that our bodies are complex and amazing at the same time
- To learn about some of the ways we can look after our bodies and keep them healthy

SESSION 6 Body Image Matters

- To help girls understand that many of the images they see in the media and in magazines are fake
- To learn to value themselves for so much more than how they 'look' and to understand how much they are manipulated into believing the lie that their body is their currency
- To learn about some of the ways photographs are digitally altered and enhanced through photo shopping

SESSION 7 Healthy Minds

Focus:

- To understand the importance of developing a healthy mindset and self belief
- To learn more about how our thinking can impact our outcomes and mind
- To develop some strategies for using positive self talk

SESSION 8 Managing Fears and Anxiety

Focus:

- To understand that feelings (including fears and anxiety) are messengers that we need to listen to
- To learn helpful strategies for managing our fears and anxieties
- To learn some relaxation strategies and mindfulness techniques

SESSION 9 Cyber Savvy Girl

Focus:

- To understand that having access to the internet has certain responsibilities
- To develop an understanding of what is meant by a digital footprint
- For girls to understand the basic privacy aspects of using social media

SESSION 10 Wrapping Up

Focus:

- For girls to have an opportunity to reflect on the things they have learnt over the course of the past 10 weeks
- To give girls an opportunity to reflect creatively