

EFFECTIVE TOOLS TO EMPOWER GIRLS

A 1-PAGE SUMMARY BY AYO AWOTONA

1

SOME MAJOR PROBLEMS

Today, girls are under pressure from things such as social media, friendship groups, society's idea of the 'perfect' body, school work, family lives and much more.

2

RAPIDLY GROWING CHALLENGES

As a result, challenges such as underachievement in school, depression and anxiety are growing rapidly.

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3

3 PRACTICAL STRATEGIES

See: Activities that get them to 'picture' where they'd like to go in the future. Girls with dreams become women with vision. E.g. creating vision boards

Say: Things revolving around self-talk & self-image. E.g. creating a list of positive statements/affirmations to recite daily

Write: Focusing on things such as a gratitude journal or a letter to confront fear to aid in shifting negative mindsets.