



Leadership Defined



## Lesson Topics

### **Beautiful Body Image**

- Dressing for Your Body Type
- Material Madness
- Perfection
- Stop Comparing Yourself
- What's the Deal with Name Brands?

### **Being a Friend**

- 10 Characteristics of a Friend
- How to be a Good Friend
- Intervention
- True Friends
- What Being a Friend Means

### **Being Tech Savvy**

- Cyberbullying
- Internet Safety
- Posting Pictures
- Texting & Driving

### **Being True to You**

- Being Real
- Being Yourself & No One Else
- Self Respect
- Stand Up for What is Right
- You Complete Yourself

### **Boys & Dating**

- Boyfriend Material
- Dating vs. Not Dating
- Myth Busters
- Why Abstinence?

### **Downplay the Drama**

- Cliques & How Not to Be One
- Fighting Friends
- Gossip
- How to Handle Being Left Out
- Power of the Tongue

### **Getting to Know You**

- Being a Leader
- Choosing to be Kind
- Family Tree: Your Ancestry
- What's Cool About Me?
- Who Am I?
- Who Do You Want to Be?

### **Girlfriends**

- Being Nice
- Diversity
- How to Choose Good Friends
- The New Girl
- T.H.I.N.K.
- You Can Do It!

### **Girls Growing Up**

- College
- Entrepreneurship
- Finding Your Talent
- What Do I Want to Be?
- You-nique!

### **Girl Talk Green**

- 10 Ways to Go Green
- Eating Organic
- Minimizing Your Carbon Footprint
- Protecting Your Environment
- Recycling

### **Life Lessons**

- Courage
- Embarrassing Moments
- Forgiveness
- Gratitude
- Hope

### **Life Skills**

- Managing Your Money
- Priorities
- Setting Goals
- Social Secrets
- Response-Ability
- Time Management

### **Parents**

- Avoid Avoidance
- Dealing with Divorce
- How to Talk to Your Parents
- Open Up to Your Parents
- Quit Quitting



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## Lesson Topics (cont'd)

### **Personal Creativity**

- Anonymous Questions Box
- Being Creative
- Get Organized!
- Meeting New People
- Uplifting Posters

### **Personality Traits**

- Becoming a Team Player
- Humility
- Looking at the Glass Half Full
- Solution Oriented
- Staying Motivated

### **Purpose**

- Community Service
- Getting Involved
- It's Not About Me
- Random Acts of Kindness
- Take and Give

### **Self-Health**

- Healthy Eating
- Hello Hygiene!
- Learning to Let Go
- Mirror, Mirror on the Wall
- Stress and How to Handle It

### **Serious Topics**

- Being Lonely
- Depression
- Plagiarism
- Sticky Situations

### **Teen Partying**

- Party Girl
- The Wrong Crowd
- Tough Decisions
- Underage Drinking
- What's the Deal with Drugs?

