

Meeting-in-a-Box: All About the Girl

*This meeting is aimed at **Guides** and was originally created to celebrate **The International Day of the Girl**. However, it can be used at any time of the year to facilitate discussion about girls around the world and at home. There are enough elements for about **1 hour and 45 minutes**’ worth of activities, but you can pick and choose or run more than one meeting with this theme.*

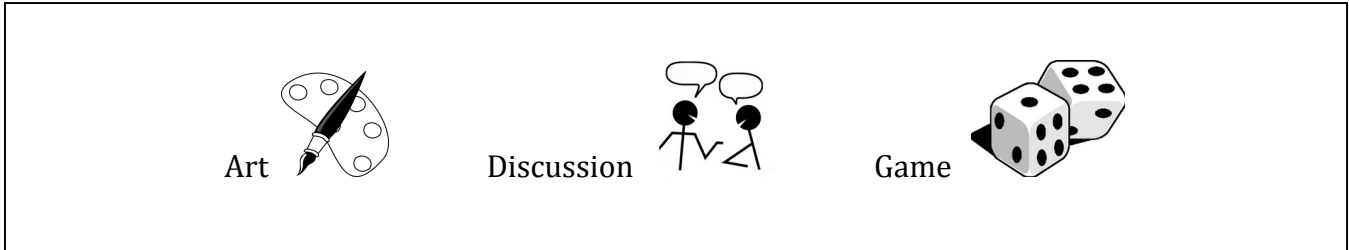


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Supplies

- Masking tape
- Large roll of paper
- Scissors
- Print-outs of Appendix 1 and 2
- Downloaded versions or internet to access “Like a Girl” and “Your Brain on Engineering”
- Magazines
- Markers
- Glue sticks





Activity 1: Intro

(10 minutes)

Start by asking questions:

- What topics come to mind when you think about girls around the world?
- What does being a girl mean to you?
- Do you think girls lives are the same everywhere?

Read the poem “Girls Can Move Oceans” found in Appendix 1 and talk briefly about what it means to the girls.

If you have a lot of girls, the next 5 activities can easily be run in a round-robin with station A being activities 2 and 3, station B being activities 4 and 5 and station C being activity 6.



Activity 2: Like a Girl

(15 minutes)

Have the girls watch the video “Like a Girl” and then make a list of “put-ups” and “put-downs” (powerful positive and negative words) people use when talking to them or other girls. How do they make them feel? Do they ever use any of them?



Activity 3: Girl Jobs/Boy Jobs

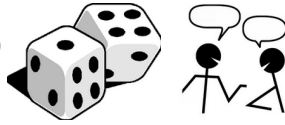
(10 minutes)

Have the girls watch the video “Your Brain on Engineering” (a Goldieblox ad) and come up with three lists. One of jobs that they feel only boys should have, one of jobs only girls should have and one of jobs anyone can have. If the girls tell you that anyone can have any job, ask them to think about what direction society seems to push people in.

Do they feel restricted as to what job they can have when they grow up? Do they know anyone (family, friends, etc.) who has a job in the “wrong” list?

Activity 4: How Girls Add Up

(15 minutes)



Print out one (or more if you want to divide the girls) copy of the table in Appendix 2 and cut it up into slips of paper. Have the girls try to put it back together by associating the statistics with the facts.

Talk about what the statistics mean to the girls. Do they feel lucky to be able to go to school? What age do they think is the “right” age to get married? How crazy is it that girls and women work 60% of the hours around the world but only make 10% of the money? Do they think it should be 50/50 for men and women? Does their Dad work longer hours than their Mom?

Activity 5: Being a Girl

(10 minutes)



Give the girls a piece of paper and have them complete one of these sentences on each side:

I am proud to be a girl because...

Girls can...

If your unit takes lots of pictures or makes a scrapbook at the end of the year, take a Girl Power photo by having the girls choose a side and hold it up. If any of your girls aren't image released, they can all hold their papers in front of their faces.

Activity 6: Girl Power Collage

(30 minutes)



Trace out one of your girls on a large piece of paper. Using pictures from magazines, have the girls cover the traced-out girl in images and words that represent being a girl to them.

Program work completed

Activity	Guide Program Work Completed	Portions of Challenges Completed
Intro	Be Involved #2	
Like a Girl	Be Involved #2 Build Skills in Communication #6 Stay Fit and Healthy #5	NEDIC Love Yourself: Self Esteem #2
Girl Jobs/Boy Jobs	Stay Fit and Healthy #5 Career Awareness #5 Engineering #1	
How Girls Add Up	Be Involved #2	
Being a Girl	Be Involved #2 Discover What's Important to You #6	NEDIC Love Yourself: Self Esteem #3
Girl Power Collage	Be involved #2 Build Skills in Communication #5 Discover Your Creativity #6 Art Production #6	Girls United Challenge # 22 NEDIC Love Yourself: Self Esteem #3

Meeting submitted by Elizabeth Knowles in November 2014

Appendix 1: Poem: “Girls Can Move Oceans” by Morgan

Growing up in a healthy society forces you to learn to validate your feelings.

You can't be sad because someone, somewhere, has it so much worse. You are trained to think of your problems as insignificant raindrops on this massive earth

And where I live, being a girl is like being a raindrop

I am part of the country's majority but I feel so insignificant causing small ripples in the ocean of my society.

I'm a member of the Girl Guides of Canada and within the organization I try to make myself feel less insignificant.

We cook a Christmas meal for local women's shelters,

Paint animals on children's innocent faces,

Plant over 400 trees in a tainted rainforest,

And sing our favourite campfire songs as loud as we possibly can.

And in those moments

When I can feel our voices shake the trees

I swear we can move oceans.

I know that our raindrop selves will one day collectively cause a destructive flood.

So being a girl where I live means being a raindrop,

Being part of something so collectively huge

That our waves just haven't crashed yet.

Appendix 2: How Girls Add Up

65 million	Girls around the world don't go to school
1 in every 3	Girls in the developing world is married by the age of 18.
Up to 80% of	Food in developing countries is produced by women.
2/3 of	Illiterate people around the world are women.
1 in 5	Girls who enroll in elementary school around the world never finishes.
25% of	Politicians in Canada are women.
3 times more	Girls in developing countries will suffer from malnutrition than will boys.
13	Girls were married in the last 30 seconds
65% of	The world's working hours are worked by women.
10% of	The world's income is earned by women
50%	Children born to mothers who can read and write are ____ more likely to survive past age 5.