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the media; 4.3 Attitudes to alcohol
4.4 What happens next? 4.5 A big night out; 4.6 Taking risks; 4.7 Sexually transmitted infections anagrams; 4.8 Handshake; 4.9 STIs - the facts; 4.10 How safe is safe?; 4.11 STIs - a girl's guide; 4.12 Pass the parcel; 4.13 Pass it on!; 4.14 Healthy eating collage; 4.15 Food quiz; 4.16 Health services treasure hunt; 4.17 Drugs Jenga; 5. Positive Relationships; 5.1 Friendship lines; 5.2 My awards; 5.3 Gender game; 5.4 Sex and the media; 5.5 Healthy relationships; 5.6 'No means no' quiz; 5.7 I said 'NO!'; 5.8 Relationship pyramid; 5.9 Gender stereotypes and relationships; 5.10 Family messages
5.11 Exploring personal values 5.12 Anger and violence explored; 5.13 Passive, assertive, aggressive; 5.14 Share/not share; 5.15 Managing conflict; 6. Gender and Stereotypes; 6.1 The sleepover; 6.2 Exploring gender stereotypes; 6.3 This is what I think; 6.4 Career stereotypes; 6.5 Whose job is it?; 6.6 International Women's Day flags; 6.7 Gender facts - true or false?; 6.8 Women in parliament; 6.9 Role models activity; 7. Endings; 7.1 Positive thoughts; 7.2 The self-esteem gauntlet; 7.3 Letter to self; 7.4 Day at the beach; 7.5 Presentations; 7.6 Action planning for positive change
7.7 Treasured comments 7.8 Hand curtain; 7.9 Positive footsteps; 7.10 One memory...; 7.11 Positive steps circle; USEFUL WEBSITES

Sommario/riassunto

Packed with fun sessions and practical group activities, Working with Young Women presents a multitude of opportunities for young women to build self-esteem, confidence and assertiveness. From art activities to life story work, the author offers ideas for a wide range of projects, games, discussions, drama and role-play to engage and motivate.
