


ASCA WEBINAR SERIES



**G.L.O.W.:**  
Girls Learning to be  
Outstanding Women

Webinar Presenter: Crystal Brewer  
Webinar Date: March 27, 2018



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Learning outcomes:

1. Discuss research related to issues girls face.
1. Identify strategies, resources, and potential roadblocks for implementation of a girls group at your school.



## Simpson Central School



## Simpson Central School

- Located in a rural area in Mississippi
- Grades kindergarten through 8th grade
- Enrollment 590
- 75-80% of students qualify for free and reduced meal program annually
- School-wide Title 1 school





## What research tells us:

- Only 4% of women around the world consider themselves beautiful (up from 2% in 2004)
- Only 11% of girls globally are comfortable describing themselves as 'beautiful'
- 72% of girls feel tremendous pressure to be beautiful
- 80% of women agree that every woman has something about her that is beautiful, but do not see their own beauty
- More than half of women globally (54%) agree that when it comes to how they look, they are their own worst beauty critic



## What research tells us:

- More than half of girls (55–59%) age 6 to 8 indicate their ideal bodies are thinner than their current body (Lowes & Tiggemann, 2003).
- It is estimated that almost 1.3 million adolescent girls in the United States have anorexia (Rosen & The Committee on Adolescence, 2010).
- More than any other appearance attribute, weight is most commonly associated with body dissatisfaction for both girls and boys (Jones, 2002).
- The average body mass index (BMI) of Miss America winners has decreased from around 22 in the 1920s to 16.9 in the 2000s. According to the World Health Organization, a normal BMI falls between 18.5 and 24.9 (Byrd-Bredbenner, Murray, & Schlusel, 2005).



## What research tells us:

- In a national survey of girls age 13 to 17 by the Girl Scouts Research Institute (2010), nearly half (48%) wished they were as skinny as the models they saw in fashion magazines and said fashion magazines gave them a body image to strive for (47%).
- Another survey by the Today Show and AOL.com (2014) found that 80% of teen girls compare themselves to images they see of celebrities, and, within that group, almost half say the images make them feel dissatisfied with the way they look.
- Among the teens active on social networks, 35% reported having worried about people tagging them in unattractive photos; 27% reported feeling stressed out about how they look when they post pictures; and 22% reported feeling bad about themselves when nobody comments on or “likes” the photos they post.



## What research tells us:

- 48% of students are regularly exposed to relational aggression.
- Students ages 11-15 reported that they were exposed to 33 acts of relational aggression during a typical week.
- Estimates on the prevalence of cyberbullying among youth vary from 10-40% or more.



## What research tells us:

National Alliance on Mental Illness (NAMI) reports:  
Low self-esteem can affect mental health in these ways:

- **Poor Relationships.**
- **Addiction.**
- **Depression and anxiety.**



# G.L.O.W.





## Logistical Things to Consider/ Potential Roadblocks:

- Name of Group
- How often/ when to meet
- Rules of the group
- Financial Resources/ Community Partners & Sponsors
- Parental notice/ permission



## GLOW Survey

Please rank the following issues based on how important they are to you right now with 5 being the most important and 1 being the least important.

- \_\_\_\_\_ Body Image
- \_\_\_\_\_ Self-Esteem
- \_\_\_\_\_ Friendship/ Relational Aggression
- \_\_\_\_\_ Romantic Relationships
- \_\_\_\_\_ Family Relationships (Parents, siblings, etc.)



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## Resources

We're helping 40 million young people build self-esteem & positive body confidence.

Get all the info to help every girl become a #ConfidentGirl



# Activity Ideas:



# Vision Board/ Poems



Vision Board :<http://www.shylohbelnap.com/2017/01/vision-boards.html>





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# Perfectly Imperfect

“Perfectly Imperfect”

We have all heard that no two snowflakes are alike. Each snowflake takes the perfect form for the maximum efficiency and effectiveness for its journey. And while the universal force of gravity gives them a shared destination, the expansive space in the air gives each snowflake the opportunity to take their own path. They are on the same journey, but each takes a different path.

Think of what understanding this great orchestration could mean for relationships. Imagine interacting with others knowing that they too each share this parallel with the snowflake. Like you, they are headed to the same place and no matter what they may appear like to you, they have taken the perfect form for their journey. How strong our relationships would be if we could see and respect that we are all perfectly imperfect for our journey.”

– Steve Maraboli, *Life, the Truth, and Being Free*



# Love Thyself Luncheon

G.L.C.W.  
**"Love Thyself"  
 Luncheon**  
 Thursday, February 12, 2015 (7<sup>th</sup> & 8<sup>th</sup> Grades)  
 Friday, February 13, 2015 (9<sup>th</sup> & 10<sup>th</sup> Grades)  
 @  
 12:45  
 Location: 1st, 2nd & 3rd Rooms on the 1st Level  
 Cost: \$5.00  
 You must sign up & bring in your money NO LATER THAN FEBRUARY 11th  
 @ 10:00am.  
 Menu: pizza and drinks.  
 Join us for a "LOVE OURSELVES" Day of PTOCH, TUL, and  
 RELATIONSHIP.





A S C A W E B I N A R S E R I E S

## Love Thyself Luncheon



Questions?

A S C A W E B I N A R S E R I E S



## Research Links

[-file:///C:/Users/cbrewer/Downloads/csm-body-image-report-012615-interactive.pdf](file:///C:/Users/cbrewer/Downloads/csm-body-image-report-012615-interactive.pdf)<http://>

[-www.opheliaproject.org/facts/RelationalAggressionOverview.pdf](http://www.opheliaproject.org/facts/RelationalAggressionOverview.pdf)

[-https://www.dove.com/us/en/stories/about-dove/our-research.html](https://www.dove.com/us/en/stories/about-dove/our-research.html)

[-https://www.nami.org/Blogs/NAMI-Blog/July-2016/Why-Self-Esteem-Is-Important-for-Mental-Health](https://www.nami.org/Blogs/NAMI-Blog/July-2016/Why-Self-Esteem-Is-Important-for-Mental-Health)



## THANK YOU!

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