

MPOWER GIRLS

Girls become more mindful, and develop problem-solving and conflict resolution skills in order to develop stronger relationships with other female peers.

HOW IT WORKS



Here at Stride we often hear that girls at school are concerned about issues involving other female peers, often resulting in an increase of stress within the school environment. MPower Girls empowers female students to more effectively manage and develop relationships and to be better prepared for the everyday social challenges of school.

The program utilises Narrative Therapy to improve female students' mindfulness surrounding how they think, talk and act towards each other. Students are given specific skills to effectively problem-solve peer issues, to be assertive in conflict situations, reduce stereotyping and be more mindful of how their actions affect their peers.

As a result, we find girls are able to forge more respectful relationships, manage conflict scenarios better, and build resilience within themselves.



TESTIMONIALS



"Many of the girls are talking more openly and have appeared to become closer. Skills gained through the MPower Girls program include increased confidence, connectedness with other girls and staff as well as the ability to speak one's own mind and be assertive in a positive way." - Secondary school teacher

"All the activities and information presented have been relevant to the students' age group and the professionalism shown by the Stride team has always been outstanding." - Year level coordinator

"It was great to learn stuff about friendships and about yourself. It also showed me how to stay calm" - Student Yr 7



LEARNING OUTCOMES

Personal and Social Capability

- Understand the qualities of an ideal friend
- Express emotions appropriately
- Negotiate and resolve conflict
- Make decisions
- Communicate effectively
- Understand relationships
- Develop Empathy
- Connect with peers in a positive way



RECOMMENDED FOR...

All girls within both a primary and secondary school context.



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visit www.stride.org.au