TOPICS FOR DISCUSSION: GIRLS

Kindness

Explore the theme of kindness through questions like:

- Do you have to be kind to everybody, all of the time?
- When is it ok to decide not to do a kind thing for another person? (It is ok not to do kind things for people who are not kind to you or who harm or hurt you or others or make you feel uncomfortable.)
- What can you do if you are unsure about whether you should be kind to somebody or not? Who can you ask for help? (Safe adults and inner wisdom are explored in Empower.)
- When is resilience and not giving up on a situation or a person helpful? When is it necessary to walk away from a situation or person? How can you safely do this?
- If someone asks for help, do you always have to provide it?
- What does it mean to be kind to yourself and why is this important? Talk about how saying 'No' to someone who you don't feel comfortable around is not a mean thing to do to them but a kind thing to do for yourself. How can you safely do this?

Self-belief

Ideas for activities that could raise self-belief are:

- Discuss what self-belief is: Valuing ourselves and believing we can do things. Encourage girls to list and celebrate their qualities and abilities and those of their female peers. (This could be repeated regularly.)

  Where does self-belief come from? (Highlight the word 'self'. Discuss that fact that praise from others is lovely and can help us identify our achievements, but you need to value and believe in yourself to have self-belief.)
- Ask girls to identify subject areas or skills that they don't feel confident in so that additional interventions can be put in place to address gaps if necessary. (Guidance on how to address this for PE specifically can be found in the next section of this resource, Balance.)
- Discuss the types of things that happen in society that might make girls doubt themselves and create strategies for dealing with these.
- Build upon discussions around kindness by explaining that some people feel they have to be kind to others to prove their worth. Ask the girls to think about why this might not be necessary or healthy.
- 'I am good enough.' Discuss what this means and why it is healthy to believe it.