

Growing Well



Growing Well Girls Group

a monthly group for preteen girls focused on body literacy, consent, boundaries, and safety in a calm, age-appropriate environment.

✦ **for ages 9-12** ✦

Cost: Free/Donation (\$5 recommended)*

Location: 2655-3 Capital Cir NE

Group Size: Space Limited

Days/Times: Fridays from 6:00-8:00 PM

Dates: March 6, April 3, May 1, June 12, July 10, Aug 7

*all donations will go to the non-profit Dance for All Foundation Inc.



What to Expect in Our Group

Welcome to **Growing Well**.

This group is a place where girls learn about growing up, bodies, feelings, safety, and how to speak up for themselves. You do not have to be an expert. You just have to be you.

Here is what you can expect.

This Is a Learning Group

In Growing Well:

- We learn about bodies and growing up
- We talk about feelings, boundaries, and safety
- We ask questions and practice skills

This is **not therapy** and you will never be asked to tell personal stories.

You Always Have a Choice

In this group:

- You can pass on any question
- You do not have to share anything private
- You can sit out of an activity if you need to

Your comfort matters.

We Use Real Body Words

We use real names for body parts because:

- Bodies are not embarrassing
- Clear words help us stay safe
- Everyone's body is different and that is normal

You will never be laughed at for asking a question.

How We Treat Each Other

We agree to:

- Listen without teasing or judging
- Be kind with our words
- Respect each other's differences

- Let others finish speaking

This is a place where everyone deserves respect.

About Privacy

We will talk about some important topics.

We agree to:

- Not repeat other people's stories outside the group
- Not talk about who said what

Your parent or caregiver will know what topics we learn about, but not what you personally say, unless someone is not safe.

Keeping People Safe

There is one important rule about safety.

If you tell me something that makes me worried about your safety or someone else's safety, I may need to tell another adult whose job is to help keep kids safe.

This is not about getting anyone in trouble. It is about protection and support.

You Belong Here

Growing Well is:

- A place to learn
- A place to ask questions
- A place to practice using your voice

You do not have to be perfect. You do not have to know everything. You belong here just as you are.

My Agreement

I understand what Growing Well is about.

I agree to try my best to follow these expectations and help make this a safe and respectful group.

My Name: _____

Date: _____