

- ✓ Allows girls to use **authentic voices** and stay true to themselves
- ✓ Enhances **critical thinking skills** for wise and healthy choices
- ✓ Improves **self esteem**
- ✓ Promotes **positive interpersonal and family relationships**
- ✓ Encourages girls to **withstand social pressures**
- ✓ Provides and opportunity for girls to **learn, grow, and connect with others** while having fun
- ✓ Connects girls with their **strengths**

## About the Center for Dispute Resolution

The Center for Dispute Resolution (CDR) is an organization located in the Department of Communication at Missouri State University.

The CDR supports education, programs, training, and research related to managing conflict. Our community outreach includes Circles for Girls, programing for youth involved with the justice system, work in the public schools, Family Court programs, and more.

The CDR's programs are made possible thanks to the volunteer service of University students and community members. Contact us for more information on how you can support this work.

### For More Information

[www.MissouriState.edu/CDR](http://www.MissouriState.edu/CDR)

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# Circles for Girls

Educational Exploratory Groups



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## The Center for Dispute Resolution

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## What Girls Say After Completing Circles

*"I have more confidence in myself and I feel like I can handle situations better."*

*"I can handle conflict way better."*

*"I think my relationships with my friends have changed and gotten better. I can be more social with friends and family."*

*"I feel good about who I am."*

*"I feel like I am more honest and a better listener, and a better friend."*

*"I feel like I have a better relationship with other girls, and I feel like I can smile more now."*

*"I feel good about myself. I know now that I'm not alone. I learned how to have better friendships."*

*"I'm more open now to people about what's going on in my life."*

# About Circles for Girls



Circles for Girls is an 8-10 week structured educational group for young women. It brings together a group of 4-10 girls with trained facilitators to explore topics relating to their social, emotional, and physical well-being.

**Goals:** The program is designed to help girls enhance their communication skills, learn to manage conflict effectively, realize their strengths, withstand social pressures, and build and maintain healthy relationships.

**Curriculum:** Circles for Girls offer fun, thoughtful, and creative experiences that encourage girls to learn and grow. Each circle meeting focuses on a different topic, including

- communication skills,
- managing conflicts,
- body image and self esteem,
- healthy relationships,
- effective decision-making,
- coping with peer pressure, and more.

**Structure:** In schools where circles are offered, guidance counselors select students who may benefit from the program. The circle sessions convene during the school day over the course of 8-10 weeks, typically for 50-60 minutes once a week.

In each session facilitators introduce a theme for the week. Next girls take part in a fun activity that further explores the topic. Activities might include playing games, painting, role playing, writing poetry, making collages, and more. Girls also take part in guided discussions as well as journaling. Between sessions facilitators "write notes" back to the girls in their journals to answer questions and provide feedback one-on one.

**Community Impact:** Since its establishment in 2010, the Circles for Girls program has served hundreds of girls in area middle and high schools, and over a hundred Missouri State students have volunteered as circle facilitators. The program continues to provide a powerful and fun learning opportunity for girls and an impactful volunteer experience for college-aged women.

**Cost:** Circles for Girls are offered at no cost and are supported through the volunteer efforts of Missouri State University students who are trained and supported by the Center for Dispute Resolution. These circles are an example of the University's Public Affairs mission at work in the community.