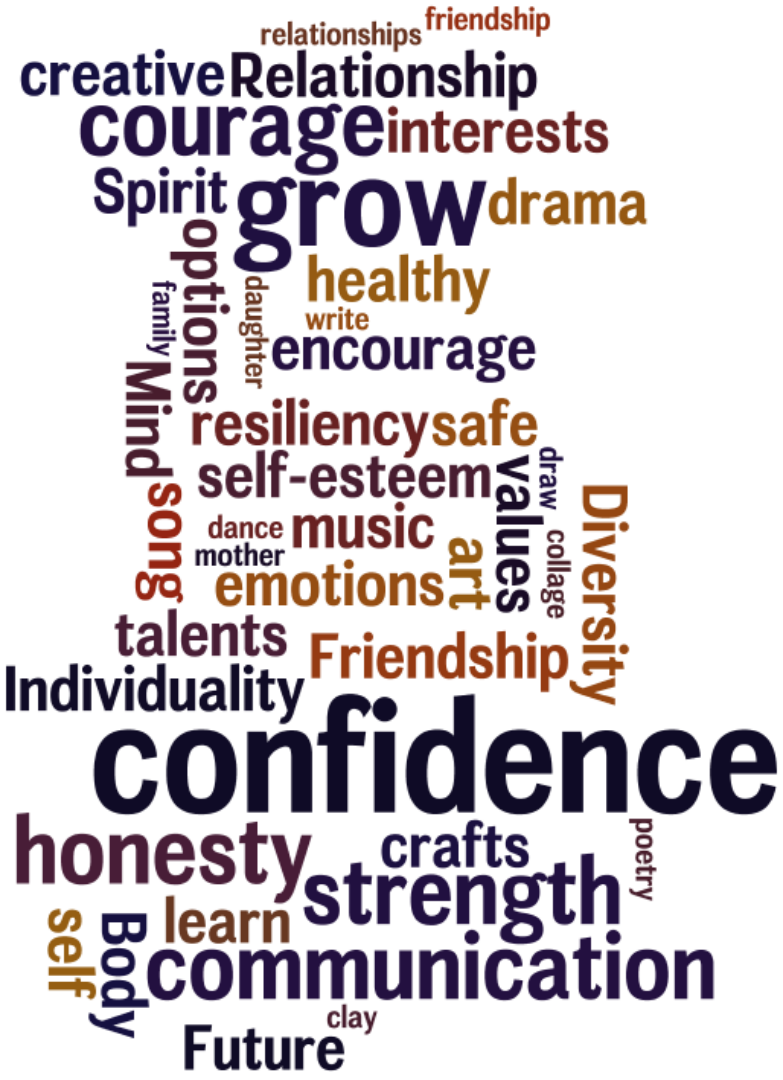
# What is Girls Circle?

**The purpose of Girls Circle is to encourage the development of strength, courage, confidence, honesty, and communication skills for girls.**

**Girls Circle promotes resiliency and healthy relationships in teens by using research-based, gender-responsive circle program models and best practices.**

These models empower and unite by addressing conditions and risks and builds on protective factors for girls ages 9-18. These structured support group for girls integrate relational theory, resiliency practices, and skills training, and is designed to increase positive connection, personal and collective strengths, and competence in girls. It aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices.




Participants will be able to express themselves further through creative or focused activities such as role playing, drama, journaling, poetry, drama, dance, drawing, collage, clay, and so on. Gender specific themes and topics are introduced which relate to the girls' lives, such as being a girl, trusting ourselves, friendships, body image, decision-making, goals, and physical and emotional health and well-being.

DVS Girls Circle facilitators are able to provide culturally and linguistically appropriate facilitation, create a safe, creative environment for girls to learn and grow, and use motivational interviewing and strengths-based approaches that target resiliency and protective factors, in addition to stimulating critical thinking and moral reasoning through experiential activities and guided discussions.

When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and self-esteem and encourages them to express themselves more fully and critically think through their behavior and choices. By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests, and talents.

**Girls Circle are held weekly on Wednesdays from 3:00-4:30 at the Pasco Library (1320 W Hopkins St). To refer a teen or for more information please contact Paulina (491-2851) or Delia at (221-9279).**