The Official Scoop on the Women's Sports Foundation

About the Women's Sports Foundation
The Women's Sports Foundation—the leading authority on the participation of women and girls in sports—advocates for equality, educates the public, conducts research, and offers grants to promote sports and physical activity for girls and women. Founded by Billie Jean King in 1974, the Women's Sports Foundation builds on her legacy as a champion athlete, advocate of social justice, and agent of change. We strive for gender equity and fight discrimination in all aspects of athletics. Our work shapes public attitude about women's sports and athletes, builds capacities for organizations that get girls active, provides equal opportunities for girls and women, and supports physically and emotionally healthy lifestyles. The Women’s Sports Foundation is recognized worldwide for its leadership, vision, strength, expertise, and influence.

Thanks to...
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Cheryl Haworth, “Size Wise” (Body Image) 5
Caitlin Baker, “Fueling Up” (Nutrition) 9
Alexis Page, “Sidestepping Stress” (Stress Management) 13
Sanya Richards-Ross, “Emotion Commotion” (Dealing with Difficult Feelings) 17
Mary Riddell, “The Split” (Family Issues) 21
Mimi Smith, “‘High’ School” (Smoking and Substance Abuse) 25
Jessica Mendoza, “Hookin’ Up” (Dating and Sex) 29
LaChina Robinson, “Accept n’ Respect” (Diversity) 33
Savannah Outen, “Breaking Free From Bullies” (Bullying) 37
Julie Chu, “Harassment” (Harassment) 41
Charlene Lerner, “Virtual Reality” (Digital Media Smarts) 45
Pam Fernandes, “Stand Up” (Pay It Forward) 49
Healthy Snack List 53
chapter 1

body image

Cheryl Haworth
Cheryl Haworth

I am sure that I became aware of my body image in about second grade. The message I got from most people was that I was different. I was physically bigger, and my clothes were bigger. The kids would call me dumb names—all having to do with being chubby.

It didn’t really bother me, though, because I soon found out that there was nothing I couldn’t do because of my size. I could run fast and throw far and play and have fun. In fact, I was a lot stronger and more athletic than most of the kids. I was always playing sports.

My parents taught us to love sports. My dad was a wrestler and big-time college football player, and my mom played softball and basketball. We used to go to her games as kids. It was only natural that I played sports. And I loved the outdoors. I don’t remember ever coming home from school and sitting in front of the television. I would ride my bike, play in the woods, or go to a softball or basketball game.

In middle school, I quickly learned to make friends with the people who did not care about what you looked like or what clothes you wore. I thought that it was really sad to see the girls who were overly concerned about losing weight. They were so caught up in an unhealthy body image.

A good sense of humor was a lifesaver for me. I loved to laugh. I found kids who became my true friends. We would laugh together and talk about real things, and they would listen. We had common interests. We wrote funny stories together and drew funny pictures. We even developed our own comic book characters. My true friends helped me to explore my creative talents and supported me as an athlete.

I was already 190 pounds in seventh grade. I realized that I had an athletic gift, so I continued to exercise. I went to the gym. There I saw women lifting weights, and I thought, “I can do that!” So every day after school I went to the gym. The coaches would encourage me. The other weightlifters became my friends. They saw me in a different way. At school I would hear, “You’re so big!” At the gym I would hear, “You’re so strong!”

I started to use my strength to compete, and I became a famous athlete at school. I got to travel around the world and meet amazing people. And then, at 17, I was lucky enough to qualify for the first Olympic Games that had women’s weightlifting.
Educational Materials:
Deal With It!
• Take time to appreciate what your body can do—it jumps, it runs, it dances, it shimmies—it’s great!
• Escape the screen! Turn off the computer or TV, get outside, breathe fresh air, and move your body.
• Use sports and fitness as social time—take a hike or go inline skating with your friends.
• Celebrate different body shapes and sizes. Notice the strengths of people’s unique bodies—including your own!

Resources:
Check out these sites for tools and tips on developing a positive body image.
www.adiosbarbie.com
www.bodypositive.com
www.about-face.org
http://fairshotproject.net/
Resources to help girls get media savvy!
www.reelgrrls.org

Healthy Snack Suggestion:
Cheryl Haworth’s favorite healthy snack is toasted pumpkin seeds.

Quote of the Day:
I get a positive sense of well-being and a tremendous feeling of exhilaration from what I can do with my body.
– Michele Drole, Skiing
chapter 2

nutrition

Caitlin Baker
Caitlin Baker

Swimming - As a freshman at Norman High School, qualified for 6A State meet and placed third; founder of CAITLINB – which stands for Competitive American Indians Turning Lifestyles into New Beginnings.
A senior at Mount St. Mary’s Catholic High School, she plans on majoring in Public Health with an emphasis on minority communities in college.
My main sport is swimming. I love it and I’m good at it! But for a long time, I didn’t think I would ever find a sport that I actually liked. I tried volleyball, tennis and cheerleading, but I wasn’t good at any of them. Then, my Mom pushed me to try swimming. When I tried it, at first I wasn’t really excited about it. But when I started practicing, I started really liking it.

I started getting good at swimming, competing, and winning, and then it started to get even more exciting for me. When I got to high school, I became the best at what I do. I was the best in the whole state at swimming. At that point I knew that this was something I wanted to do for the rest of my life.

Finding a sport I love has totally changed me. Before I started, I wasn’t athletic. I was very shy and quiet, but going to swim practice and making friends with my teammates made me more outgoing. I opened up a lot more because of swimming. It also taught me how to work really hard.

I never used to watch what I ate. Because I was swimming and training so hard, I could eat as much as I wanted. Then, when I broke my arm and stopped swimming for a while, I kept eating the same amount as I did when I was training. But I realized that when you’re not training or exercising as hard, you don’t need to eat as much because your body isn’t working as hard or burning as many calories.

Not eating healthy hurt me when I got back into the water after I recovered from my broken arm. I felt slow and horrible. I noticed that whenever I’m not swimming and I’m eating bad, I feel sluggish and tired. I don’t have as much energy. Eating healthy makes me feel physically stronger—and happier!

I still enjoy some food that’s not the absolute healthiest, like fried food or burgers, but I only eat those things sometimes. I try not to eat because I’m bored. I also try to be careful what I choose. Going for junk food or fast food may sound good, but I try to make healthier choices most of the time. Everyone has some healthy food that they like. My favorite healthy snack is apples with organic peanut butter. I could eat that morning, afternoon, and night every day! What’s yours?
Educational Materials:
Fuel Up…the Right Way!
Thirsty? Choose water instead of juice or soda.
Challenge yourself to eat less “junk” food and more fruits and veggies each day.
Make sure to have a healthy snack at least an hour before a big game or tough workout!

Journal Idea:
Do you think you balance food and activity well?
How could you improve your routine to live a healthier life?

Resources:
www.choosemyplate.gov — Resources on creating a balanced diet.
www.letsmove.gov — Get the facts about getting active, eating right, and staying healthy.
www.fueluptoplay60.com — Resources to make your school a healthier place!

Healthy Snack Suggestion:
Caitlin Baker’s favorite healthy snack is apples with peanut butter (organic if available).
Check out page 53 for a full list of healthy snack ideas!!

Quote of the Day:
My training advice to girls: listen to your body. You know your body better than anyone.
– Dara Torres, Swimming
stress management

Alexis Page
Sidestepping Stress
I started out doing gymnastics for fun. In the beginning it was just recreational, but then I saw a group of girls doing rhythmic gymnastics and I knew I wanted to be a part of it. My mother encouraged me to try it and when I did, she saw that I had real talent. Since then she’s been my biggest supporter.

Rhythmic gymnastics has had a big impact on my life. It has benefitted me both in and outside of school. Being part of the sport motivates me to keep my grades up and gives me something positive to do so I stay out of trouble. It also makes me watch what I eat in a healthy way and has helped me become the positive, disciplined person that I am today.

But it isn’t all sunshine and roses. Between school, practice five days a week, making time for my friends and family, and everything else, things can really get stressful sometimes. To top it off, I always feel pressure to be perfect. But I’ve learned how important it is to find healthy ways of coping with that stress and pressure so that it doesn’t get the best of me.

If I can’t get a perfect routine in practice, I get really frustrated. I get into a bad mood and that makes it even harder to get it right because I can’t give it my all if I’m feeling down on myself. When I feel that way, I force myself to take deep breaths, and “change the channel.” That means that I find another way of looking at things and try to shake off the frustration so I can give it another try.

One of the reasons I love my sport is because it helps me deal with the other stresses in my life. Being physically active, especially being part of a team, can help take your mind off of problems in school, issues with friends, or trouble at home. Doing my sport gives me something to feel good about. Some days it’s hard, especially when I’m sore or injured, but I just keep going and giving it my all. Each time I face a stressful situation, rather than getting overwhelmed I just tell myself, “If I can get through this, I can conquer anything in life.”

When I’m not practicing, I find ways to express my feelings, because keeping stress bottled up just isn’t healthy! I write poetry to help me get my feelings out. Sometimes I talk to friends about what I’m feeling because I know they’re there to listen and give advice when I need it.

It’s really important to find healthy ways of dealing with stress that work for you. Write, sing, dance, talk…whatever you need to do to express your feelings. And remember, when things get crazy, keep going because it always gets better!
Educational Materials:

Stressed Out? Try these stress-busting strategies:

- Close your eyes and take a big, deep breath.
- Get active and work it out! Go for a run, walk, or bike to get your body and mind moving in a positive direction.
- Stressed about school? Try talking to your teachers or guidance counselor to get some extra help.
- Try not to save studying and doing homework for the last minute.
- Express yourself! Talk it out with someone you trust or write down your feelings in a poem, rap, or journal.

Resources:


Healthy Snack Suggestion:

Alexis Page’s favorite healthy snack is “Sweet Corn” (organic dried corn snack).

Quote of the Day:

Your mind is a powerful tool. As a whole we tend to underestimate that power. If you tell yourself you can - you will.

– Cammi Granato, Ice Hockey
chapter 4

dealing with difficult feelings

Sanya Richards-Ross
Sanya Richards-Ross

Track and Field – three-time Olympic medalist, American record holder in the 400m. Graduated University of Texas at Austin in 2006 with a major in Management Information Systems.

Emotion Commotion
We were best friends and teammates. She was someone I was very close with, and the summer after junior year I told her all about how I liked this guy. I’d tell her about everything. When we came back to school, I found out they were dating.

It was devastating. I felt like we were really good friends, you know? I’d stay over at her house, and she’d come over to my house all the time. It was a really hard time for me, because it was like when it happened, she took a group of my friends. There had been like five of us girlfriends, and all of a sudden in school there were girls who didn’t talk to me or guys who didn’t like me anymore. People were spreading rumors about me. I remember I’d cry all the time, and my younger sister would say, “It’s OK. It’s not the end of the world.” I’d talk to her a lot. She tried to keep me positive, and she was someone who had my best interests at heart. I even talked to my parents a lot.

To deal with things, I just worked hard on the track and became even more focused on my school work and that stuff. When I was feeling the saddest, I found myself really enjoying the things I was good at. I was coming off an injury and a so-so track season my junior year, but that senior season I decided I wasn’t going to worry about boys or trying to be everyone’s friend, but instead focus on me.

I would do all the ab workouts, I was eating right, and I started beating everybody by a mile! As soon as I did that, I saw the benefits, and it was very rewarding. I was just so motivated to focus on myself and be the best I could be. I had an amazing season, I broke all these records, and I got the best grades in school I’d ever had. I ended up getting a scholarship to a great university and even hoped I might one day go to the Olympic Games. It just made me so happy.

Even now, dealing with my feelings is definitely still a challenge because, hey, emotions like sadness, frustration, and anger can be tough to deal with. During tough times, I try to be around my parents and friends. You have to find the people who are good for your heart.

Whenever I feel down, I go for a run because it really clears my mind and encourages me. I learned it helps to focus on what you’re good at, or what you like to do, and put your heart into it. The more you see something about yourself grow, the more rewarding it is, and it makes you happy inside.
Beat the Blues!
When you’re feeling upset or low, it’s important to find healthy ways to deal with those feelings. If you like to write, try using a journal to express your feelings, especially if you feel sad or angry. If things get really tough, talk it out with someone you trust! Don’t sit around and hope it will pass. It’s important to let a friend, parent, teammate, coach, or counselor know what you’re dealing with. After all, you’d be there for them if they needed you!

Dealing with Depression
We all get a little sad sometimes. That’s totally normal. What’s not normal is feeling super sad for a long period of time. That sad feeling that really drags you down that won’t go away is a more serious problem called “depression.” People with depression can get better, but they can’t do it alone. If you or someone you know is suffering from depression, you NEED to tell a trusted adult, like a parent, guardian, counselor, or doctor.
When you get help, it gets better!

Resources:
www.kidshealth.org/teen/your_mind/—Check out this site for stories and resources on a variety of mental health topics.
www.helpguide.org/mental/depression_teen_teenagers.htm—A resource for helping young people recognize and deal with depression.
www.youngwomenshealth.org/emotional_menu.html—Look here for tips on dealing with challenging emotional issues like anger, anxiety, and stress.

Healthy Snack Suggestion:
Sanya Richards-Ross’ favorite healthy snack is fruit salad.

Quote of the Day:
When you fall down you have to get right back up again and keep moving forward.
—Connie Paraskevin-Young, Speedskating/Cycling
Mary Riddell
Skiing, Six-time Paralympic medalist

The Split
When I was 14 years old, my parents’ divorce hit me like a backhanded slap from out of the blue. I could tell they weren’t exactly getting along—my mom was obsessed with work and my dad was hanging out on the couch all the time. But even so, you never expect your home to fall apart.

They separated. Dad left. And in the blink of an eye, my life would never be the same again. We were all confused and kicking around so many different emotions. The worst part of it was when my parents would take jabs at each other through me. It always started with “Your dad said…” or “Your mom wants…” I hated that. If my family couldn’t go back to normal, all I wanted to do was escape. Lucky for me, I was just getting ready to leave for school at the Vail Ski Academy.

I still saw my dad a lot at my sporting events. But it was really weird when he came over—it was like he was suddenly a visitor. I became really mad at my mom. In my mind, Dad wanted to make it work and Mom had given up—so I blamed her for everything.

A couple of my friends were going through the same thing, and we would try to make ourselves feel better by busting on our parents. Really, I didn’t think they were nearly as bad as I pretended to. I just wanted my happy family back—forever.

So I funneled all of my energy into my skiing. It was on the slopes that I felt the most in control of my life. My parents’ divorce could not affect my skiing. I was in a whole other world on that mountain. I could forget all about my parents’ problems. And if I failed at skiing, I could do something about it. There was nothing I could do to change the end of my parents’ marriage.

We all survived that crazy time in our lives. I’ve let go of my anger and have a great relationship with both my mom and dad now. It was for the best—they got married too young and grew apart from each other. As for me, that struggle made me stronger. I now know just how self-reliant and independent I can be when life gets rough.
Educational Materials:
What makes a perfect family? In real life, there is no such thing! Families are made up of humans, and humans aren’t perfect. Family issues can affect your life in big ways. What do you do if your parents get divorced, or a sibling get in trouble with the law, or a family member is addicted to alcohol or drugs? Know this: you’re not alone! Every kid will struggle with something at home at some point. You may feel like it’s just you, but someone somewhere is feeling the same way.

Find someone you can talk to about the hard stuff you are going through. Embarrassed to talk to your friends? Try talking to a teacher, coach or counselor that you trust. Or how about talking directly to your family? Let them know how you’re feeling. Whatever you do, get it off your chest!

Resources:
www.bonusfamilies.com — Check out this site for help getting along with step-parents or siblings.
www.childrenanddivorce.com — A resource for helping young people deal with divorce.

Healthy Snack Suggestion:
See page 53 for some healthy snack ideas!

Quote of the Day:
You have to find that love within yourself. If you love yourself you feel good about yourself and sports helps you feel good about yourself. — Gail Devers, Track & Field
chapter 6

smoking and substance abuse

Mimi Smith
Mimi Smith

Field Hockey, Honda Award Winner as the nation’s top collegiate field hockey player, NCAA champion, Pan American Games silver medalist, 1999 graduate of Old Dominion University

“High” School
I’m a chicken. The whole drug scene has always totally scared me. In a good way, though. My fear has helped me avoid sketchy situations and stay healthy. My mom did a good job of talking to me about alcohol and drugs when I was a kid. Aside from her, I’ve learned a lot through watching other people mess up, that sports and drugs don’t work so well together.

In high school, I hung out mostly with athletes. I had a good friend Josh who played a bunch of sports like I did. One day when we were talking, I took a big whiff and realized that he smelled funky – like marijuana. I was surprised, so I asked him about it. Josh told me that he had been smoking weed regularly since we were in junior high. I freaked out. I couldn’t believe it. I was like “Oh my God. What are you doing to yourself? If anyone finds out, you’ll get kicked off every team you’re on?”

That wasn’t the last time I had to worry about my friends doing drugs. When I was 17 and a freshman in college, I had an older teammate who was super into drugs. It was sad. She had no self-control and really low self-esteem. We could all just see her throwing away all of her sports dreams for drinking and drugs. One time she came to practice and puked, ’cause she had pulled an all-nighter the night before.

She’d always tell me about her experiences and try to convince me to get high. Once, she even brought stuff with us on one of our road trips so I could try it with her. Of course, I was scared to death. I was on a full athletic scholarship, and they did random drug testing of athletes. What would my Mom say? My coach? I could just picture the newspaper headlines: “Local Athlete Overdoses on Drugs.”

As an athlete, I had to act responsibly and consider what the consequences of doing drugs would be. I avoided her that night and began to distance myself from her and her pressure. Decisions like that one are really tough. But, it was obvious that she wasn’t thinking about what was best for me or our hockey team. Actually, she wasn’t thinking at all!

I started playing field hockey when I was 12. I have dedicated so much of my heart, energy and soul to my sport. I could never imagine putting anything in my body that might harm me. I have worked too hard on my fitness and strength to just trash it. I eat right, lift weights, exercise, hydrate, and treat my body like my temple. After all, it’s the only one I have, why mess with it?
Educational Materials:
Get a Handle on Drinking, Smoking and Drugs!
• Don’t be dumb – NEVER get into a car with a driver who’s been drinking or using drugs!
• Be creative: life is full of natural highs. Hike, bike, go to concerts, make CD’s. Find healthy, fun ways to spend your time.
• Be strong – don’t be a victim of peer pressure.
• Be honest with your friends who are drinking, smoking or using drugs. Tell them you’re concerned and help them find support if they need it.
• Consider your goals – school, athletic and life. Drinking, smoking and getting high won’t help you reach them!

Resources:
www.abovetheinfluence.com — Check out this site to learn the facts about drugs and alcohol, how to steer clear, and how to help a friend that has a problem with substance abuse.
http://www.cdc.gov/tobacco/youth/index.htm — Get the hard facts about smoking and learn how sports can help youth stay smoke free.

Healthy Snack Suggestion:
See page 53 for some healthy snack ideas!

Quote of the Day:
You can influence destiny. It’s like walking a tight-rope you can put yourself into a position to be successful. You make sure you are physically and mentally fit to handle the situation.
— Flo Hyman, Volleyball
chapter 7
dating and sex
Jessica Mendoza
Jessica Mendoza

Softball – Two-time Olympic medalist, three-time World champion, three-time World Cup champion

Hookin’ Up
When I was in the eighth grade, I started hanging out with a couple of girls from the cool crowd. I was so psyched that they liked me and wanted to spend time with me. They were going out with these high school guys. Before I knew it, a high school guy asked me out, too. It seemed like the best thing ever. He was 16. He drove a car, and I felt like he was a god. I was so excited.

Our first “date” wasn’t really a date. We just went over to someone’s house, and everyone broke off into couples. My friends disappeared behind closed doors, and I was left alone with Paul. I had never had a boyfriend before, and I didn’t really know what to expect. We started kissing. That was OK. Then he tried to go further. Not OK. I stopped him and pushed him away. I felt strange about the whole thing, and I asked Paul to drive me home. He was OK about it, even polite—that first time.

The next couple of times, the same thing happened. We would make out, and he would try to do more. I didn’t really know what to do. But I did know that it didn’t feel right. I was totally uncomfortable. We never went anywhere and all we talked about was sex.

He was my first boyfriend. Obviously, I really wanted him to like me. But things weren’t going well. He stopped being polite about it. He kept pressuring me to go further. But I said, “No! I can’t do this!” So after three or four times, he broke it off.

Getting dumped was devastating. I felt hurt and confused about the whole thing. Was I supposed to be doing what he wanted? Was there something wrong with me? My so-called friends were no help. They teased me and called me a prude. They told everyone.

Looking back now, I realize Paul was a total loser. What was he doing with a 13-year-old girl, anyway? He didn’t want to get to know me at all. He only wanted to have sex. And I wasn’t ready for that.

That experience came and went. In high school, my boyfriend was my best friend. We were really close, and he was good to me. I learned what it meant to be in a caring relationship. When I was 13, a little voice in my head kept saying, “Don’t do this.” It kept getting stronger and stronger, until I finally listened.

I guess it was partly instinct. I don’t know. You have to learn to trust yourself and have confidence in your decisions. There are so many times in life when you come to that fork in the road and you have to make a decision. Have faith in your own feelings, and know that it’s OK to listen to that little voice.
Educational Materials:
How will you know when you’re ready to start dating? What about sex?
Here are some things to think about to help you make the decisions that are right for you:
• Are you feeling pressured? Dating and sex are choices you can’t make just because someone else wants you to.
• Are things moving too fast? Anyone worth dating will respect your feelings and be willing to take things slowly! If someone is pressuring you to be their girlfriend or have sex with them before you’re ready, head for the door!
• Are you prepared to deal with the consequences? Make sure you understand what could happen before you decide to start dating or become sexually active. Get all the information from a reliable source before you make any big decisions!

Resources:
Helpful information about a variety of health topics for young adults.
www.teenshealth.org
www.teenadvice.about.com

Healthy Snack Suggestion:
Jessica Mendoza’s favorite healthy snack is a fruit smoothie.

Quote of the Day:
One important key to success is self-confidence.
An important key to self-confidence is preparation.

– Arthur Ashe, Tennis
LaChina Robinson
Basketball – Sports Television Analyst, 4 Year Starter and Scholarship Athlete for Wake Forest University, B.A. in Sociology 2002

Accept n’ Respect
When I was a young girl, I used to feel like sports were just for boys. Because I was really tall, people always used to ask me if I played basketball. When I told them I didn’t, they would always try to convince me that I should, but I was never really sure I wanted to. It was my Dad that finally encouraged me to really give it a shot. And when I did, I was so glad I went for it. I felt like I had finally found a place where I fit in.

I quickly figured out that I was pretty good at basketball and I really enjoyed it, too. I felt stronger and healthier, built great friendships with my teammates, and really felt like I had a place where I belonged. But I hadn’t always felt that way.

When I was in 6th grade, I moved to Massachusetts to live with my father. I went from a predominantly African American school to a school where almost everyone was white. It was total culture shock for me. Before I moved, I had always been proud of who I was. Now all of a sudden I felt less valuable because I wasn’t like everyone else.

I wanted to fit in, but I didn’t feel that I could. Everyone around me looked so different from me, so I assumed they wouldn’t accept me. My new classmates weren’t like my friends at home, and I assumed I couldn’t be friends with anyone because we were just too different.

One day, I was in the locker room getting ready for gym class and one of my classmates walked right up to me and said, “Your hair is sticking straight up!” Initially, I felt like she was picking on me. But before I could even react, she said, “I love your hair! You don’t even need hairspray!” She wasn’t trying to make me feel bad about the fact that we were different. She was actually helping me value and accept my uniqueness.

I realized then that I was the only one standing in my way of “fitting in.” Once I was able to look past the surface and stop judging people based on what I could see on the surface, I found that they accepted me for exactly who I was. They helped me see my own value as a person, and that I didn’t have to change who I was to fit in.

As time went by, I realized just how much I had in common with my new classmates, even though we were different races. It didn’t matter that they didn’t look like me because on the inside we were so much alike. That’s when I learned never to judge a book by its cover. When you really get to know people, you can usually find a lot in common with them. And if you don’t take the time to look past the surface, well, you’re really missing out!
For another look at the topic of diversity, check out “Accept n’ Respect” by Nina Nissly. You can find her story online at www.WomensSportsFoundation.org/GGGCurriculum.

Resources:
Resources that help kids celebrate diversity!
www.teachingtolerance.org
www.tolerance.org

Healthy Snack Suggestion:
LaChina Robinson’s favorite healthy snack is granola bars.

Quote of the Day:
The Olympic movement taught me not to judge a person by the color of their skin but by the contents of their hearts. I am the person who I am because of my participation in sports.

– Willye White, Athletics
chapter 9

bullying

Savannah Outen
Savannah Outen
Singer and songwriter, favorite physical activity – Dance, finalist, America’s Best New Talent
Hillsboro, Oregon, Home-schooled

Breaking Free from Bullies
Ever since I was two years old, I’ve had a huge passion for dance. I used to learn a dance and perform it for my parents at home. I started taking dance classes and getting more into it as I got older. Dance is something that makes me feel good. It helps me stay healthy, make amazing friends, and express myself creatively.

I’ve also been singing basically since I could talk. Lately, music has opened up so many doors for me. A few years ago my parents helped me post a video of me singing on YouTube and it’s been an amazing ride since then. Now I have songs on Radio Disney and I get to travel and perform for people all over the world. It’s like a dream come true!

But being in the entertainment business can be really tough. There are tons of ups and downs and sometimes it gets really discouraging. The most important thing to me is staying true to who I am and not changing my image just to get ahead. But it isn’t always easy. When I was in elementary school other kids would sometimes tease me because of the way I looked or the clothes I wore. Another kid I knew was bullied because he was “nerdy.” He was a really happy person until he started getting picked on. After that he was really hurt and sad—he seemed like a different person.

Online bullying is a serious problem now. Kids post mean things about each other online and the effect of that can be devastating. I deal with that, too. People sometimes feel the need to post rude or mean things on my YouTube page. I try not to take it personally, but it can be really hurtful. I honestly have no idea why people feel the need to do things like that. Maybe they’re jealous, angry or just plain bored, but there’s really no excuse for taking it out on other people. Whether it’s a mean word, a shove, or a comment on a website, bullying is just wrong.

The sad truth is that bullying is serious business. It has even cost some kids their lives. The best advice I can give girls is to find a passion in life. Getting active through dance or sports can help you express yourself and gives you something positive to focus on. If you’re being bullied, find someone trustworthy to talk to about it, like a parent, counselor, or friend. Always believe in yourself and stay focused on your dreams.

And if you ARE a bully—find something better to do with your time! Stop now and not only will you stop making other people feel bad, but you’ll feel better about yourself!
Educational Materials:
There ARE things you can do to help stop bullying at your school. Here are some things other kids have done:
• Talk to the teachers and principal at your school about starting a peer mediation group, where kids get trained to mentor and counsel each other.
• Have student leaders like the Student Council and others take a bullying course.
• Make the choice NEVER to laugh at, encourage, or egg-on a situation where someone is being bullied. Talk to your friends about doing the same.

Resources:
http://kidshealth.org/teen/your_mind/problems/bullies.html — Learn what bullying is and how to deal with it if it happens to you or someone you know.
www.netsmartz.org/RealLifeStories — Check out these real life videos about teens that have been victims of bullying.
www.safeyouth.org — Learn how to prevent youth violence.

Healthy Snack Suggestion:
Savannah Outen’s favorite healthy snack is popcorn.

Quote of the Day:
Don’t let anything intimidate you and go for what you want!
— Michelle Akers, Soccer
Julie Chu
Ice Hockey – Three-time Olympic medalist, three-time World Champion
Harvard University – B.A., Psychology, 2007

Harassment
Hockey was my first love. I did anything I could to be involved with the game—including playing on a boys’ team for most of my childhood. I always thought being on those teams was a cool accomplishment. I never had any problems with the guys on my team—they were really supportive. The only problems came from the outside—from a few of the coaches, parents, and players on other teams. I learned about much more than hockey skills during those years on the boys’ team—I learned how to respect myself.

Once at a state championship, where I was the only girl in the tournament, I got a negative comment from a coach. Before the game, we were sitting in the locker room, strapping up. The opposing team coach came in to check the lineup. He looked at me and sarcastically said, “Oh, you have a girl on your team. Good luck to you—you’ll need it.” Instead of upsetting us, it got us fired up—my whole team stuck up for me. We scored two quick ego-killing goals and snagged the win.

It was surprising that an adult, and a coach, had said that. In the past I had heard it from some of the kids on the ice. During face-offs, some boys would taunt me and try to “get the girl” and take me out. I would even sometimes see the coaches laughing about it, which got to me. I would lose my focus, wondering why they acted like that. Once, after I checked a guy, he shouted and cursed at me. The referee heard him and gave him a 10-minute unsportsmanlike misconduct penalty. At least the ref had stood up for me.

And once in a while heard it from some of the parents in the stands. On occasion I would overhear people mutter things like, “You don’t belong here” or “I can’t believe a girl is playing.” If I got checked and knocked down hard—some of the fathers would laugh that “the girl got knocked down.” It hurt more than getting knocked down. But in the stands, my friends and family had my back—always making more noise than my critics.

As much as these experiences bothered me, I never had it as bad as many female athletes do. One of my teammates on the national team was spit on once! I never had to deal with anything like that, but it sure bothered me that she did. Female athletes have to have a thick skin to be able to persevere through things like this. I’ve learned that you can’t control what other people say, you just have to concentrate on who you really are—to believe in yourself.
Educational Materials:
If a person repeatedly says or does something to hurt or intimidate you based on your gender, race, sexual orientation, religion, or level of physical ability – it’s harassment, and it’s not OK! Sometimes harassment is just annoying. Other times it can make a person feel like they are being tortured. How do you know if it’s really harassment? If a person says or does something that makes you uncomfortable, embarrasses you, or makes you scared and they won’t stop—it’s harassment.

Harassment can be physical (someone puts their hands on you in a way you don’t like) or verbal (someone says stuff to you that scares or hurts you). One of the worst kinds of harassment is “sexual harassment” – that’s when someone says or does something irritating or unwanted that involves your private parts.

So what can you do about it? A lot. Many types of harassment are against the law! You have the power to make it stop, but you have to be brave and speak up. Tell the person to stop harassing you. Tell someone else what is going on—a teacher, coach, parent, or counselor. The bottom line is that harassment is never OK!

Resources:
www.aauw.org — Look here to learn about making sure women and girls have equal opportunities in school, sports, and life!
www.newmoon.com — Check out this online magazine for all kinds of cool info. Enter “Play it Safe” in the Search box to read a story by Tina about how to stay safe and defend yourself against harassment.
www.stopstreetharassment.org — Check out this site to learn about “street harassment” and how to deal with it.

Healthy Snack Suggestion:
Julie Chu’s favorite healthy snack is nonfat chocolate milk.

Quote of the day
When it comes to sports EVERYONE deserves a chance to play.
— Tara Erickson, Soccer Coach
Charlene Lerner
Basketball, Soccer, Softball – 2010 ESPN Blind Side Award Winner for the most inspirational high school athlete of the year
University of Michigan 2015

Virtual Reality
I became interested in basketball when I was about five years old. I’ve also gotten involved in other sports like swimming, tennis, soccer, hockey and baseball. But basketball was the sport I was most drawn to. Being born with just one hand, playing a game that required two hands was a great way for me to challenge myself and prove my abilities.

Sometimes it takes a lot of work to achieve your goals. The first dribble, pass, and basket I ever made took tons of practice and persistence. Each task was a hurdle to tackle. The only way to accomplish what I wanted was to practice—day in and day out. Focusing on my goals in sports has also helped me learn how to achieve my goals in other parts of my life, like school and career.

Sports is about more than just physical exercise. My sport helps me deal with stress and frustration, and just have fun! Being physically active makes me feel good, not to mention that it helps me stay fit. Plus, being part of a team has helped me develop self-confidence and a positive approach to life. Basketball has also helped me build really strong friendships.

My friends are very important to me. Social networking websites like Facebook and Twitter are great because they help me stay connected with friends that live all over the world, but I try not to overdo it. I’ve seen a lot of people get “addicted” to these websites. They get so caught up in what’s happening online that they don’t take time to do the things they love – like hanging out with friends or playing a game of pickup basketball.

Overusing social networking websites can also be really dangerous. I often get friend requests from people I don’t know. My rule is: If I don’t know someone, I don’t accept. I just never know if a stranger is a safe person to let into my network. They could be trying to scam me…or worse. It’s awful, but friending or chatting with strangers has led some kids into some really bad situations. To me, it’s not worth it. There are safer ways of having fun.

It’s also important to me to keep my account settings private so that only people I trust can see my information and pictures. And I always make sure that anything I post online represents me in the best possible way. Posting inappropriate pictures (like ones where I’m showing lots of skin) or comments could really get me in trouble down the road. No thanks!

One thing I’ve noticed is how some people feel like being online makes it OK to say mean or hurtful things about other people. Just because being online feels “anonymous” doesn’t make it OK to send nasty emails or text messages, or to post negative comments about someone else. That’s called “cyberbullying” and it’s just as bad as being a bully in the real world!

Most important of all, I always make sure to unplug once in a while. I take plenty of time to interact with the people I care about in the real world because there’s so much more to life than sitting in front of a computer screen!
Educational Materials:
Don’t put “private” pictures of yourself on any website, and don’t email or text them either! Once you put a photo out there into “cyberspace,” you have no control over who might see it. Think about what would happen if a family member or your teacher saw it.

Never communicate with strangers on the Internet! Do not talk about or say anything that you wouldn’t want others to find out about. Even when you think your “chat” is over, there’s still a record of it that other people can see!

Be respectful. Before posting a comment or sending a text, picture, or email about someone else, ask yourself if it would be OK if someone said those things about you. Don’t be a “cyberbully!”

Resources:
www.beinggirl.com/my-life/cyber-safety — Learn how to stay safe online!
www.safeteens.com — Resources for youth and adults on keeping kids safe while texting, social networking, and surfing the web.

Healthy Snack Suggestion
Charlene Lerner’s favorite healthy snack is raspberries.

Quote of the Day:
Girls should go on thinking that there is a world out there and that it is theirs for the taking.
— Ann Bancroft, Trekking
chapter 12

pay it forward

Pam Fernandes
Stand Up

Pam Fernandes
Cycling — Paralympic gold medalist, U.S. Olympic Spirit Awardee
Wheelock College B.A. in Education 1985
“Yes, I’ll do it.” My mind raced. I am just one person! Is this really going to make any difference anyway? Congress? Washington? I can’t affect it. I can’t touch it.

These are the thoughts that went through my head after the American Diabetes Association asked ME to speak to Congress about the disease. I am only one of 17 million people in this country who have diabetes. I was diagnosed at the age of 4, and since then I’ve lost my sight, one of my kidneys, my ability to have children, and my brother to the disease. So when I was asked to represent all 17 million of us in front of Congress, I was intimidated and I was scared, but I said yes. I felt a sense of duty. I took the responsibility to do what I could as one individual who is part of something bigger.

We desperately needed more funding for research. Still, I had this attitude like, is this really going to make any difference? I felt like the government was this huge thing down in Washington, and who was I? Other years all the leading doctors in the field had spoken to them about the disease and research that needed to be done. I was just a patient. I was just one person.

What I learned is that Congress people are just that—people. I spoke and they listened. People are busy, but if you talk, chances are your voice will be heard. Bottom line, we got an increase in funding that year. I know that it was not just me, it was the work of hundreds of others, it was all of us. But I know I played a part.

I’m just one, but I’ve used my power as one to do my part in this world. From collecting coins in a can for cancer research as a kid on Halloween to laying bricks to build a house with Habitat for Humanity, I’ve learned that I can be an important part of any process, even though I’m blind, because there’s a place for me.

I really think the world could be a much better place if we each took some time to think about our place in it. You have the power to be anything you want to be and to do anything you want to do. The power is in you, and if you decide that you want to change something, then you just go out and change it. In a little way, in a big way—it ALL makes a difference.

We’re each busy with school, work, sports, or our families, and sometimes all it takes is a minute to stop and do the right thing. If you’re new to giving back, start small. Look for opportunities in your community to make a difference like volunteering at a local soup kitchen or collecting donations for a homeless shelter. You have a lot of potential and a lot of power. Take the responsibility to use it!
Educational Materials:
Listen up! YOU have the power to affect the world around you—in big ways, small ways, bad ways and good ways. You may be one person, but you’re part of something larger than just you—a family, a school, a community, a country, this world! Like it or not, you have a role, and you have power. How are you using that power? All those things you do—whether you choose to throw a little trash on the ground, volunteer an hour here and there, or stand up for something you believe in—shape this world.

Leaders make their world a better place. When they see something that needs to be fixed, they work to fix it. Think about a problem in the world that you want to make better, do some research on it to find out how you can help, and get out there and do it!

Journal Ideas:
What did you like best about the program?
What new sports or physical activities are you inspired to try next?

Resources:
www.alexslemonade.org — Want to do something, but don’t think you can? Check out how one girl found a way to make a difference in the lives of other kids.
www.crfforum.org — Get information (by youth for youth) about important issues in your world.
www.dosomething.org — Want to get involved in your community? Look here to learn what other youth are doing and how you can get involved.
www.girlsforachange.org — Check out this site to get inspired by girls who are making a difference in their communities!

Healthy Snack Suggestion:
See page 53 for some healthy snack ideas!

Quote of the Day:
I hope that every girl has the courage to always stand up for what she believes in; the integrity to set a high standard for herself and others to follow; and most of all I hope that every girl takes to heart the responsibility - the lifelong responsibility - to leave our world a little better than she found it.   –  Donna Shalala, Former U.S. Secretary of Health and Human Services
healthy snack list

Fruit Treats
- Sliced Mangos
- Blueberries
- Bananas
- Raspberries
- Sliced Apples with Peanut Butter (organic if available)
- Fruit Salad
- Fruit Smoothies with/without Yogurt
- Bananas Dipped in Chocolate and Frozen

Other Sweet Ideas:
- Vanilla Yogurt with Fruit
- Organic (low-fat) Granola
- Granola Bars
- Protein Bars (try to keep the sugar content low)
- Unsweetened Whole Grain Cereal with Skim Milk
- Nuts (like almonds) with Dried Fruit (like cranberries, raisins, etc.)
- Fruit-Based (low-fat) Muffins
- Trail Mix with Dried Fruit
- “Sweet Corn” (organic dried corn snack)
- Nonfat Chocolate Milk

Less Sweet, More Salty:
- Nuts and Trail Mixes without Dried Fruit
- Whole Grain Snack Crackers
- Toasted Pumpkin Seeds
- Low-Fat Pretzels
- Popcorn and Rice cakes
- Raw Veggies with Low-Fat Ranch Dip
- Whole Wheat Pita Bread with Hummus
- Half Turkey or Tuna Sandwich on Whole Wheat Bread Mini-Pizza on Whole Wheat English Muffins Topped with Tomato Sauce, Low-Fat Cheese and Veggies
- Rice Cakes with Nut Butters and Fruit Slices
- Hard-boiled Eggs
- String Cheese
confidence I health I teamwork I self-esteem I fairness I respect I leadership I strength I movement I action I fun I sports I confidence I health I teamwork I self-esteem I fairness I respect I leadership I strength I movement I action I fun I sports I confidence I health I teamwork I self-esteem I fairness I respect I leadership I strength I movement I action I fun I sports
This is your journal, idea book, and inspiration source all in one. The best part is...you’re the author! It’s all about you—your feelings, your friends, and your life. A journal is a great place to get out all your thoughts and feelings, even the tough stuff. Writing it down is a great way to deal with life when times are tough or to celebrate when things are going great!

You can make this book whatever you want it to be. We’ve included some suggestions and activities, but the rest is up to you. So flip through, get involved, and have fun!
<table>
<thead>
<tr>
<th>my stats</th>
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<tbody>
<tr>
<td>Name*</td>
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<tr>
<td>Age</td>
</tr>
<tr>
<td>Height</td>
</tr>
<tr>
<td>School/Organization</td>
</tr>
<tr>
<td>Favorite Activities/Sports</td>
</tr>
<tr>
<td>My Favorite Female Athlete</td>
</tr>
<tr>
<td>Favorite Women’s Sports Team</td>
</tr>
<tr>
<td>Song that gets me excited to get moving or play sports</td>
</tr>
</tbody>
</table>

*You can use a fake name if you want to keep this journal EXTRA private*
Moving your body every day is one of the most important things you can do to keep yourself fit and healthy. Playing hard or exercising for a total of 60 minutes per day is a goal every girl should aim for. But you don’t have to do it all at once! Get moving for as little as 10 minutes at a time and you’ll reach that goal before you know it!

Everything counts when it comes to moving your body! Here are some suggestions for how to get moving, but add your own, too.

>> When watching your favorite TV show, do sit-ups or jumping jacks during commercial breaks.
>> After dinner, take a walk around the block with your family.
>> Dance around your room to three of your favorite songs back-to-back.
>> Help out around the house by sweeping or mopping the floor.

What other things could you do?
What’s a goal?
It’s anything that you really want and strive for—a winning season, an “A” on a test, or something you’d like to achieve in your life. Take a minute to think about what’s REALLY important to you.

What are YOUR big life goals? Try to think of at least five and write them down here:

1. 
2. 
3. 
4. 
5.  

Circle your MOST IMPORTANT goal.

Now, write down one thing you can do this WEEK to help you achieve this goal. (Remember, it can be something very small!)

What’s something else you can do this MONTH to help you achieve this goal?

What’s something else you can do this YEAR to help you achieve this goal?

What are your goals for getting or staying physically active? Write down as many as you can think of!

......................................................
Pick one of the challenges from the list below and see how many you can do in one minute. When you finish, write down the date and how many you did. Try to do this once a day and you’ll see how much stronger you get over the weeks and months.

Challenges:

Human Chairs: Start standing tall. Squat toward the ground until thighs are parallel to the floor and return.

Bent-Knee Sit-Up: Start on the floor with knees bent. Tighten abdomen and then sit up toward knees and return. Arms can go on the chest or behind the head, but do not pull the head up.

Tuck Jumps: Start standing tall. Jump up and tuck feet and knees up, then return with a soft landing.

Airplanes: Start standing tall. Extend arms out to the side and spin them in small circles, clockwise and then counterclockwise.

Push-Ups: Start in a plank position on toes and hands (or knees and hands if balancing on their toes is too difficult). Lower body slowly toward the ground and return to the top. Keep the body straight.

Supermans: Lay flat on your stomach. Lift arms and legs up off the floor at the same time and hold, and then return them to the floor.

Chair Dips: Start with hands on a stable chair and with the body straight. Lower the body slowly down and then up to work the back of the arms.

Mountain Climbers: Start in the same position as a push-up. Bring one leg up under the chest and then back. The other leg does the same motion, similar to running but with hands on the ground. Keep the body straight.
<table>
<thead>
<tr>
<th>Human Chairs</th>
<th>Bent-Knee Sit-Up</th>
<th>Tuck Jumps</th>
<th>Airplanes</th>
<th>Push-Ups</th>
<th>Supermans</th>
<th>Chair Dips</th>
<th>Mountain Climbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date / Reps</strong></td>
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**challenge yourself!**
activity log!

It’s important to move your body each and every day. Remember, a good goal is to get moving for a total of 60 minutes each day, but everything counts! That means you can play hard or exercise in shorter bursts a few times throughout the day and you’ll reach that goal easily while having FUN!

You can measure your heart rate to tell how hard your body is working based on the number of times your heart beats. Use this chart to help you.

Fit Meter

A quick way to measure how hard you’re playing. Take your heart rate by finding your pulse on your wrist right after you’re done with your workout. Count how many times your heart beats in 10 seconds.

LESS THAN 20 = LIGHT ACTIVITY good for days when you’re tired—you can do this forever!

20–26 = MEDIUM ACTIVITY good for your heart and lungs. Try to do activities like this that add up to 60 minutes every day.

26 OR MORE = HEAVY-DUTY ACTIVITY good for your muscles—you’re breathing hard now!
Did you know there are tools you can use to measure how much physical activity you do in a day?

A **pedometer** is a small tool you can wear to track how many steps you take in a day.

A **Zamzee** is another tool that measures how much you move in a day. Instead of measuring steps, it measures in units called “Pointz”. You can plug your Zamzee into a computer to keep track of your progress and even earn points and rewards for the activity you do! [Check out www.zamzee.com for more info!](http://www.zamzee.com)

Use the chart on the following pages to keep track of your physical activity, including your steps/Pointz!
<table>
<thead>
<tr>
<th>DATE</th>
<th>WHAT I DID</th>
<th>FOR HOW LONG</th>
<th>FUN METER</th>
<th>FIT METER</th>
<th># STEPS/POINTZ</th>
<th>IT ROCKED BECAUSE…</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/4/12</td>
<td>Played basketball</td>
<td>60 minutes</td>
<td></td>
<td>21</td>
<td>45</td>
<td>I played with Jr. High team</td>
</tr>
<tr>
<td>DATE</td>
<td>WHAT I DID</td>
<td>FOR HOW LONG</td>
<td>FUN METER</td>
<td>FIT METER</td>
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<td>60 minutes</td>
<td></td>
<td>21</td>
<td>45</td>
<td>I played with Jr. High team</td>
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</table>
every BODY is beautiful!

Take a minute to think about your body. Make a list of all of the things you LIKE about your body:

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

How many of the things you wrote were about how your body looks?

____________________________________________________________________________________________________________________

How many were about what your body is able to do?

____________________________________________________________________________________________________________________

We all have different bodies and different abilities. Stop and appreciate what your body does for you every day (e.g., walk, reach, dance, hug, breathe, etc.) Write down all the things you can think of that your body can DO:

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

How do you feel when you think about all the things your body can do?

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________
What are some of your favorite foods?

Are they mostly “healthy” or “unhealthy”? 

How do you know?

Is there anything you want to do to try and eat healthier? How can you do this? (Write down some ideas here.)
What are some things that stress you out?

What do you do to deal with those things?

Your mission:
Next time you feel stressed, try getting active for at least 30 minutes. You can run, jump rope, dance, play sports, do yoga, or whatever you like. When you finish, come back here and write down how you feel. Are you less stressed?
When you feel down, what makes you feel better?

Who do you like to talk to? Why?

Next time you feel sad, angry, lonely, frustrated, or upset, try writing about it here.

Finished? Great! Do you feel any better after writing it down?
family matters

In the space below, write about or draw a picture of your family.
Who’s in it? What do you love about your family? What don’t you like about your family? Who are you closest to? What role do you play in your family?
Many girls your age face pressure to smoke, drink alcohol, or use drugs.

Have you ever had to make up your mind about whether to do these things?

What are some reasons you’ve thought of to avoid them?

How can you handle it when someone tries to convince you to do them?
How do you feel about dating?

How do your friends feel about it?

How will YOU know when you are ready to start dating?

Why do you think it’s a good idea to wait until you are 100% ready to start dating?
We all have things about us that make us special and unique. Write down ten things that make you the special person you are:

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</table>

Diversity is all about different kinds of people getting together and getting along. Are there people in your life who you LOVE who are somehow different from you? Who are they and why are they so special to you?
Why do you think people bully other people?

Have you ever been bullied? How did you deal with it?

Have you ever witnessed someone else being bullied? How did you respond?
What is harassment? Write your definition here: ____________________________________________________________

______________________________________________________________________________________________

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Have you ever been harassed? What happened? How did it make you feel? ______________________________

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What do you think girls can do to stop harassment in their schools or communities? _______________________

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________
Technology is great... unless you’re hooked on it! Staying glued to the screen of your cell phone, computer, or TV can take up free time you could be using to hang with friends, enjoy the outdoors, play sports or games, and generally have FUN in REAL life.

Take the tech challenge. For one week, keep track of the amount of time you spend using each of these devices in the chart below.

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>Cell phone</td>
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NOW, add up all of the numbers in the “Total” Column and write that number down here: ____________________________

Is that a lot or just a little?

Why do you think so?

How does that compare to how much time you usually spend each week being physically active? ____________________________
Write a paragraph describing the community you live in. Include what you love about it and maybe what you don’t love about it.

Have you ever done anything to help your community? What? How did you feel afterward?

What’s one thing you would like to do to help your community in the future?

How can you get started?
ending on a good note!

Congratulations!

Whether you scored your first goal, tried a new sport, or made a new friend, you’ve changed since you started this journal. Now, write a letter to yourself talking about everything that’s been going on in your life. Seal it and save it for the future. In five years, read the letter again to read about your past. You’ll be amazed how far you will have come in five years!
keep moving!!!

Don’t stop here! Keep your body moving to stay healthy and have FUN! Keep using your journal to write down your thoughts, feelings, and goals. Use it as a way to remind and inspire you to stay active!