



What is Girls Circle?

Girls Circle is a group offered at Trailblazers Academy for 6th, 7th and 8th grade girls and is designed to promote an emotionally safe setting and structure within which girls can develop caring relationships. The purpose of the group is to encourage the development of strength, courage, confidence, honesty, and communication skills for girls. The goal is to enhance girls' abilities so they are able to take full advantage of their talents, academic interests, career pursuits, and potential for healthy relationships.

How Does Girls Circle Work?

Each week, a group of 10-20 girls meet with one or two facilitators for 1 hour. Facilitators guide the girls through a format that includes each girl taking turns talking and listening to one another respectfully about their concerns and interests. The girls express themselves further through creative or focused activities such as role playing, drama, journaling, poetry, dance, drawing, collage, clay, and so on. Discussion and activities help girls to strengthen their confidence and self-esteem and to think critically about behavior and choices.

Who Participates in Girls Circle?

At Trailblazers, Girls Circle is designed for 6th, 7th and 8th grade girls and the service is provided in partnership with Trailblazers staff and the Youth Services Bureau. To participate, girls are asked to make a commitment to attend the meetings, and agree to follow the circle guidelines, i.e. respect, no put-downs or interruptions, offer experiences - not advice, keep the focus on oneself, and keep what's said in the group private. Girls are free to share at their own pace. Girls Circle does not aim to provide advice, but encourages girls to share experiences that are helpful to one another.

What do the Girls Talk About?

- What it means to be a girl; Trusting Ourselves
- Friendships; Competition
- Body Image; Sexuality
- Drugs, Alcohol, Tobacco
- Decision Making; Rejecting Violence; Goals

How do I get More Information about the Group?

Please contact Courtney Baker, Director of Clinical Services at 203-554-6481.

