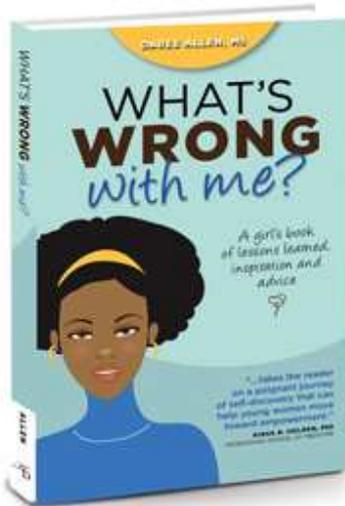


# Who Do You Think You Are? You Are Enough!

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## Abstract

*Who Do You Think You Are?* is a program that incorporates self-discovery and personal reflections, and challenges teens to take responsibility for their lives by providing a comprehensive set of practical tools for releasing stress, mastering emotions, and raising self-awareness. The purpose of this program is to plant a seed of hope to instill the values of self-love, self-worth, and self-respect, by teaching teen girls how to validate their own identity, as well as to understand self, improve relationships with others (to include parents, siblings, friends, and boys) and establish/build their relationship with God (the latter in faith-based markets only).

## Topics / Outline

- 1 - Me, Myself & I: How is my self-esteem? Am I happy to be me? Why do I feel unworthy? (includes Pre-test)
- 2- Don't Look at Me, Look at Her!: Comparing oneself to others, wanting to be like someone else, body image satisfaction, dressing appropriately
- 3- Why Do I Feel the Way I Feel?: Dealing with abandonment, anger, depression, rejection and forgiveness
- 4- Eating Right When Wrong Tastes So Good: Keeping it moving (activity), emotional eating triggers, processed vs. produce
- 5- Part 1--Family Matters: birth order, talking to parents, sibling rivalry;
- 6- Friends or Frenemies?: Joining the right group of friends, assessing personality types, and ending toxic friendships
- 7- Single, or Double Trouble?: Healthy dating relationships, boundaries, Teen Dating Violence, teen pregnancy, STDs/STIs



8- High-Tech, Low-Touch: social media etiquette, interpersonal communication, online safety

9- Saving and Shopping: personal finance, budgeting, jobs, understanding credit, spending money wisely

10- I Could Do This All Day!: Talent and skill assessment, career aspirations, goal setting, educational requirements, mentoring/internship opportunities

11- Lessons Learned: Recap/Wrap-Up, discussion on wise decision-making and next steps (includes Post-test)

### **Goals and Objectives**

Empower each youth to gain self-awareness recognizing their self-worth, and build self-esteem (become aware of one's positive qualities; identify things about oneself that can change and limit comparisons to others)

Lead interactive activities that will promote educational awareness and healthy social skills

Facilitate dynamic group discussions designed to help teens feel at ease in challenging situations, increase confidence, withstand criticism and peer pressure

Provide practical knowledge to identify and accept personal, family, religious, and cultural values

Promote healthy relationships, which help youth develop insight and understanding within their existing environment (learn which behaviors can enhance or damage a relationship, understand the nature of family relationships and what influences them, identify qualities that develop and define friendships and romantic relationships, explore community relationships and identify people who can help with problems)

Provide healthy alternatives to coping with anger, aggression and depression

Teach girls how to dress modestly and become assertive about their boundaries

Focus youth on how to be self-motivated, recognize skills they already possess, identify potential work skills and strengths and plan for their future

## Materials and Methods



- Pre-test/post-test
- Activities (individual and group exercises/discussion)
- “What’s Wrong With Me?” book
- “What’s Wrong With Me? Reflections Journal” (used as a workbook)
- “I D.A.R.E. You!” T-shirt

**Audience:** Females, ages 10-19

**Investment:** 45 - 60 min per week (topics can be tailored for your group’s needs)

**Packages:** *Package prices are for a minimum of 10 participants, up to 50.*

Gold Package (6-8 week curriculum): Includes book, journal and shirt (specify size S/M/L) - **\$1497**

Silver Package (4-6 week curriculum): Includes book and workbook - **\$1097**

Bronze Package (2-4 week curriculum): Includes book, journal and shirt (specify size S/M/L) - **\$797**

**“Ala Carte”:** \$250 per week and per class

T-shirts \$15 each

Books \$15 each

Journals \$10 each

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