



VOICES: A PROGRAM OF SELF-DISCOVERY AND EMPOWERMENT FOR GIRLS*

Presented by
Candice Norcott and Christina Cicero

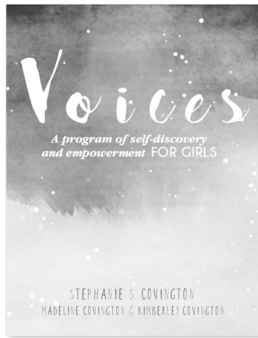
2023 COVINGTON CURRICULUM CONFERENCE

Curriculum Written by
Stephanie S. Covington, Ph.D., L.C.S.W.
Center for Gender & Justice
La Jolla, CA

1

1

VOICES



© S. Covington, 2023 2

2

What's New?

Addresses current challenges in girls'* lives:

- girls* and bullying
- Pressures of social media
- Early puberty
- Gender exploration
- Human sex trafficking
- Binge drinking

Additional information on:

- Adverse childhood experiences (ACE)
- Process of trauma & its effects on the mind and body
- Developmental trauma disorder
- Trauma-Informed Effective Reinforcement System for Girls (TIER)
- Trauma-sensitive yoga exercises

© S. Covington, 2023 3

3

WHO ARE THE GIRLS*?

© S. Covington, 2023

4

4

WHO ARE THE GIRLS*?

- Socialized as
- Raised as
- Identifies as

Image borrowed from the Trans Women of Color Solidarity Network

© S. Covington, 2023

5

5

WHO ARE THE GIRLS*?

- Families struggling with poverty, domestic violence and substance use disorders.
- Low rates of serious and violent crime.
- Higher risk for status offenses – promiscuity, truancy, running away.
- Run away to survive abuse.
- High incidence of physical and sexual abuse.
- High incidence of substance misuse.

© S. Covington, 2023

6

6

DEFINITION OF GENDER-RESPONSIVE

- Creating an environment though:
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of the lives of women and girls*, and
- addresses and responds to their strengths and challenges

(Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leader (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.)

© S. Covington, 2023

7

7

THEORETICAL FOUNDATION

- Psychological development
- Attachment
- Resilience
- Addiction
- Trauma

© S. Covington, 2023

8

8

VOICES: A PROGRAM OF SELF-DISCOVERY AND EMPOWERMENT FOR GIRLS*

- 18 sessions
- 90 minutes each
- Four modules
 - Self
 - Connection with Others
 - Healthy Living
 - The Journey Ahead

© S. Covington, 2023

9

9

MODULE A:
SELF

30 Activities

- Session 1 Who Am I?
- Session 2 My Life Story
- Session 3 Breaking the Silence
- Session 4 The World Girls* Live In
- Session 5 Support and Inspiration

© S. Covington, 2023

10

10

Module A:
Self

7 Activities

Session 1
Who Am I?

Objectives

- Begin to get acquainted with one another and begin to build trust within the group
- Commit to agreements for the group
- Begin to explore the question "Who am I?"

© S. Covington, 2023

11

11

Module A:
Self

© S. Covington, 2023

Session 1
Who Am I?

Activities List

1. Being a Group Member
2. The Suitcase
3. Who Am I?
4. Describing Myself
5. My Qualities, Feelings and Beliefs
6. Grounding and Centering Techniques
7. Feeling OK

12

12

GROUP AGREEMENTS

- Confidentiality
- Being clean and sober
- Food and drinks
- Participation
- Honesty
- Respect
- Attendance
- Arrive on time
- Use of cell phones

© S. Covington, 2023 13

13

WHO AM I?

Describing myself

- A feeling
- A belief
- A quality

© S. Covington, 2023 14

14

EXAMPLES OF FEELINGS

- Resentful
- Angry
- Depressed
- Ashamed
- Embarrassed
- Anxious
- Sad
- Nervous
- Content
- Grateful
- Excited
- Proud
- Relaxed
- Clam
- Happy
- Confident

© S. Covington, 2023 15

15

EXAMPLES OF BELIEFS

- I believe in myself
- I believe it's okay to be a virgin
- I believe in equality
- I believe that you are what you eat
- I believe that life is tough
- I believe in practicing safer sex
- I believe that I can trust my friends
- I believe that I am fun, clean, and sober
- I believe that I can use my voice
- I believe that I am a good listener
- I believe that I have rights
- I believe that I can meet my goals

© S. Covington, 2023 16

16

EXAMPLES OF QUALITIES






- I am strong
- I am a good friend
- I don't trust people easily
- I am curious about things
- I am smart
- I am a loner
- I am sexy
- I do well in school
- I am honest
- I am caring
- I am funny
- I am a good artist

© S. Covington, 2023 17

17

Five Senses

ACTIVITY

5 things	
4 things	
3 things	
2 things	
1 thing	

© S. Covington, 2023 18

18

Group Goddess

CLOSING YOGA ACTIVITY



© S. Covington, 2023 19

19

Module A:
Self

Session 2

My Life Story

Objectives

8 Activities

- Examine inner and outer selves
- Past is part of who they are
- Opportunity to share their life stories and recognize the similarities and differences
- How they see themselves often is rooted in the messages they receive from others
- Identify their personal strengths

© S. Covington, 2023

20

20

Module A:
Self

Session 2

My Life Story

Activities List

1. Trusting One Another
2. Looking Back at My Life's Journey
3. Sharing My Journey
4. The Tree of Self-Esteem
5. Sharing Collages
6. My Strengths
7. Esteemable Acts
8. Recording Collages

© S. Covington, 2023

21

21

Breath of Joy to Rag Doll to Lip Flutter
OPENING YOGA ACTIVITY



© S. Covington, 2023 22

22

Breath of Joy to Rag Doll to Lip Flutter (cont.)
OPENING YOGA ACTIVITY



© S. Covington, 2023 23

23

Breath of Joy to Rag Doll to Lip Flutter (cont.)
OPENING YOGA ACTIVITY

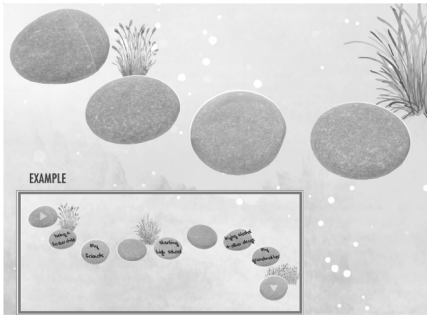


© S. Covington, 2023 24

24

Looking Back at My Life's Journey

ACTIVITY



© S. Covington, 2023 25

25

The Tree of Self-Esteem

ACTIVITY



© S. Covington, 2023 26

26

Module A:
Self

Session 3

Breaking the Silence

Objectives

5 Activities

- Experience the power of affirmations and positive self-talk
- Acknowledge both their inner and outer selves
- Express who they are as complete persons

© S. Covington, 2023

27

27

Module A:
Self

Session 3
Breaking the Silence

Activities List

1. What I See in You
2. Me: Inside and Out
3. What I See in Me
4. Silence and Self
5. Carrying the Baggage (optional)

© S. Covington, 2023

28

28

Me: Inside and Out

ACTIVITY



© S. Covington, 2023

29

29

Module A:
Self

Session 4
The World Girls* Live In

Objectives

6 Activities

- Understand the concept of stigma and the impact of negative societal stereotyping on young women*
- Understand how societal messages influence girls'* self-esteem
- Feel empowered to filter out negative societal messages

© S. Covington, 2023

30

30

Module A: Session 4
Self The World Girls* Live In

Activities List

1. Got Power?
2. Girls* Will Be Girls*?
3. Making My Mark
4. Sharing My Symbol
5. Media and Social Media Messages
6. Sharing Collages

© S. Covington, 2023

31

31

Got Power? (cont.)

ACTIVITY

- Girls
- Young women
- People with money
- Immigrants
- Women
- College graduates
- People who are lesbian/gay/bisexual/trans gender
- Boys
- Black/African Americans
- Latino/Hispanic
- Asian/Asian Americans
- Men
- People who are heterosexual
- Native Americans
- People living in poverty
- High school graduates
- People with disabilities
- White people
- Girls who are smart
- Girls who are pretty
- Girls who are popular

© S. Covington, 2023

32

32

Got Power? (cont.)

ACTIVITY

Powerful Group	Less Powerful Group

© S. Covington, 2023

33

33

Module A:
Self

Session 5
Support and Inspiration

4 Activities

Objectives

- Reconstruct and reframe negative messages they have received from others and society at large into more positive affirmations of self
- Identify women who have supported or inspired them in the past
- Identify positive female role models

© S. Covington, 2023

34

34

Module A:
Self

Session 5
Support and Inspiration

Activities List

1. Breaking the Chain
2. What I Have Learned From Her
3. Support and Inspiration
4. A Pledge
5. My Strengths (optional activity)

© S. Covington, 2023

35

35

Breaking the Chain
ACTIVITY



© S. Covington, 2023

36

36

What I Have Learned From Her

ACTIVITY

The activity card is titled "SUPPORTIVE PERSON #1". It includes a "NAME:" field with a greyed-out box. Below this is the prompt "She has inspired me by:" followed by five horizontal lines for writing. The card has a grey header and footer.

© S. Covington, 2023 37

37

MODULE B: CONNECTING WITH OTHERS

40 Activities

- | | |
|------------|--------------------------|
| Session 6 | Communication |
| Session 7 | My Family |
| Session 8 | Mothers and Daughters |
| Session 9 | Friendship |
| Session 10 | Dating and Sexuality |
| Session 11 | Supportive Relationships |
| Session 12 | Abusive Relationships |

© S. Covington, 2023

38

38

Module B: Connecting with Others

6 Activities

- Session 6
Communication
- Objectives
- Learn key strategies for effective communication
 - Understand different styles of communication
 - Explore the importance of good communication in their relationships

© S. Covington, 2023

39

39

Module B:
Connecting
with Others

Session 6
Communication

Activities List

1. Connecting Through Communication
2. Nonverbal Communication
3. Am I Playing It Safe?
4. I Like Your Style
5. Guess My Style
6. The Last Word (optional)

© S. Covington, 2023

40

40

Essential Oil Embrace into Awesome
Arms/Gratitude Pose

OPENING YOGA ACTIVITY



© S. Covington, 2023 41

41

COMMUNICATION STYLE

- Passive communication
- Aggressive communication
- Passive-aggressive communication
- Assertive communication

© S. Covington, 2023 42

42

FEMININE WARRIOR STANCE

CLOSING YOGA ACTIVITY



© S. Covington, 2023 43

43

FEMININE WARRIOR STANCE (cont.)

CLOSING YOGA ACTIVITY



© S. Covington, 2023 44

44

Module B:
Connecting
with Others

Session 7
My Family

5 Activities

Objectives

- Understand how their families of origin affect their relationships today
- Learn common patterns in family relationships
- Assess family roles in their families of origin and evaluate the benefits and costs of these roles today

© S. Covington, 2023

45

45

Module B:
Connecting
with Others

Session 7
My Family

Activities List

- Family Sculpture
- My Family
- My Strengths (optional)
- Qualities of a Healthy Family
- Healthy Families

© S. Covington, 2023

46

46

Family Sculpture

ACTIVITY

Physical representation of a family

© S. Covington, 2023 47

47

Map of My Relationships

ACTIVITY

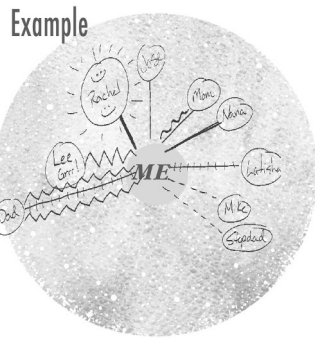


© S. Covington, 2023 48

48

Map of My Relationships

ACTIVITY



© S. Covington, 2023 49

49

Healthy Family Chart

ACTIVITY

	Weak	Medium	Strong
Connectedness: feeling close and bonded to one another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acceptance: showing respect for one another, celebrating each other's unique VOICE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appreciation: recognizing each member's unique contribution to the family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trust: feeling safe because family members are consistent and respectful in how they interact with one another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Truthfulness: being honest about what is said and what goes unsaid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commitment: making family a priority	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexible rules: staying open to change and discussion about rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem-solving skills: thinking clearly and working together to tackle problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety: feeling physically and emotionally protected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boundaries: feeling that you can be an individual while also being connected to family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Affection: feeling warm, close, safe, and cared for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Love: a deep, tender feeling of oneness, understanding, respect, trust, and care toward another person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

© S. Covington, 2023 50

50

Module B: Connecting with Others

Session 8

Mothers and Daughters

Objectives

4 Activities

- Explore their relationships with their mothers or mother figures
- Look at the effects of the mother-daughter relationship
- Acknowledge that often, mother-daughter relationships are very influential in their lives
- Share their experiences as daughters

© S. Covington, 2023

51

51

Module B:
Connecting
with Others

Session 8
Mothers and Daughters

Activities List

1. Mom and Me
2. I Want to Tell You.
3. Dear Mom...
4. To My Daughter (optional)
5. Fathers and Daughters (optional)
6. My Own Children (optional)

© S. Covington, 2023

52

52

Dear Mom
ACTIVITY



© S. Covington, 2023 53

53

Module B:
Connecting
with Others

Session 9
Friendship

Objectives

6 Activities

- Explore their relationships with friends
- Look at how they are influenced to compete with one another
- Create opportunities to become allies
- Acknowledge the strengths and connections they have in friendships

© S. Covington, 2023

54

54

Module B:
Connecting
with Others

Session 9
Friendship

Activities List

1. Having Good Friends
2. Sharing Portraits
3. Messages About Others
4. Acting It Out
5. What's in a Name?
6. My Strengths (optional)

© S. Covington, 2023

55

55

What's In A Name?

ACTIVITY

Example



© S. Covington, 2023 56

56

Module B:
Connecting
with Others

Session 10
Dating and Sexuality

Objectives

6 Activities

- Understand the difference between infatuation, sexual attraction, and love
- Get answers to questions about sexuality and sex in a safe and well-informed environment
- Identify personal boundaries related to intimacy

© S. Covington, 2023

57

57

Activities List

1. Is It Love?
2. Getting the Facts
3. What's With Reputations?
4. Sexual Bill of Rights
5. Social Media and Texting.
6. Genderbread Person

58

What's With Reputations?



59

Sexual Bill of Rights

ACTIVITY



60

SOCIAL MEDIA

- How many times do you check in to social media (Facebook, Snapchat, Twitter, Instagram, texts, IMs, and so on) in a week, a day, and an hour?
- How do you usually feel after you have done this? Why do you think you feel this way?
- How do you feel when you are somewhere where you cannot check your social media? Why do you think you feel this way?
- How does social media affect the way girls get along at your school or work?

© S. Covington, 2023 61

61

SEXTING STATISTICS

- 22% of girls aged 13 to 26 say they have sent or posted nude or seminude pictures or videos of themselves.
- 11% of young teen girls (aged 13 to 16) have sent these types of pictures.
- 33% of teen boys say they have had nude or semi-nude images—originally meant for someone else—shared with them.
- 44% of both teen girls and teen boys say it is common for sexually suggestive text messages to be shared with people other than the intended recipient.

(The National Campaign to Prevent Teen Pregnancy, 2014)

© S. Covington, 2023 62

62

Sexting – Ask the Girls*

ACTIVITY

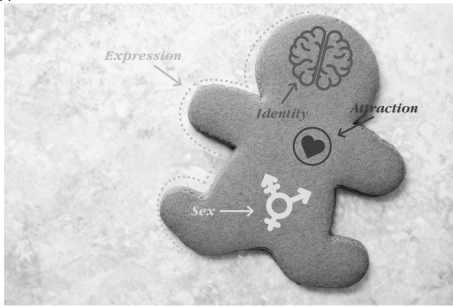
- What are some reasons girls* might send pictures or videos like this?
- Do you think girls* worry that the images might be shared?
- How do you think it feels to have these pictures shared?
- Does sexting happen at your school?
- Do girls* know that whatever is sent on the Internet will always be there even if they think its deleted?
- How can social media be used in a way that makes people treat each other with dignity and respect?

© S. Covington, 2023 63

63

The Genderbread Person

ACTIVITY

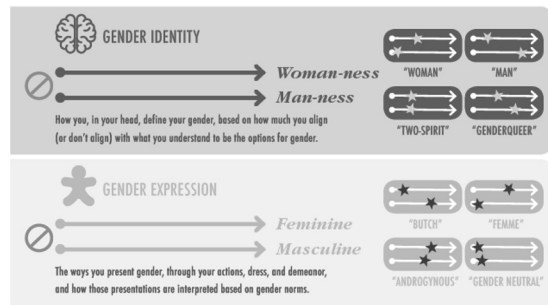


© S. Covington, 2023 64

64

The Genderbread Person (cont.)

ACTIVITY

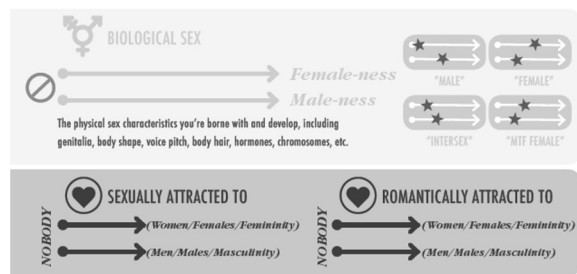


© S. Covington, 2023 65

65

The Genderbread Person (cont.)

ACTIVITY



© S. Covington, 2023 66

66

Module B:
Connecting
with Others

Session 11

Supportive Relationships

Objectives

6 Activities

- Understand the difference between healthy, supportive relationships and unhealthy relationships
- Recognize the power and comfort they can experience with healthy support systems
- Assess the nature of their current relationships

© S. Covington, 2023

67

67

Module B:
Connecting
with Others

Session 11

Supportive Relationships

Objectives (continued)

6 Activities

- Become familiar with the Teen Equality Wheel
- Assess the strength of their current support systems and plan for any changes they wish to make

© S. Covington, 2023

68

68

Module B:
Connecting
with Others

Session 11

Supportive Relationships

Activities List

1. Supporting One Another
2. Healthy Connections
3. The Teen Equality Wheel
4. A Map of My Relationships
5. Ending Relationships
6. Popsicle Sticks

© S. Covington, 2023

69

69

HEALTHY CONNECTIONS

© S. Covington, 2023

70

Relationship Map

ACTIVITY

© S. Covington, 2023

71

Module B: Connecting with Others

Session 12

Abusive Relationships

Objectives

- Understand what abuse is and recognize the different forms it can take
- Realize that abuse is common
- Understand the connections between childhood abuse, present-day abusive relationships, substance use and abuse, and other high-risk behaviors

7 Activities

© S. Covington, 2023

72

Module B:
Connecting
with Others

Session 12
Abusive Relationships

7 Activities

Objectives (continued)

- Learn that they deserve to experience healthy, nurturing relationships and that they have the power to create them
- Have an opportunity to discuss ways in which girls* hurt one another

© S. Covington, 2023

73

73

Module B:
Connecting
with Others

Session 12
Abusive Relationships

Activities List

1. What Is Abuse?
2. Abusive Relationships
3. Speaking Out
4. The Effects of Abuse
5. The Teen Power & Control Wheel
6. Bill of Rights for Relationships
7. Self-soothing Activities
8. Human Sex Trafficking (optional)

© S. Covington, 2023

74

74

TYPES OF ABUSE

- Emotional
- Physical
- Sexual

© S. Covington, 2023

75

75

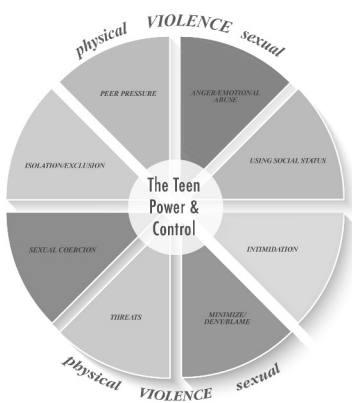
Speaking Out

ACTIVITY

- Think of a secret
- Imagine sharing with someone you trust
- What would someone have to do to make you feel safe enough to share?
- If you were being abused, what would someone do to make you feel safe enough to share your experience?

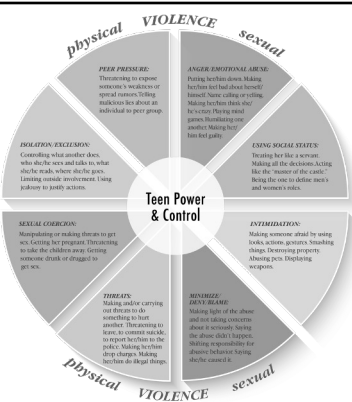
© S. Covington, 2023 76

76



(Produced and distributed by National Center on Domestic and Sexual Violence in Austin, TX. Adapted from Duluth Domestic Abuse Intervention Project in Duluth, MN.) © S. Covington, 2016 77

77



(Produced and distributed by National Center on Domestic and Sexual Violence in Austin, TX. Adapted from Duluth Domestic Abuse Intervention Project in Duluth, MN.) © S. Covington, 2023 78

78

MODULE C:
HEALTHY
LIVING

28 Activities

- Session 13 Our Bodies
- Session 14 Emotional Wellness
- Session 15 Alcohol and Other Drugs
- Session 16 Spirituality

© S. Covington, 2023

79

79

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

7 Activities

Session 13
Our Bodies

Objectives

- Understand the similarities and differences between body image and physical health
- Increase their awareness of their feelings about their bodies
- Explore the role that food plays in their daily living, emotions, and health

© S. Covington, 2023

80

80

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

7 Activities

Session 13
Our Bodies

Objectives (continued)

- Understand the symptoms of eating disorders
- Identify positive things about their bodies

© S. Covington, 2023

81

81

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

Session 13
Our Bodies

Activities List

1. Healthy Living Scale: Body, Mind, and Spirit
2. My Body Image
3. Honoring My Body
4. Thank You
5. Food, Fuel and Feelings
6. Making a Collage
7. Sharing Collages

© S. Covington, 2023

82

82

10-to-1 Shake Out

OPENING YOGA ACTIVITY



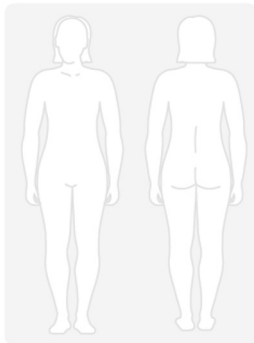
© S. Covington, 2023

83

83

My Body

ACTIVITY



© S. Covington, 2023

84

84

EATING DISORDERS

- **Anorexia nervosa:** low body weight and restriction of food intake and/or compulsive and unhealthy need to eliminate food that has been eaten (either by vomiting or excessive exercise).
- **Bulimia nervosa:** obsession with weight and body image, involves food binges when the person eats a lot of food and feels out of control. Unhealthy actions are taken to eliminate the food (e.g., vomiting, laxatives, or fasting).

© S. Covington, 2023 85

85

EATING DISORDERS (CONT.)

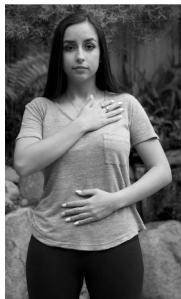
- **Orthorexia nervosa:** an attempt to eat more healthfully becomes a fixation on food quality and purity – what and how much to eat. Rigid eating develops into self-punishment (through stricter eating, fasts, and exercise). Self-esteem is based on the purity of one's diet and superiority to others in regard to food intake.
- **Compulsive overeating:** eating excessive amounts of food and feeling out of control. Doesn't try to get rid of the food but often experiences weight gain and negative feelings about body image.

© S. Covington, 2023 86

86

Blessing Body, Mind, and Spirit

CLOSING YOGA ACTIVITY



© S. Covington, 2023 87

87

Blessing Body, Mind, and Spirit (cont.)

CLOSING YOGA ACTIVITY



© S. Covington, 2023 88

88

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

9 Activities

Session 14

Emotional Wellness

Objectives

- Recognize the connection between their bodies and feelings
- Learn to locate where they experience feelings in their bodies
- Learn how to express feelings in a healthy way

© S. Covington, 2023

89

89

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

Session 14

Emotional Wellness

Activities List

1. About Our Emotions
2. How Do I Feel?
3. Feelings and the Body
4. Sharing
5. Expressing Feelings
6. Containing vs. Stuffing
7. Creating a Container (optional)
8. Anger and Me Flipping Our Lids

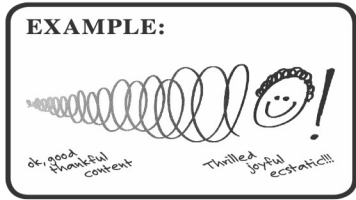
© S. Covington, 2023

90

90

How Do I Feel? (cont.)

ACTIVITY

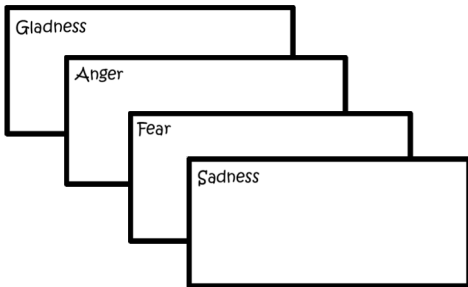


© S. Covington, 2023 91

91

How Do I Feel?

ACTIVITY



© S. Covington, 2023 92

92

CONTAINING OR STUFFING

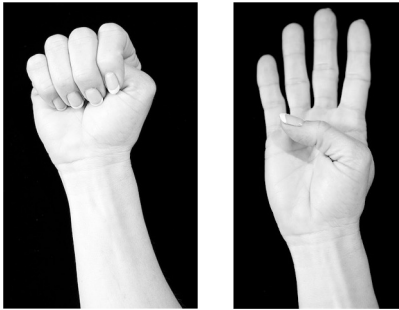
1. Slow down or stop what you're doing.
2. Identify what you're feeling.
3. Name the feeling.
4. Notice where you feel it in your body.
5. Evaluate whether the intensity of the feeling matches the situation.
6. Ask yourself "How old do I feel as I am having this feeling?"

© S. Covington, 2023 93

93

Flipping Our Lids

ACTIVITY



© S. Covington, 2023 94

94

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

7 Activities

Session 15

Alcohol and Other Drugs

Objectives

- Explore the reasons that girls* choose to use alcohol, tobacco, non-prescribed medications, or other drugs
- Weigh the costs and benefits of substance use
- Discuss refusal strategies

© S. Covington, 2023

95

95

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

7 Activities

Session 15

Alcohol and Other Drugs

Objectives (continued)

- Understand the biological, psychological, and environmental factors of addiction
- Explore the roles that substances have played in their families of origin and in their own lives

© S. Covington, 2023

96

96

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

Session 15
Alcohol and Other Drugs

Activities List

1. Why Use?
2. Weighing It Out
3. No Thanks!
4. Understanding Addiction
5. Substance Misuse and the Family
6. Coping with Stress
7. Changing Our Habits

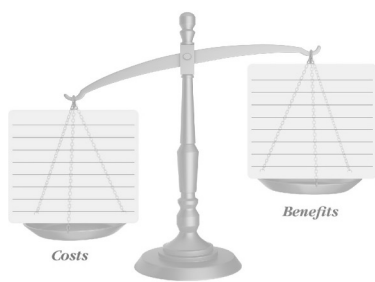
© S. Covington, 2023

97

97

Weighing It Out

ACTIVITY



© S. Covington, 2023

98

98

No Thanks!

ACTIVITY

- Avoid at risk people and places
- Use humor
- Change the subject
- Leave the situation
- Activities that do not involve alcohol/drugs
- Reward yourself
- Ask for support

© S. Covington, 2023

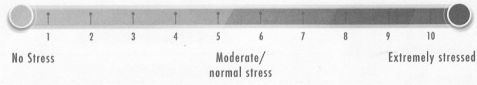
99

99

Coping with Stress

ACTIVITY

Overall, how would you rate your day-to-day stress?



© S. Cavington, 2023 100

100

HEALTHY STRATEGIES

- Eat a healthy diet
- Get regular exercise
- Ask for help when you need it
- Balance life between school/ work and fun
- Take a break from electronics/ social media
- Use self-soothing techniques
- Schedule your time in a realistic way

© S. Cavington, 2023 101

101

HEALTHY STRATEGIES (CONT.)

- Accept things you can't change or control
- Pay attention to your body's warning signs (e.g., headaches, stomachaches, feeling tired)
- Talk with a friend or a person you can trust
- Work on problems or challenges that are bothering you
- Avoid keeping secrets
- Don't isolate yourself

© S. Cavington, 2023 102

102

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

6 Activities

© S. Covington, 2023

Session 16

Spirituality

Objectives

- Identify things that give them purpose or meaning in life
- Identify people, places, and things that give them feelings of serenity and safety
- Identify "wisdom figures" in their lives
- Explore their personal hopes and dreams

103

103

Module C:
Healthy
Living (Body,
Mind, and
Spirit)

© S. Covington, 2023

Session 16

Spirituality

Activities List

1. Spirituality and Me
2. Finding the Wise Woman
3. Creating a Ritual
4. Meditation
5. Grounding and Centering Techniques
6. Appreciation and Gratitude

104

104

GETTING IN TOUCH WITH YOUR SPIRITUALITY

- quiet time
- prayer
- meditation
- centering activities, such as singing or listening to music
- being out in nature
- creating a personal altar (a collection of personal items that mean a lot to you)

© S. Covington, 2023

105

105

GETTING IN TOUCH WITH YOUR SPIRITUALITY
(CONT.)

- attending a church, synagogue, mosque, temple, or another spiritual meeting place
- keeping a journal
- helping others in need
- learning from others
- celebrations
- cultural rituals

© S. Covington, 2023 106

106

MODULE D:
THE JOURNEY
AHEAD

9 Activities

Session 17 Crossroads

Session 18 Packing for My Journey

© S. Covington, 2023

107

107

Module D:
The Journey
Ahead

5 Activities

Session 17

Crossroads

Objectives

- Identify challenges they anticipate on the journey ahead
- Explore the costs and benefits of the different choices they make
- Practice a technique for good decision-making

© S. Covington, 2023

108

108

Module D:
The Journey
Ahead

Session 17
Crossroads

Activities List

1. My Crossroads
2. Where Will This Take Me?
3. My Best Decision
4. Making Good Decisions for Me
5. My Group Experience

© S. Covington, 2023

109

109

Weather Tapping into Waterfall Breath

OPENING YOGA ACTIVITY



© S. Covington, 2023

110

110

Weather Tapping into Waterfall Breath (cont.)

OPENING YOGA ACTIVITY



© S. Covington, 2023

111

111

Crossroads
ACTIVITY



© S. Covington, 2023 112

112

Crossroads
ACTIVITY



© S. Covington, 2023 113

113

My Best Decision
ACTIVITY

Draw or Write

© S. Covington, 2023 114

114

Making Good Decisions for Me

ACTIVITY

- Planning ahead
- Exploring options and pros/cons
- Using common sense
- Asking for advice
- Evaluating the results
- Sticking by a good decision

© S. Covington, 2023 115

115

Module D:
The Journey
Ahead

Session 18 Packing for My Journey

4 Activities

Objectives

- Think about the support networks they have created for their journeys ahead
- Reflect on what they need for their journeys

© S. Covington, 2023

116

116

Module D:
The Journey
Ahead

Session 18 Packing for My Journey

Activities List

1. Hopes and Dreams
2. My Path
3. Unpacking and Packing My Suitcase
4. Sisterhood and Support

© S. Covington, 2023

117

117

My Hopes and Dreams

ACTIVITY

Please step three months into the future and complete this sentence

It is now _____ (three months in the future) and ask, "As I think back over these past few months...."

Use words, phrases, drawings and colors to describe your path.



© S. Covington, 2023 118

118

My Path

DISCUSSION

- What do you need to feel safe?
- Why is this important to you?
- What do you need to feel confident?
- Why is this important to you?
- Who would you like to take with you?
- How is this person going to support you?

© S. Covington, 2023 119

119

Queen Dancer into Wishing Tree

CLOSING YOGA ACTIVITY



© S. Covington, 2023 120

120

Queen Dancer into Wishing Tree (cont.)
CLOSING YOGA ACTIVITY



© S. Covington, 2023 121

121

Queen Dancer into Wishing Tree (cont.)
CLOSING YOGA ACTIVITY



© S. Covington, 2023 122

122

SISTERHOOD AND SUPPORT



© S. Covington, 2023 123

123

Thank you!
Questions?

124

124

LOOKING FOR MORE?

Dr. Covington is now on Instagram!

You can follow her at:

 @Stephaniecovingtonofficial

© S. Covington, 2019 125

125
