

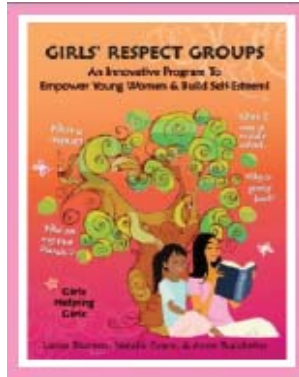
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## About Girls' Respect Groups

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### LORNA BLUMEN

is an educational consultant in Toronto, Canada. Lorna teaches Bullying Prevention & Conflict Resolution Skills for elementary & middle school kids. She runs workshops for adults who work with children – teachers, parents, school councils, mental health professionals, coaches, & camp counsellors. Lorna is a co-developer of & an advisor to the Girls' Respect Groups Leadership Training Program & the GRG Middle School Program.



Lorna was on Parent Education Network's Board of Directors from 1997-2006. Lorna has appeared on Canadian local & national TV & radio, at international conferences, & has contributed to national magazines for parents & teachers.

She was a contributing author to **When Something's Wrong**, (Canadian Psychiatric Research Foundation, 2004). **Bystanders To Children's Bullying** was published in **The Art of Followership: How Great Followers Create Great Leaders and Organizations** (Jossey-Bass, 2008). She is the co-author of **Girls' Respect Groups: An Innovative Program To Empower Young Women & Build Self-Esteem!** (Camberley Press, 2009).

### NATALIE EVANS

is a co-developer of the GRG program & a co-author of **Girls' Respect Groups: An Innovative Program To Empower Young Women & Build Self-Esteem!** (Camberley Press, 2009). Natalie was a 2007 recipient of the Louise Russo Award for community service for her work on bullying prevention with Lorna.



### ANNE RUCCHETTO

is a co-developer of the GRG program & a co-author of **Girls' Respect Groups: An Innovative Program To Empower Young Women & Build Self-Esteem!** (Camberley Press, 2009). Anne loves working with middle school girls & the other great people drawn to the program. She plans to stay active in GRG when she goes to university in the fall.



Be Unique, Be Proud, Be You!



Girls Helping Girls

## Why We Need Girls' Respect Groups!



**Middle school is a tough time for girls' friendships.** Sometimes, best girlfriends, the people who should respect you, don't. Girls' bullying & exclusion get steadily worse through elementary school. By the time she enters middle school, a girl's self-esteem can be ruined.

**Girls' Respect Groups can change that. GRG is a unique after school program for preteen girls, led by high school girls.** GRG puts middle school girls directly in touch with the people they most want to talk to – kind hearted teens who are happy to share “What I wish I knew in 6<sup>th</sup> Grade”. It's an amazing leadership opportunity for the teen girls, bringing out their best, too.

**GRGs can make a big difference.** By starting early & teaching girls respectful ways to support one another, we can help them navigate safely through the perilous middle school years. When girls know & respect each other as individuals & human beings, there is much less intentional bullying. Underlying all bullying behavior is a lack of respect, for yourself & others.

## Teachers, Parents, & Adult Advisors



**Start a Girls' Respect Group in your school or community!** Introducing GRG in Grade 6 or the start of middle school lays a great foundation for girls' respect. You'll get the most benefit if you start early in the school year, especially when kids change schools. Setting a respectful tone from the start will go a long way towards preventing problems.

**Girls' Respect Groups are well-supported by caring, experienced adults. Each GRG has:**

- ✧ A Middle School Teacher Contact
- ✧ A GRG Adult Advisor (could be a parent, teacher, guidance counselor, or a community leader)

**You could have a great influence on teen girls. You'll really enjoy working closely with teens,** as they contribute to their community & extend a helping hand to younger girls. The GRG program offers mentorship, guidance, & the chance to bring out the best in these emerging young women. It's so rewarding to see teens achieve their potential!

## Teen Leaders & GRG



**The heart & soul of Girls' Respect Groups are our wonderful teen leaders.** Your kindness, life experience, & leadership skills can make a big difference to middle school girls. Sharing your experience with preteens, you can guide them through those tough years of middle school “frenemies”. Preteen girls want so much to learn from you & you have so much valuable insight to share. You can do this job **better** than anyone else! How often do teens get offered a job because they're the **most** qualified?

**Teen leadership brings something unique to Girls' Respect Groups.** Teen leaders have a deep understanding & empathy – they've just lived through middle school. It's an exciting & inspiring opportunity for high school leaders to have an anchoring, supportive influence on middle school girls.

**Start A  
GRG Leadership Training Program  
In Your High School Today!**

## Middle School Participants



**Have You Ever Asked Yourself ...**

- ✧ How Can I Tell Who My Real Friends Are?
- ✧ Why Is Gossip So Bad?
- ✧ How Does The Media Shape My Opinions Of Myself & My Friends?

If you answered 'YES', then you'll love Girls' Respect Groups. You'll be working with inspiring high school girls who are eager to share their experience & help you through the rough spots.

**As A GRG Participant, You'll:**

- ✧ Talk Openly With High School Young Women & Learn From Their Experience
- ✧ Build A Strong Network Of Supportive Girlfriends
- ✧ Talk Regularly About Important Issues
- ✧ Solve Friendship Problems With Peer & High School Mentor Guidance
- ✧ Step Back & See Problems Clearly, Away From The 'Emotional Whirlpool'



Girls Helping Girls

