



# **Girls in Real Life Situations, Grades 6-12: Group Counseling Activities for Enhancing Social and Emotional Development (Book and CD)**

*Julia V. Taylor, Shannon Trice-Black*

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Grades 6-12. This unique group counseling curriculum provides over 90 activities divided into twelve session themes: Who Am I? Body Image, Choices, Communication, Emotions, Friendships, Relationships, Self-Esteem, Stress, Reaching Out, Tough Times, and Who I Am! During group lessons, girls are encouraged to share feelings and struggles as they openly discuss important issues in a safe and supportive environment. They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions. Girls in Real Life Situations is designed for use by educators and mental health professionals in schools and other settings.

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