

GIRLS RESIST!

WHAT YOUNG READERS KNOW AND WANT TO KNOW ABOUT ACTIVISM

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TELL

vs.

SHOW

"Hi. Will you sign this petition about reproductive rights? It's super important!"

"I urge the school board to adopt a policy to support and protect transgender and gender nonbinary students at our school. It's the right thing to do."

"Hi. Would you sign this petition to make sure the government doesn't take away our birth control? Birth control is basic preventative care that 99% of American women use at some point in their lives. Can you take just a minute to sign this petition to save birth control?"

"I urge the school board to adopt a policy to support and protect transgender and gender nonbinary students at our school. According to the Gay Lesbian Straight Education Network, 75% of transgender youths report feeling unsafe at school, had significantly lower GPAs than cisgender classmates, and were more likely to miss school because of concern for their safety. You must act not only because it's the right thing to do, but because trans students deserve equal access to education."

Make a Self-Care Plan

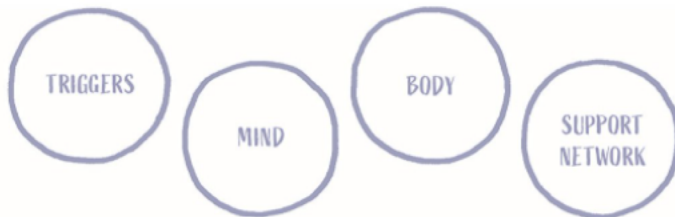
Activism is hard work. You're no good to the girl resistance if you're burned out, cranky, and exhausted. Your cause matters. But so do you. Caring for the whole you—your body, mind, and heart—matters. A plan for self-care forces you to think about specific strategies and how to do them, not just wave them off with a "Yeah, I'll sleep eventually." (Hint: "eventually" will never come.)

Think in campaign-planning terms: start with the strategy, not the tactic. The goal is to get you feeling fresh and ready to get back into resistance mode. The target is you. Your strategies depend on what helps you relax and what resources you have. Your resources may be time, family, friends, media, money, or your cozy bed. Then figure out what to do by making a plan.

START WITH A MIND MAP

Remember the mind maps you used to choose an issue in Chapter 2? Now you'll use that same tool to create a self-care plan.

Start by drawing four circles and label them TRIGGERS, MIND, BODY, and SUPPORT NETWORK.



Triggers First we'll start with what makes you feel bad. What gets under your skin, makes you seethe with rage, feel scared or afraid? Write them around the TRIGGERS circle.

Now let's identify what makes you feel good! What are the activities that help you relax, chill out, or unwind? Separate these into the MIND and BODY circles.

Mind activities nourish your mental and emotional health: reading a book, watching a movie, playing a game on your phone, listening to music.

Body activities nourish your body: yoga, walking a dog, painting your nails, making a cup of fancy tea, or even straight-up sleeping.

Support network is made up of people to whom you can go for advice: teachers, friends, family members, coaches, clergy leaders, bosses, your cat. (Cats are people, too.) Remember that different people provide different support. Write these people around the SUPPORT NETWORK circle.

Now, look at your plan: Do you see a lack of support or activities that take care of your mental or physical health? What can you do in those areas? What people or communities can you connect with? Write down what you can do to improve those areas. Then put your self-care plan somewhere you can look at it regularly. If you don't accomplish these goals all the time, it's fine. Self-care shouldn't be an additional stressor—if it is, then don't do that particular strategy. Reach out to your support network. Schedule a friend date. Call a hotline.

Everyone struggles. You are not alone. And you certainly don't have to figure it out all by yourself.

GIRLS Resist!

PARENT/EDUCATOR
COMPANION

This guide includes:

Ideas
TO HELP YOU
GET STARTED

**Discussion
Questions
AND ACTIVITIES**

**Printable
Resources**

*A guide
to empower
teen girls*



“Get Started on Your Campaign” Checklist

Read Chapter 2 of *Girls Resist* for more on campaign plans.

You’ve got a cause that you care about, a problem that needs a plan for action—so now what? A campaign plan helps you move from “mad as heck about the way the world is” to “effective activist who gets stuff done.”

- ☐ Define your vision. What will it look like when you’ve achieved everything you’re fighting for?
- ☐ Set your main goal. What is the ultimate goal of your campaign plan?
- ☐ Set medium- and short-term goals. What are the smaller goals you have to achieve along the way to build up to your big goal?
- ☐ Name your target(s). Who can give you what you want? Remember a target is always a person.
- ☐ List your allies. Who is totally with you?
- ☐ List your opponents. Who is or could be working against you?
- ☐ List your resources. What things do you need? What resources do you have or have access to?

NAME: _____ EMAIL: _____ PHONE: _____

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I Resist
Because:

DISCUSSION QUESTIONS

Here are some great ways to get your group of teen activists warmed up at your first meeting.

ICEBREAKER DISCUSSION QUESTIONS

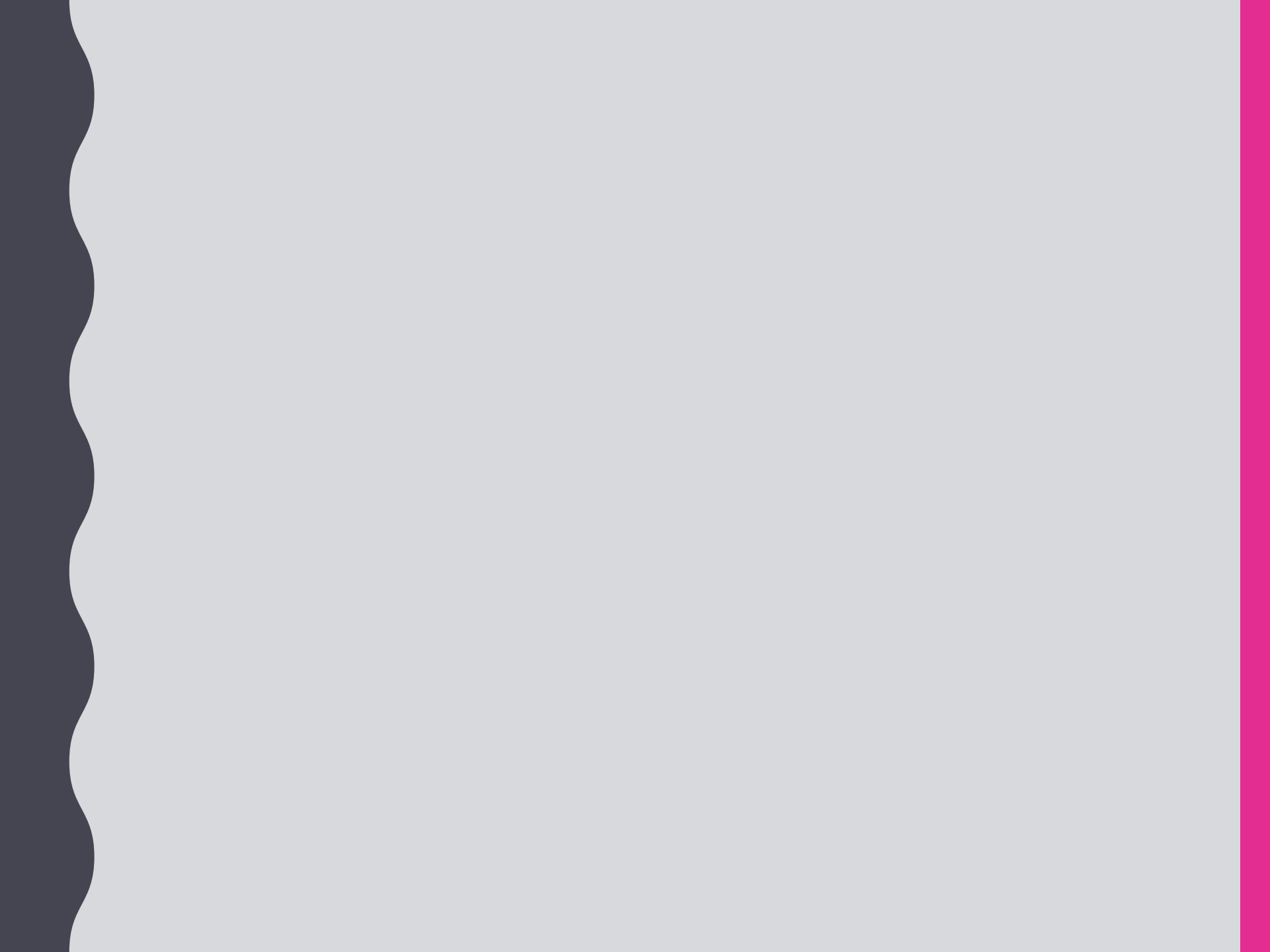
- ★ What feelings come up when you think about doing and leading activism?
- ★ When was the first time you heard about or knew about activism?
- ★ Why is feminism important for girls and women today?

ACTIVITY: POWER-UP BRAINSTORM

- ★ Time: 30 minutes to 1 hour
- ★ Objective: Understand the concept of power within the context of activism by exploring and discussing real-life experiences with power dynamics.
- ★ Supplies: Chart paper, markers, sticky notes, pens

INSTRUCTIONS

- ☐ Hang two sheets of chart paper on the wall. Label one "Felt powerful" and one "Felt powerless."
- ☐ Distribute sticky notes (approx. 10 per person) and pens to the group (or do this beforehand if you have time to set up).





Q & A

- Ask me anything about teen activism, youth engagement, myself, my book, etc.
- If you want to connect after today, you can reach me at kaelyn@kaelynrich.com or across social media @kaelynrich