

Women Teaching Girls

Interactive Training Modules

A girl's need for social interaction

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The Village Teacher

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The female brain
Girl-friendly classrooms
A girl's need for social interaction
Risk-taking and problem solving
Girls and difficult subjects
Good girls syndrome
Girls' self-esteem and confidence
Empowering girls
Teaching girls who struggle
Girls and exam anxiety
Girls who try too hard
Be an empowering teacher

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A girl's need for social interaction

A few words of wisdom from Louann Brizendene, the author of *The Female Brain*

From birth a girl is involved in mutual face gazing.

Mutual face gazing increases a girl's knowledge of emotional states.

Girls have better social skills, empathy and emotional intelligence than boys.

A girl's brain is designed for her to connect to other people.

Girls will take meaning about themselves from a look or a touch.

From these cues they discover whether they are worthy, lovable or annoying.

Girls expect a facial reaction to their behaviours.

From puberty onwards girls are highly sensitive to emotional nuance such as approval, disapproval, acceptance and rejection.

Teen girls will gain pleasure from gossiping, playing with each other's hair and going shopping together.

Girls are motivated by brain circuits to ease and prevent social conflict.

Rather than fight a threat, females are more likely to bond with friends for mutual protection and support.

Estrogen will activate a teen's brain circuits for flirting, talking and socialising.

Many girls use their language skills to place themselves at the centre of attention.

Mentoring Girls

Mentoring for Empowerment and Leadership

What is a mentor? Webster's dictionary defines a mentor as: "A wise and trusted teacher or counselor."

Mentoring, as a form of teaching, learning and assisting, originally began when Odysseus, King of Ithaca, asked his trusted friend Mentor, to look after his son Telemachus while he fought in the Trojan War.

Mentors can be friends, relatives, co-workers, teachers, or generally an older or more experienced person who acts as a role model, a guide, an advisor, or a challenger. Youth can mentor adults as well.

Some examples of mentoring include:

- An adult who encourages and assists girls in nontraditional areas and provides a safe place for them to grow and learn.
- An older girl who helps a younger girl cope with peer pressure or relationships.
- An alumna who provides guidance to girls on career choices.
- A student who demonstrates a skill or hobby to a friend or sibling not in school.
- An adult who assists girls in developing practical life skills, including leadership, communication, and decision-making.
- A professional woman who shares her experiences with a girl, introducing her to different perspectives and opportunities.

Each of these examples can serve the crucial function of empowering girls for action.

Volunteers, and peers carry out successful endeavors that help girls become leaders by increasing their self-esteem, sense of self worth, and awareness of their potential and the options available to them. Successful mentoring allows girls to explore, make mistakes, and learn about their strengths. In many places around the world, Volunteers are creating meaningful mentoring relationships based on events such as

“Take Our Daughters to Work” Day.

Favourite Mentoring Quotes

Looking back across my timeline through school, and indeed in the early days of teaching, I see one good thing about being filled with insecurities. Knowing that I had everything to gain, I seemed to seek out mentors.

Shirley McPhillips

I’ve come to believe there are only two things you need in any new teaching situation to succeed—humility and inquiry.

Lisa Delpit

I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Dreams sometimes do come true. But not without something that looks a lot like hard work.

Sylvia Ashton Warner

Staff development should not be perceived as something we do unto the weaker teacher or reserve for inexperienced staff members. All staff members, including principals, consultants, and teacher mentors, should be able to announce, "This is my year to study -----." There needs to be a genuine feeling that no one has arrived. Everyone needs to be swept up by the deeply engrained value placed on adult learning.

Shelley Harwayne

Slowly, by turning from what we learn with others to what we learn alone, we begin to have a sense of the speed of our learning, the first few chapters of our own eccentric life story.

Kim Stafford

When you get conflicting reactions, block your impulse to figure out which reactions are right. Eat like an owl: take in everything and trust your innards to digest what's useful and discard what's not.

Peter Elbow

In every art beginners must start with models of those who have practiced the same art before them. And it is not only a matter of looking at the drawings, paintings, musical compositions, and poems that have been and are being created; it is a matter of being drawn into the individual work of art, of realizing that it has been made by a real human being, and trying to discover the secret of its creation.

Ruth Whitman

Relationships -- Girlfriends rule!

Teenage relationships can last all your life!! How could you possibly survive this decade without friends? Without their laughs and support and understanding? Without at least one friend to tell you that "tomorrow will be a better day" or "you look great in that outfit" or "I think he really likes you!" These teenage relationships, female bonding, one of women's greatest strengths, is never more powerful than when we are teenagers.

Girlfriends are a basic need, a mandatory component to a girl's happiness.

So how can you safeguard this most important relationship? What can you do to insure it will last? If indeed it's based on trust and genuine affection, here are some suggestions for keeping this bond alive.

1. Express how much you appreciate her. Even though she knows, it feels great not being taken for granted. Show up with her favorite candy bar or best magazine, ask her to join your family when you're doing something fun. Buy her one of those ridiculous mushy friendship cards. Give her a hug for no reason.
2. Listen carefully when she talks. She's there for you when you're down and never says "you said that already" even if you have. Be there for her the same way. Congratulate her victories and commiserate with her defeats. Ask questions to show her you want to know the details. There's nothing that feels more supportive than a person who really listens to you.
3. Put your relationship above all others. That includes the cute guy who asked if you'd come to his game when you promised you'd help her choose a present for her brother. And the popular, pretty new girl who invited you over Friday night after you and

your best friend already made plans. She'll be around (if you're lucky) far longer than they will.

4. Keep her secrets. She trusts you.
Don't ever betray that trust.

5. Stand up for her, whether she's around or not. She has to know she can count on you to be on her side. Even if you disagree with how she handles a particular situation, you're united to the outside world. Say whatever you want, criticize her decision, be honest...but in private.

6. Tell her when you're upset with her. Try to work out your problems, not bury them. Hidden emotions tend to fester. Anger and resentment build up when unexpressed. Have faith in your friendship and risk an argument in favour of telling the truth.

7. If you do argue, measure your words. Don't attack. Don't scream.
Tell her how you feel and why.

8. Apologize if you've made a mistake. Don't get defensive. And learn to accept who she is and not expect her to be you. Always keep in mind it's better to lose the fight than the friend.

Female bonding is one of the advantages of being born a girl.

While guys have friends they do stuff with, girls share their lives, on an intimate level, with their friends.

These relationships are strong enough to raise self-esteem, battle peer pressure and last for a lifetime.

How lucky we are.

Two Page Plan – A girl's need for social interaction

Describe the qualities the relationships you see between the girls you teach.

Describe the qualities the relationship you develop with the girls you teach.

What tips have you learned in this session that would you would use developing positive relationships between girls in your classroom

1.

2.

3.

4.

5.

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