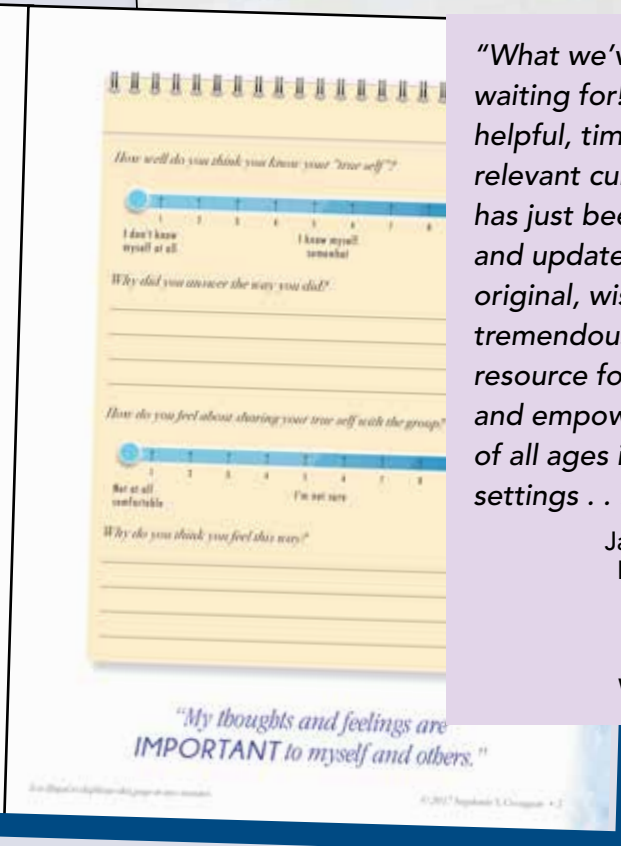
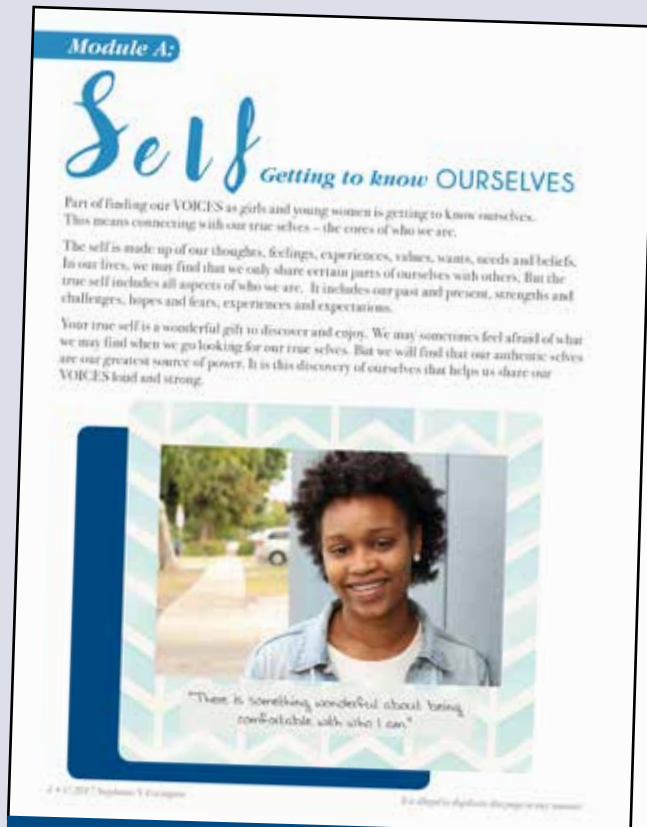
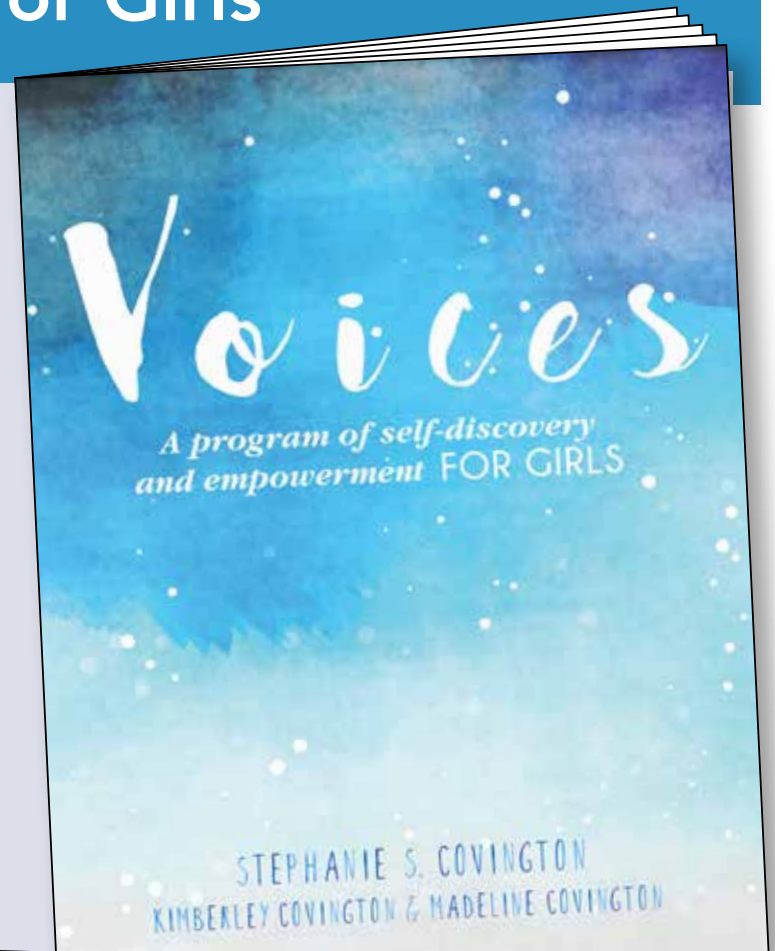


VOICES: A Program of Self-discovery and Empowerment for Girls

VOICES is designed to assist adolescent girls in exploring themes of self, connection with others, healthy living and their journeys ahead. Created by Stephanie S. Covington, Ph.D., a leading expert in women and girls' programming, along with Kimberley Covington and Madeline Covington, this program helps young girls strengthen their sense of self and build skills for healthy development.

This 88-page Journal is an interactive tool for girls to use in group or on their own. A comprehensive, supporting Facilitator Guide is available to provide background information about working with girls and detailed instruction for program facilitation.



"What we've been waiting for! A truly helpful, timely, and relevant curriculum has just been revised and updated. It is an original, wise, and tremendously valuable resource for supporting and empowering girls of all ages in a variety of settings . . ."

Janet Surrey, Ph.D.
Founding Scholar,
Jean Baker Miller
Training Institute
Stone Center,
Wellesley College



Facilitator Guide

The comprehensive VOICES Facilitator Guide provides step-by-step, detailed instruction for program facilitation. The first section of the Guide provides background information, such as the reality of girls' lives, gender-responsive principles and theoretical foundation. The main section covers facilitation strategies and in-depth discussion of the four modules, organized in 18 ninety-minute sessions. Each session includes:

- objectives
- check-in
- teaching component
- interactive component
- experiential component
- closure and yoga activities

The appendices provide a narrative for the Family Sculpture exercise, reproducible handouts, references and more. This Guide is essential for effective facilitation of the VOICES program.

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