

Girls Group

Girls Group is a five week virtual course which aims to support young girls. We are offering two different age groups:

10-14 years and 14-18 years.

These sessions aim to provide the girls with many tools to support their emotional & physical well-being, have a better understanding of relationships and make healthy choices.



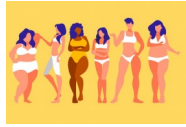
For more information or to book onto a programme, please contact your local Children & Family Hub:

East Locality	
C&FHubscarborough@northyorks.gov.uk 01609 534101	C&FHubWhitbyRyedale@northyorks.gov.uk 01609 534129
West Locality	
C&FHubCraven@northyorks.gov.uk 01609 533118	C&FHubHarrogate@northyorks.gov.uk 01609 533127
Central Locality	
C&FHubHambleton@northyorks.gov.uk 01609 532320	C&FHubSelby@northyorks.gov.uk 01609 532343

Session 1:

This looks at body image, the media's portrayal and how young girls see themselves.

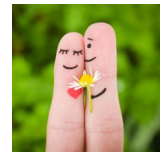
To give young people a better understanding of how social media images effect their own body image and self-esteem.



Session 2:

This session is about healthy relationships,; what makes relationship healthy/unhealthy and or abusive?

To understand what makes a good friend and to understand the difference between a healthy friendship and relationship and an abusive one.



Session 3:

This session focuses on internet safety,: how to keep safe, sharing of photos, age restrictions.

To have a better understanding of how to stay safe online building on their own knowledge and understanding.



Session 4:

This session looks at stress,: causes of stress, how to handle stress and tips to deal with stress.



Session 5:

This session looks at periods and puberty for the younger girls, and sexual health for the older group.

Increased knowledge and awareness of sexual health and contraception sex and the law, consent and self-care.

What is puberty and how do we cope with the changes .

