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# WHY PRICELESS?

Fashion, beauty, fame, body image and money are just a few things that are constantly being showcased as things to be deified (LeCroy & Mann, 2009, p. 3). From teen magazines to young movie stars, young women are being told, “Be trendy, be skinny, be the girl all the guys want” (LeCroy & Mann, 2009, p. 13). Through these images and messages pop culture has set the standard for young women. Young women are taught to value being skinny and beautiful and this social pressure is causing many young women to turn to self-destructive behaviors to live up to the standard (LeCroy & Mann, 2009, p. 4, Boyd, Reynolds, Tillman, & Martin, 2009, p. 667).

Who is telling young women what beauty really looks like? Who is telling them to cultivate the gifts inside them? Who is telling them to value qualities like dignity,

honor, respect, character, education, serving, family, spirituality, giving, good friends, and good choices? This curriculum was designed for young ladies to address the social pressures they are encountering on a daily basis. The program is designed to be a psycho-educational club for young women and to serve as a preventative tool for self-destructive behaviors and promote overall well-being.

Research is showing that programs designed to encourage general psychological well-being are having greater benefits than prevention specific programs such as eating disorder prevention. (Botvin, Schinke, Epstein, Diaz, & Botvin, 1995; Bruene-Butler, Hampson, Elias, Clabby, & Schuyler, 1997; Caplan et al., 1992; Ellickson, Bell, & McGuigan, 1993; Hawkins, Catalano, Kosterman, Abbott, & Hill, 1999; as cited in LeCroy & Mann, 2009, p.15)



## OVERVIEW

The objectives of the program are as follows:

- Define value and worth
- Discover each young lady's strengths
- Examine the standards and pressure society is placing on young women
- Identify each girl's true beauty and uniqueness
- Inspire each girl to use their strengths to help others
- Learn to be others centered instead of self-centered
- Cultivate a sense of self-worth and usefulness within each young lady

## THE CURRICULUM WILL HAVE 3 EMPHASES OR AS WE LIKE TO CALL THEM "SELFIES":

**1. Self-Worth = Who you are:** This portion of the curriculum will start with defining self-worth and discovering each young woman's uniqueness and strengths.

**2. Self-Esteem = How you think:** The curriculum will then move towards addressing many of the pressures young women encounter daily and how to combat those pressures. This section of the curriculum will use "Dissonance Based Intervention" (Festinger, 1957, as cited in LeCroy & Mann, 2009, p. 85). The goal of dissonance intervention is for the participants to voluntarily argue against the cultural pressures and standards that will be presented in the group. As Festinger discovered; "holding inconsistent cognitions creates psychological discomfort that motivates people to alter their cognitions to produce greater consistency" (1957, as cited in LeCroy & Mann, 2009, p. 85). The goal of this section is to create discomfort with the standards society is setting for young ladies and encourage self-confidence and a healthy self-concept (i.e. what one thinks of herself).

**3. Self-Respect = What you do:** The last third of the curriculum will be devoted to reaching out. This portion of the curriculum is designed to combat self-absorption, which is a chronic problem for young girls entering adolescence and can lead to self-destruction. (Phipper, 1994, p. 55, Berg, 1992, Nolen-Hoeksema & Girgus, 1994; Seiffge-Krenke & Stemmler, 2002; as cited in LeCroy & Mann, p. 14) This portion of the program will focus on how each individual can use their uniqueness, strengths and talents to help others.

## SESSION 1: THE ONE AND ONLY YOU!

### OVERVIEW:

This session will introduce the concept of Self-Worth. Sessions 1-3 will all introduce a new #selfie.

**NOTE:** Have written on the board or projected when girls arrive:

“Before I even formed you in your mother’s womb, I knew all about you. Before you drew your first breath, I had already chosen you...”

~Jeremiah 1:5 (VOICE)

Items needed:

- \* (Worksheet A) for each girl
- \*Stamp pads/ Ink pads
- \*Three-3x5 cards
- \* Dry Erase Board or Projector
- \*Wipes/ Place to wash hands

### ACTIVITY:

Give each girl Worksheet A. Allow each girl to make their finger prints on the paper. Allow girls to help each other. Then give girls several minutes to evaluate their finger prints and look at each other's.

**NOTE:** Write the following on the board or have projected.  
(The numbered items will go up 1 at a time.)

**LEADER:** I have 3 selfies I want to introduce to you. I am going to introduce you to 1 today.

1. The 1st selfie is.....Self-Worth

**LEADER:** “What is self-worth? What does that mean?”

2. Self-Worth = Who You Are.

**LEADER:** Our worth and who we are does not change, for our value is bestowed upon us or placed in us.



**NOTE:** Have these 3 quotes written on 3x5 cards. Distribute the 3 notecards to 3 girls. Ask each girl to read 3x5 card when directed.

Genesis 1: 27 (CEB) “God created humanity in God’s own image, in the divine image God created them, male and female God created them.”

1 John 3:1 (CEB) “See what kind of love the Father has given to us in that we should be called God’s children, and that is what we are!”

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights.”

What is that quote from?

~United States Declaration of Independence~

**LEADER:** What are these scriptures telling us about “Who We Are?” How do these scriptures relate to the Declaration of Independence? The men that founded our country realized that there are some things that are given to each HUMAN being and no ONE can take them away!

**ACTIVITY:** \*Split into small groups

Then each group leader will lead the girls in the following questions:

1. Why are you valuable?
2. Did you know there is no one in the world that has the same finger print as you? You are the only you in the whole universe, how does that feel?
3. When you look at the fingerprints in the room from a distance they might all look similar, if you glanced at them would you be able to notice the differences? As a girl, how do you view yourself? Do you see yourself as just another girl? Or do you see yourself as unique and **the one and only you!?**
4. Jeremiah 1:5 (VOICE) says “Before you were completely formed in the womb, there was no one like you. Before you were born you were set apart...” What does this mean?
5. This Scripture confirms that when you were just in your mother’s womb there was no one like you! There never has and never will be another you! If you were the only Doctor in the whole world how valuable would you be?
6. Consider the same for yourself; you are the one and only you! So how valuable are you?

