

# STEP-BY-STEP EMPOWER SESSIONS FOR GIRLS

- Based on: Okoro Mercy's : "Not just another pretty face".
- What is it: Sessions for girls to empower them that they are not just a pretty face, but that they have the same rights as boys.
- How does it help: Girls get educated on their rights, that they have the same rights as boys, to go to school, to not get forced to be married under 18, that it is not okay to be victims of violence. Train them to speak out for themselves and other girls.



## 1

### Get organized

- First do some research: what are issues that girls face in your community? Maybe it is that they are forced to get married at a young age, maybe they can't go to school if they are on their period because there are no facilities or maybe it is something else. Ask around, what could be something that you can focus on? For example Okoro saw in her community that girls were not empowered to go to school, because girls were taught that their goal in life was to get married.
- Second you don't have to do the project alone, find people who are interested in joining you. Maybe your friends, people at your school. Is there a local environment organization on this topic: maybe they know people who want to help you!
- Third you need a place that you can come together: maybe you can meet at your school, your local community house, a church or mosque or in a public space.

## 2

### Prepare the session

Set a goal for the session, this can be many things: Get 25 girls to join the session or to create a safe environment to let the girls discuss their issues or something else. To make sure the session goes well, you need to prepare what you are going to do: are you going to show an inspiring movie, give a speech or invite a person to speak about her experiences? The best is to combine some education with some fun, so you can girls interested to come to your event. Next is to think about how to make sure people are going to show up. Maybe you can make a poster, get included in the newsletter from school or share it on social media. Make sure that people have somewhere to sign up, so you now in advance how many people will show up.

## 3

### Go time!

It is time for the event! Make sure that you have enough space and materials for everybody that signed up and some extras. And then have fun! Make sure that you create a safe space for the girls that they can speak out about the issues they face. You can do this for example by agreeing at the beginning of the session that nothing that is told during the session will be discussed with others. Okoro made space for a Q&A to let girls ask questions that they are maybe embarrassed to ask to their parents or teachers.

## 4

### Celebrate your success!

Think about the goal you set for your club: Did more than 25 girls show up, did the girls talk about their issues they face or did some of them decide they want to go back to school? Celebrate!

How can you do this?

Keep in mind: this is just an example! You can adjust it to your own circumstances and with your own ideas. You can give workshops on all kinds of theme's, take for example Divina's peace workshops, where she educates children on the dangers of extremist groups. Find her project on our website!