

# Our League of Girls Oath

I will do my best to be  
 Mentally clear, (point to your head)  
 attentive to my surroundings, (point to your eye)  
 responsible for what I say and do, (point to your mouth)  
 accountable to my friends, family, and community (point to your shoulder)  
 accepting of others feelings, (point to your heart)  
 and to  
 stay physically fit and maintain my health, (point to bicep)  
 extend the hand of acceptance and respect to others, (give a hand salute)  
 stand firmly as a courageous, generous, and honest person, (point to your foot)  
 make the world a better place, (sweeping circle overhead)  
 for my League of Girls sisterhood. (put arms around shoulders of others)



**Mentally Clear**



**Attentive to My Surroundings**



**Responsible for What I Say and Do**



**Accountable to My Friends, Family, and Community**



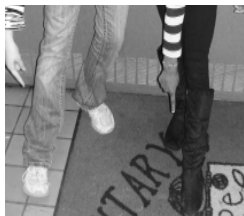
**Accepting of Others Feelings**



**Stay Physically Fit and Maintain My Health**



**Extend the Hand of Acceptance and Respect to Others**



**Stand Firmly as a Courageous, Generous, and Honest Person**



**Make the World a Better Place**



**for My League of Girls's Sisterhood**



# Lesson 1: Our Secret Society – The League of Girls

**Time: 45-60 minutes**

## Objectives:

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- Girls will understand the purpose of the group
- Girls will meet and learn more about other group members
- Girls will be introduced to 8 symbols that will be used at each session

## Materials:

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- Magic Counselor Box
- Large Group Oath Poster
- Lesson 1 Stickers
- 1 copy of the Getting to Know You Game Cards
- Container (fishbowl, hat, box)
- Copies of the Girl Code Handbook
- Super Secret Girls Skills Sheet (optional)

## Pre-Group Prep:

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- Cut out the cards, fold, and place in the container
- Place Oath and Puzzle Board on the wall
- Cut out Lesson 1 Stickers
- Put Together Handbooks

## Opening:

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**Time: 15 minutes**

1. Group members sit in a circle. Have members sit by members they do not know well (use a seating chart!).
2. Explain the purpose of the group. Here is a script you can use, however it is better to deliver the information in a casual, chatty style.

### **Counselor:**

**I am really excited to see all of you here! You are going to be a part of a group that is going to have a really fun experience. For the next 8 weeks we are going to be gathering once a week. We are going to talk about what it means to be a thoughtful, successful girl, someone who is responsible, respectful and courageous. We will learn about decision making, feelings, and how to be a leader.**

**Don't worry, we are not going to just sit around and talk! We will be doing some seriously cool projects- like solving mysteries, designing and earning personal logos, and creating your own comic book!**

**Have you ever heard of a secret society? A secret society is a sisterhood of friends who have secret oaths, special hand signs, codes, and secret symbols. This group has all those things and more! Our secret society is called the Girl Code: A League of Girls.**

**Today I am going to teach you the secret oath. We will recite at the beginning of each meeting.**

**Every meeting you will earn a symbol sticker in your Girl Code Handbook. At our eighth session, when you have earned all your stickers you will be initiated into GCS. At initiation, you will learn the meaning of our motto and crest, our symbols, secret code words, and some other cool stuff!**

**If you happen to miss a meeting, you can earn your sticker by meeting with me or a designated group member for an individual lesson.**

**Remember that these secrets are fun secrets. You can tell your family or a trusted adult about them and what they mean. Try not to tell your friends or classmates about them, so you will have something special just between the eight of you!**

3. Hand out copies of Our Group Oath. Tell them that this is their own special copy to keep secret in a safe place. Go through the oath and hand signs several times. Use the large posters as a visual reference.
4. Give members their GCS booklet. You will go through the book with the members, explaining each section. (You will probably want to keep the books for members between lessons so they do not lose them!)

### Activity: Getting to Know You Game

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**Time: 20 minutes**

#### **Sticker Partners!**

1. Each student is given a sticker to put on her hand upon entering the classroom, but students aren't told what the sticker is for until the time is right! Be sure there is a partner (matching sticker) for every student.
2. Ask students to find their partners and interview them (name, grade, hobbies, etc.). Each interviewer is responsible for introducing each interviewee to the rest of the class.
3. You might find that students find it less threatening when someone else shares information about them than when they are asked to share about themselves.



If there is extra time left, group members can decorate their GCHB.

### Followup:

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**Time: 5-10 minutes**

- Ask the girls the following questions:
  - Have you ever been in a club or group like this?
  - What questions do you have for me about the group?
- Give girls a Lesson 1 sticker to color and glue in their handbooks.

## Evaluation:

- Observe the body language of the group members – did they seem scared, nervous, excited, or apprehensive?
- Observe the interaction between group members. Is there tension? Do members have an instant scapegoat? Is there an obvious leader? Use this information to create your seating chart for the next session.
- If a member seems reluctant to participate or is uncomfortable around the group; meet with them privately to discuss their problems or concern.

## Individual Counseling:

An additional game in this lesson can easily be adapted for use with an individual client, especially in an initial session. You will need the container with the Getting to Know You Game Cards. Counselor and client take turns drawing cards and asking questions. For extra fun, the client can make up questions for the counselor, and vice versa!

