



# NO LIMITS FOR GIRLS

SCHOOL WORKSHOP SERIES

**NO LIMITS FOR GIRLS is a new program designed to extend the reach of the award winning SISTER2sister program, which has delivered strong outcomes in improving the lives of vulnerable teenage girls.**

NO LIMITS FOR GIRLS is a program designed for Year 7 students, delivered in a school setting. Year 7 girls are particularly susceptible to increased social pressure as they enter high school, as well as broader cultural pressures as they move into adulthood. Many girls face additional challenges based on disadvantage, childhood trauma or other circumstance.

Providing support to young women at this stage of development has the potential to increase their resilience, emotional intelligence and stress management skills, creating a strong foundation for personal growth and management. The program is designed as a series of half-day workshops delivered twice per term over 2-3 terms, with the number of students per session limited to 36.

**We are not affiliated with any religion or religious institution.**

**TOPICS TO BE COVERED INCLUDE:**

**FEELINGS & REACTIONS  
- WHAT IS GOING ON?**

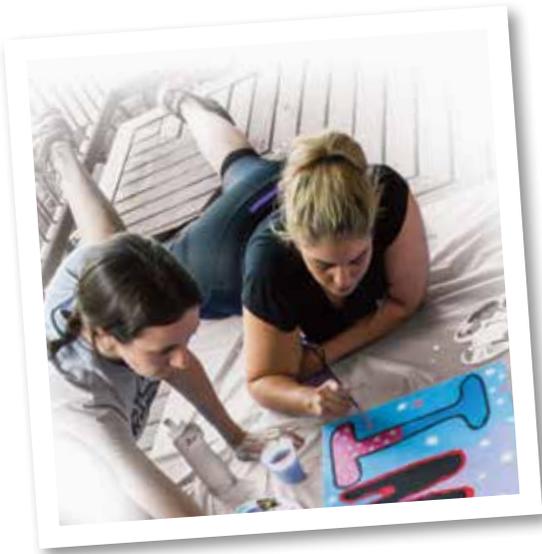


**LISTENING TO THE  
INSIDE ME**

**NO LIMITS FOR GIRLS**



## FEELINGS AND REACTIONS -WHAT IS GOING ON?



- The program provides an opportunity for the girls to **share their experiences of Year 7**
- Provides an opportunity for the girls to share their ideas of things that could cause them stress or anxiety
- Provides information on responses to stress
- Identifies where they feel stress or fear reactions in their bodies
- Provides opportunities for **increasing empathy** as they listen to each others' experiences
- Creates understanding about other young people's different experiences
- Explores and practices a range of strategies to **manage stress** and fear responses in and out of the classroom

## LISTENING TO THE INSIDE ME



**Building on the awareness from the previous session we will explore protective behaviours from an adolescent perspective:**

- Listening to their body and recognising early warning signs (related to peer group pressure in particular)
- How to use these skills in different situations for example on-line
- Why their brains are working differently in adolescence (the drive to fit in)
- How this can turn into a bit of a battleground inside themselves
- Developing their **help-seeking skills**

## NO LIMITS FOR GIRLS

**This session will be encouraging girls be "Sisters" to other young women rather than competitors.**

**It will explore the concept of **personal power** and using this as a privilege or a weapon.**

*It was great to realise I wasn't alone and there are other people out there like myself!*

-Chloe