Women Teaching Girls

Interactive Training Modules

Girls' confidence

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The Village Teacher

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Women Teaching Girls Self-paced training modules

The female brain
Girl-friendly classrooms
A girl's need for social interaction
Risk-taking and problem solving
Girls and difficult subjects
Good girls syndrome
Girls' confidence
Empowering girls
Teaching girls who struggle
Girls and exam anxiety
Girls who try too hard
Be an empowering teacher

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Girls’ and confidence

Being a teen is hard, and it's all too easy for teens to be too hard on themselves. Here are some quick tips to help teens, particularly girls, build self-confidence.

The teenage years can be turbulent ones, full of self-doubt and angst at the outside world. It’s normal for things not always to be rosy, but sometimes teens can use a little extra help in building their self-confidence. Acting self-confident is the first step to feeling self-confident.

Self-Confidence

A girl with a positive self-worth may lack confidence in parts of her life. She may feel self-confident around her mother but be a nervous wreck in the company of her teacher for instance.
Self-confidence is measured in behaviour terms, while self-worth is assessed in attitudinal ways.
Teaching your girls new behaviours is the avenue for building and sustaining self-confidence.

Self-confidence is made up of:
Willingness to take risks
Ability to challenge oneself
Capacity for courage and assertiveness
All of these themes revolve around one key word:
ACTION

You build confidence by doing: not by worrying, thinking about it, talking about it, but by doing.

We must keep in mind in helping our girls to gain self-confidence the importance of their becoming people who challenge themselves, who are willing to take risks, and who have no fear of unwillingness to take risks.

Treating your girl as if she already is already what she can become is the greatest self-confidence booster there is.
Don't be the teacher who points out flaws and reminds her that she has limited abilities.
Convey to her that you believe in her abilities.
Your girls self-worth must be a given, not something to be proven.

Basic principles for building self-esteem in your girls
• You must model self-respect
• Treat girls as individuals
• A girl is not her actions but a girl who acts
• Provide opportunities to be responsible and make decisions
• Teach enjoyment of life every day
• Provide praise rather than criticism
• We become what we think about

Strategies for raising a girl's self-portrait
• Encourage a girl to be a risk-taker rather than always taking the safe road
• Discourage a girl from any and all self-put-downs
• Make an effort to reduce the emphasis on external measures of success

• Work at reducing complaining and whining behaviour
• Focus your criticisms on actions, not on the value of the person
• Encourage a girl to be excited about everything in life.
• Help them avoid the “I’m bored” routine.
• Encourage a girl to be independent rather than dependent
• Teach a girl to be non-judgmental
• Encourage a girl to be honest with herself
• Be aware of the importance of appearance in teen girls
• Encourage a girl to think in healthy rather than in sick ways
• Catch a girl doing something right, and remind them on a regular basis of how terrific they are
• Treat a girl as though he has arrived as a total, complete human
• Give a girl an opportunity to be a unique and special person
• If you want her to feel attractive, beautiful, competent, and healthy, then show her a person who lives that way
• Listen carefully to girls
• Be involved in her age-related activities
• Be supportive of her efforts to be independent
• Help her develop positive self-pictures in her head
• Teach her to avoid self-destructive self-talk

A teen girl’s self-image is the most important factor in her happiness and fulfillment.
A girl who believes that the world is a good and miraculous place, and that she is special and loved, has a tremendous advantage over a girl who is doubting and negative.

When you send highly charged positive signals to a teen girl, she begins to have an expectation of happiness and success, she becomes eager to meet new people, she enjoys challenges, and – most important – she will be loving, open, and generous toward others.

Two Page Plan – Girls' confidence

Lack of confidence is one of the biggest barriers to a girl's success at school.

What tips have you learned in this session that would you would use in equipping girls to build greater confidence

1.

2.

3.

4.

5.

6.

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