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Welcome lady! You are THAT GIRL and YOU are about to change lives by building a community that makes it safe for girls to be exactly who they are.

It takes a powerful, kind, and passionate person to step up to the plate and commit to leaving the world better than you found it. You ROCK and we are psyched you’re here with us!

You’re a Local Chapter leader now, and you get that...

- Girls need a safe space to come together and have honest conversations about things that matter.

- We are our most awesome when we lift each other up.

- When you are brave enough to be vulnerable and share your story, you give others permission to do the same.

- We believe in you and we’re here to support you on this journey. We want you and your chapter to have fun making it your own. So dare to DREAM HUGE, color outside the lines, and stretch your comfort zone! This experience is a game changer, get excited!

- We are honored to have you as part of the I AM THAT GIRL community and we can’t wait to change the world with you, one beautyFULL girl at a time!
A girl’s physical, emotional and mental well-being is rooted in her self-worth. And we are living in an epidemic of self-doubt.

I AM THAT GIRL is helping girls transform self-doubt into self-love with a community that’s shifting girl culture. Every day, girls are bombarded with messages that attack what she is NOT and we work every day to help her love who SHE IS; to see that in herself and inspire that in others.

Local Chapters

I AM THAT GIRL chapters are a safe space for you to have honest conversations about things that matter and to lift each other up. It’s an opportunity to be who you are instead of who you think you’re supposed to be. These are peer-led groups that come together regularly and set a new standard for how girls treat each other, and how we treat ourselves. These meetings are a time to practice being the very best version of yourselves and to take what you learn into your everyday lives. It’s a space to be seen, to be heard, and to belong.

MISSION / VISION

I Am That Girl is:

A community, a support system, and a movement inspiring girls to LOVE, EXPRESS, and BE who they are.

Starting and joining a chapter gives you access to IATG’s best of the best materials, resources, and perks. Our curriculum is created to cover all things GIRL. The program is simple by design; it will help guide you as a leader to initiate conversations about life, relationships, health, family, school, global happenings, jobs, and more. Through a commitment to honest and open conversations, chapter meetings become a time for you to explore your passions, discover who you are, share your stories, overcome adversity, feel beautyFULL, and remind each other that you’re not alone.

As a chapter leader, you’ll get amazing leadership training and the full support of the IATG team. You’ll also become a part of a larger community of chapter leaders from all over the world, to get advice on everyday life, best practices for your chapter, or anything else on your mind. Each chapter will have its own unique flavor - we’re so excited to see how you thrive, the sky’s the limit!
Be Loving

Being THAT GIRL means loving yourself and loving on others. It’s that simple. It means we give people the benefit of the doubt, we take a minute to think about what someone could be going through before making a judgment, we take time to really listen, and we believe in the good in people. Because all any of us want is to be seen, to be heard, and to belong. Bringing out the best in peeps, it’s kind of our thing.

Give Back

Imagine a world where everyone gives as much as they take. What would be possible? Everything! Feeling like we have a purpose lights us up from the inside out! You want to talk about confidence? Make an impact on someone’s life, you’ll feel unstoppable! You have the power to change the entire world, to leave it better than you found it! And guess what? We’re doing it together!

Lift Each Other Up

We are here to lift each other up, not break each other down. Collaborate, not compete. We are so much more powerful together than we are apart. Something really important to understand is that hurt people, hurt people. We doubt ourselves enough, we don’t need help from each other. What we need are people who lift us every time we so much as whisper a word of self-doubt. So that’s what this community is all about - lifting people UP! It’s a game changer, one where everyone wins.

Speak Your Truth

It takes a lot of courage to be honest and vulnerable, to say what we really feel, and to be who we really are instead of who we think we’re supposed to be. The coolest part about it is, when we are brave enough to speak up and share our truth, it gives someone else the opportunity to share theirs, to say “me too.” It reminds us all that we are not alone. It’s actually kind of like a super power. When you can master the art of truth telling, you will transform your relationships, your life, and the world.
I, (insert your name here) **am that girl.** I have a brilliant heart and a beautiful mind. I am perfectly flawed and a constant work in progress. I promise to lift other girls up, to have their backs, and to make it safe for them to be exactly who they are. I’m on a mission to change the world by raising the standards for how we treat each other and how we treat ourselves. Every time I look in the mirror I’m reminded that I’m not alone, that my voice matters, and that I am enough.

Share this with your chapter members and have them sign the pledge at:

[www.iamthatgirl.com](http://www.iamthatgirl.com)

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**The I Am That Girl Pledge:**

*Read it, take it to heart, live it.*

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I’m not alone, my voice matters, and I am enough.
Welcome!

Everyone wants to feel welcome. High-fives and hugs are great ways to kick things off. Introducing new members by sharing something cool about them – “Jen’s pretty great and she rocks on the saxophone” – makes everyone feel at ease.

**I AM THAT GIRL because...**

The best way to build a supportive and open environment is to set that tone right away. That’s why you’ll start each IATG chapter meeting the same way we start our IATG team meetings: by owning WHY you are THAT GIRL stating, “I am THAT GIRL because...” This is an opportunity for every girl to share what’s going on in her world – the good, the bad, and everything in between – and then end with a celebration of yourselves.

Chapter leaders go first with each member following; there are no wrong answers it just has to reflect openness, honesty, authenticity, and a willingness to be okay talking about yourself to others. We love this activity! The more we celebrate girls for speaking highly and kindly about themselves the better off this world will be!
Let’s talk about it

You’ll pick a topic to discuss at each meeting. You can choose the topic as chapter leader or you can throw it out to the group to help decide the next meeting’s topic. Meeting chats are meant to be fun, honest and give you a chance to challenge each other respectfully and dig a little deeper into life. You might want to share the topic before each meeting to give the girls a chance to think and come ready to rock the talk!

Closing

As you wrap up the conversation, leave a little time to chat about how you can take what you talked about outside the group and continue to be THAT GIRL. Think of these meet-ups as places to try out new ways of thinking and seeing that will shape the rest of your world, that will help you BE the best version of YOU! Leaving a bit of time at the end of each meeting for hanging out and socializing is a great idea and a perfect way to end the meeting!

Follow Up

Who doesn’t appreciate some gratitude love? Zap a little message (email, Facebook, Twitter) of thanks to the girls after each meet-up and let those who could not attend know they were missed! Be sure to send an email recap of the meeting to all your members - see the next page for an example. Copy local@iamthatgirl.com and your IATG point person to keep us up-to-date on your awesome chapter meet-ups!
**Discussion:**

- Different ways we compete with each other, with boys lead to talking about identity: people make their identities based on so many things (TV, magazines, parents, school, job, people in the media). Good to try and make your own identity

- Talked about how popular media is based on competition (Like American Idol, Biggest Loser, The Bachelor)

- Talked about how competition can be good and healthy as long as there is a mutual goal and everyone feels like they succeeded in some way

- Talked more about images and how they define us, but we aren’t just one thing, and especially not Photoshopped, which is NOT real!

- Talked about how society makes it seem like we’re conceited if we care about ourselves, but caring about ourselves is super important!

**Quotes We Loved:**

- “You can never be someone else, so compare yourself to your best self”

- “We shouldn’t be tearing each other down; we should be building each other up”

- “Just because you aren’t successful at one thing, that doesn’t make you unsuccessful”

**Be THAT GIRL this week:**

- Celebrate your own path
- Stop comparing yourself to other people
- Celebrate differences and successes for other people
- Talk about the competition and empower yourself!
- Stop competing and start collaborating.
- Thank you all for coming and we will see you next week- same time, same place!
I Am That Girl Agreements:

This is our version of house rules. Follow these and your meetings will rule!

Try not to be the only voice in the conversation, leave time and space for everyone!

Take a Tech Break: Silence phones. Some chapters place a basket at the door for girls to drop off their phones before the meet-up starts.

Listen: No need to think about what you’re going to say, relax and tune into what others are saying, and make them feel heard. Respectfully disagree. It’s cool to disagree with an opinion. Remember that’s different than attacking or insulting someone. Building up is our thing, not shutting down.

Ouch/Oops: If someone DOES say something that offends or hurts another, the offended person can say “Ouch,” to let them know. The speaker can say “Oops” as a way of saying “Sorry!

I didn’t mean to hurt your feelings or be rude.” You can have a deeper conversation post-meeting with the impacted people and work out any differences that linger.

Assume the Best: If someone says something that seems ignorant, biased, or judgmental, assume that the person has good intentions, but maybe not all the information they could use. When you assume the best you come from a place of understanding instead of judgment. And everyone feels better about sharing vulnerable ideas or personal things. Acceptance, appreciation, and making everyone feel valued is the name of the IATG game!

Compliments: Give them freely. And if someone gives you one, receive it. The only two words that ever need to follow are “thank you”.

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Sing it Sister!

Chat, chat, chat about IATG and the movement whenever you can! Nearly every convo you have in meet-ups relates to what you’re doing or experiencing out in the world. Talking about IATG becomes super easy! Let your passion for this movement shine and others will catch the glow too!

Say it With Social

Take it to social media to spread the love. Get creative and have fun—share videos and photos, include some cool stats, post an interview, tweet and hashtag (don’t forget @iamthatgirl) your heart out. Re-post IATG videos and articles, spread the love with your posts, and inspire members to use their tweets and status updates to share empowering messages. You can even record your meet-ups, service projects, or other activities, upload them, send them to us, and spark the movement around the world!

Tag It!

Grab some colorful post-it notes and leave messages all over town – “You are beautyFULL,” “I AM THAT GIRL,” “Be amazing!,” “Perfectly flawed,” or “You are enough.” There are no wrong messages of love! Leave a note for one of your besties on her door; give the other girls in the bathroom something to smile about by sticking a note on the mirror. Positive punking, inspirational art, whatever you call it, share it and spread the IATG message (responsibly of course!).

Compliment Her

A compliment (no matter how small) boosts EVERYONE’S day. Be THAT GIRL who pays the positive forward to friends and strangers. Compliments break down barriers; they dispel jealousy and judgment, and they create bridges to connection!

Inspire Others:

You’re a Local Chapter Leader, an IATG fabulista, and an every day example of what it means to be THAT GIRL. YOU remind us all that we’re all on the same team! Pretty awesome. So how to share the I AM THAT GIRL message and inspire girls to be the best version of themselves? Here you go:
Support Your Sisters

We’re all working towards goals – doing better in school, applying for the job, making new friends, learning to play the piano – and we all need support to reach them! Support your sisters! Give your time, attention, and words to those you know are giving it their all to cross the finish line. They’ll feel amazing and YOU’LL feel great knowing you helped make their dreams come true!

Cross Your Borders

Have deep conversations outside of your meet-ups too. Challenge yourself, cross your own borders, and get to know people or ideas that make you feel differently. Share your insights and experiences in your next meet-up!

Lift While You Climb

You are THAT GIRL, someone who wants to make the world a better place! Get involved with cool and fun community service projects as a chapter and see how great it feels to make a difference in your own back yard.

Bring a Special Guest

Invite a guest speaker to your meet-up. Maybe it’s someone local that you admire or a person who can talk passionately about a cool job, an awesome experience, or an amazing skill they’d like to share.
Spread the Word

Ready to rock the media world and help spread the word about this amazing movement? Here are some guidelines to talking about IATG to news, blogs, television stations, or other media outlets:

Tips and Tools:

• Relax and be yourself
• Share our Mission and Values
• Refer to the info in this handbook when talking about the Local Chapter program or meet-ups (you can use anything in here word for word!).
• Refer to yourself as a “Chapter Leader”
• We generally reach girls between the ages of 14-22, but we impact beyond that age range! We are an inclusive community: all girls who believe in our mission and commitment to community regardless of age, race, religion, etc. are welcome and valued!
• We are a 501c3 non-profit organization based in Santa Monica, California. We were founded in 2008 by Alexis Jones and Emily Greener.

What does THAT GIRL mean?

THAT GIRL is the best version of each of us. She’s all ages, ethnicities, classes, and religions. She’s got a brilliant heart and beautiful mind. She is perfectly flawed and a constant work in progress. She seeks to be confident in her own skin. She speaks her truth, sees the best in others, and strives to leave this world better than she found it.

Remember:

We WANT you to share your passion for IATG and your chapter love with the world. If the media source has additional questions about the organization, please direct them to local@iamthatgirl.com for all the latest and most up-to-date info!

Be sure to share any media coverage with your IATG point person and local@iamthatgirl.com.
You and all your chapter members should feel safe to share openly about struggles, challenges, or difficulties. But remember: NONE of us are licensed professionals and everyone should have access to the kind of help they need. Visit/share the link below to get the right resources:

http://www.iamthatgirl.com/resources
Here are over eighty hot topics to spark conversation at your meet-ups and tips to get the most out of your discussions!

Stretch

Give everyone a chance to think about the topic by announcing it ahead of time. Stretch yourself to dig into unfamiliar or uncomfortable topics. Get out of your comfort zone and prepare to have your mind blown.

Discuss

The questions under each topic will spark conversation, but don’t feel obligated to hit every point. Remember, there are no right or wrong answers or opinions. What’s most important is creating a safe space to let each girl know her opinions, thoughts, and concerns are respected.

Make It Count

You can always support topics with interesting articles, resources, and videos to make the conversation strong and engaging. No need to do a ton of research.

Some great resources:

- Blogs: Jezebel, Hello Giggles, Blogher, Offourchests.com
- Videos: Fora.tv, Ted.com, Youtube.com, Hulu.com
- News: Huffington Post, Salon, Variety, Mashable, DrudgeReport

Or if you’re feeling super creative: invite an expert! Teachers/professors, business owners, artists, or other local figures are all great resources!
Be Loving

Being THAT GIRL means loving yourself and loving on others. It’s that simple. It means we give people the benefit of the doubt, we take a minute to think about what someone could be going through before making a judgment, we take time to really listen, and we believe in the good in people. Because all any of us want is to be seen, to be heard, and to belong. Bringing out the best in peeps, it’s kind of our thing.

“ALL ANY OF US WANT IS TO BE SEEN, TO BE HEARD AND TO BELONG”

Let’s Chat:

1. How do you treat people, honestly? How do you treat yourself? What about those people who really bug you, annoy you, or who are mean to you?

2. How can you create common ground with people?

3. What are some situations where you know you can be kinder to yourself?

4. Who in your life is really good at being nice to themselves, and others?

5. What makes you a good listener? How does listening from a place of love and understanding impact your relationships?

Being THAT GIRL:

THAT GIRL is the best version of YOU! It means you’re raising your game on a human level, a we’re-all-in-this-together level. It’s accepting that you are perfectly flawed, a constant work in progress, and loving yourself every step of the way!
Lift Each Other Up

We are here to lift each other up, not break each other down. Collaborate, not compete. We are so much more powerful together than we are apart. Something really important to understand is that hurt people, hurt people. We doubt ourselves enough, we don’t need help from each other. What we need are people who lift us every time we so much as whisper a word of self-doubt. So that’s what this community is all about - lifting people UP! It’s a game changer, one where everyone wins.

Let’s Chat:

• What does it mean to lift each other up? Share a story about a time you’ve supported someone. When have you asked for support? What did you learn and how did it make you feel?

• How has technology made it easier to support each other? How can you use technology to better promote positivity?

• Why do you think girls have a hard time supporting each other? How can we change our “mean girl” culture to be a culture of lifting each other up?

• What does the phrase, “Hurt people, hurt people” mean to you?

• How can you be more aware of the way your words affect someone else? What words do you use that might be negative? What words can you replace them with to give someone a boost?

Give Back

Imagine a world where everyone gives as much as they take. What would be possible? Everything! Feeling like we have a purpose lights us up from the inside out! You want to talk about confidence? Make an impact on someone’s life, you’ll feel unstoppable! You have the power to change the entire world, to leave it better than you found it! And guess what? We’re doing it together!

Let’s Chat:

• What cause/issue are you passionate about? What are you doing to be involved? What can others do?

• What can you do every day to make an impact? Where else can you give back (eg. school, family, friends)?

• Who are some of your heroes involved in inspiring work or good deeds? What makes them awesome?

• Why do you think we hear more bad news than good news? How can we inspire more people to give back?

“MAKE AN IMPACT ON SOMEONE’S LIFE, YOU’LL FEEL UNSTOPPABLE”
Speak Your Truth

It takes a lot of courage to be honest and vulnerable, to say what we really feel, and to be who we really are instead of who we think we’re supposed to be. The coolest part about it is, when we are brave enough to speak up and share our truth, it gives someone else the opportunity to share theirs, to say “me too.” It reminds us all that we are not alone. It’s actually kind of like a super power. When you can master the art of truth telling, you will transform your relationships, your life, and the world.

Let’s Chat:

• How do you bring up difficult conversations with friends? What might stop you from having these talks?

• When you’re talking with someone, what are some ways they make you feel heard and seen? How do you make others feel heard and seen?

• How does body language change or impact a conversation? What are some positive body language signs we send? How about negative ones?

• Think about a recent, meaningful conversation. Why was it so good? How did it make you feel?

• What relationships in your life would benefit the most from powerful, honest, one-on-one conversations? What’s holding you back from having those talks?

Living It

Being THAT GIRL is more than an idea... it’s a state of mind, an identity, and a beautiful responsibility to be the best version of you. It’s about walking your talk, remembering to love you, and being kind to the world.

Let’s Chat:

• What does being THAT GIRL mean to you? How does it feel?

• When is it most challenging to be THAT GIRL?

• When are you most confident? How do you act, walk and talk in these moments?

• What’s a challenge you’d like to take on for yourself today?

Being the Youest You

YOU are the only you in the entire YOUniverse. You are a once in a lifetime gift to the world. So BE who you are, OWN who you are, CHERISH who you are, not who you think you’re supposed to be.

Let’s Chat:

• What’s one of your favorite things about you?

• When is it hard to be the real you?

• What are your friends’ and family’s favorite things about you? Do you see that in yourself?

• What are some of your talents? Do they help you express who you are? How?

• What does being happy mean to you? Define It for yourself. What makes you truly happy?
Confidence

Genuinely believing in who you are, what you do, the choices you make, and the value you add to the world - that's real confidence. It's a process, and it's worth all the work.

Let’s Chat:

• How do you define confidence?
• What stops you from having that confidence? How can we help each other to overcome whatever is stopping us?
• Who are your confidence role models? What is it about them that you admire?
• What advice would you tell your younger self about being confident?

Kindness

Being kind is addicting, and nothing makes you cooler. You will make people's day, inspire whoever is watching, and you will feel like a million bucks. Try asking the person at the register how their day is going, complimenting a stranger (or anyone really), helping someone out, or giving a gift for no reason. Be a day maker!

Let’s Chat:

• What can you do today to lift someone’s spirit?
• How does it feel when someone is nice to you for no reason?
• Have you ever been inspired by someone being kind? How?
• Random acts of kindness: Brainstorm some ideas about how to be kind to a stranger.
• How can you inspire your friends to be even more kind?

Gratitude

There is so much to be grateful for - the little things, the really big stuff, and everything in between. If you can remember to be grateful as you walk/run/dance through life... light will be brighter, sounds will be sweeter, and love will be louder.

Let’s Chat:

• What does gratitude mean to you?
• What are you grateful for?
• What are you taking for granted?
• How do you show gratitude to others? How do you show gratitude to yourself?
• Being grateful for the hard times, mistakes, and pain is just as (if not more) important. What nuggets of wisdom have you learned through your struggles?
• Who are you grateful for? How have these people showed up for you?

Forgiveness

Forgiving someone can be tricky. Keeping anger and resentment inside of you is only hurting you. Here's a secret... when you forgive, it’s actually more for you than it is for anyone else.

Let’s Chat:

• When has forgiving someone or yourself helped you grow and what did you learn from that experience?
• Why is it sometimes hard to forgive someone that has hurt you? Why is it important to forgive?
• “Forgive and forget.” What are your thoughts about this phrase? Is this always possible and/or good?
• Some people call forgiveness an art because it takes skill, determination, love, and most importantly practice. How can you practice in your everyday life so when the bigger hurts come you are more prepared to forgive?
Respect

Respect YOURSELF and others! You don’t have to agree with everyone, or even like everyone. But we all deserve respect. Politeness, courtesy, and respect are the new black. Check it.

Let’s Chat:

- Why does respect matter? How do you show respect for yourself and others?
- Why do people act disrespectful?
- How do you define self-respect? How can we inspire self-respect in girls and young women?
- How do you handle someone who is disrespectful to you? Who do you know that treats themselves disrespectfully?
- Why do you value people who are respectful?

Independence

Independence is cool and comes with practice. Standing on your own two feet and loving spending time with yourself is, like, totally awesome.

Let’s Chat:

- How do you define your own independence?
- What are some ways you demonstrate your independence: money, job/responsibilities, cooking? How does independence make you feel?
- What are some things that get in the way of your independence and how can you work through them?
- What skills help you be more independent?
- Where would you like more independence in your life?
A Healthy Lifestyle

You’re a busy girl in this crazy busy world. It’s all-too-easy to let nutrition, healthy sleeping habits, and regular physical activity slip off the grid. Self-love is all about self-care. What can you do to keep your precious body healthy?

Let’s Chat:

• What are some ways you try and stay healthy (eating habits, activities, meditating or taking time to de-stress)?

• What are some creative ways to bring in physical activity into your crazy schedule?

• Everyone has unhealthy habits. How can you tweak yours?

• How does technology help us be healthy? What are some of your favorite apps, blogs, or programs?

• How can you be more kind to yourself when you do make unhealthy choices (all of us do)?

Do YOU:

Check-in with yourself: Are you happy? Healthy? Living your values and beliefs? Spend some time focusing on YOU.

“SELF-LOVE IS ALL ABOUT SELF-CARE”
Life Balance

Keeping balance is a constant work in progress. Life moves zero to sixty these days and sometimes things get out of balance. Think about all the things that make your life whole, and remember to give them all some love (work/school, relationships, friends/family, health, and YOU time).

Let’s Chat:

• How do you manage stress? What helps you recharge, slow down, reconnect?

• What do you consider “balance”?

• How do you prioritize your responsibilities?

• What outside factors contribute to that feeling of busy, “go, go, go” craziness that we can get caught up in sometimes? How might we deal with these?

• Does our culture make it seem like we are supposed to be busy? What are some solutions around this?

All That Stuff

Let’s face it, we all like things, you know, stuff, clothes, cars, shoes, goods and goodies. But we all know it’s not the stuff that makes us happy, even if we think it does in the moment.

Let’s Chat:

• Being THAT GIRL means that we contribute to the world as much as we consume. What does it mean to contribute to your community? Society? Family?

• How does having the “cool” new item (clothes, electronics, music) make you feel? What is the relationship between stuff and your self-worth?

• In some cultures, people have only the basic items they need for survival. Do you think you would be able to live without all of your “extra” stuff? What are some of the basic things you would need to feel happy?

• How does media influence your desire to buy stuff?

• How can you combat the pressure to always have newer, better, bigger, brighter things?

• Challenge: What 5 items in your room or closet would you be willing to donate to a girl in need?

Nutrition

Good nutrition is a way to love every inch of your whole, AHmazing self! We are what we eat, right?! Our bodies allow us to do all the things that make life awesome, let’s take amazing care of them.

Let’s Chat:

• How does your family and closest friends affect what you eat? How can you inspire them to make awesome food choices?

• What does “eating healthy” mean to you?

• When was the last time you cooked for yourself, your family, your friends? What was your experience like?

• What is your relationship to food? Do you sometimes eat to handle stress or emotion?

• Eating disorders can affect girls (and boys) at very young ages. What can we do to raise awareness about eating disorders?
We want you to love what you see when you look in the mirror. And we know it’s hard in the midst of mixed messages from media, magazines, movies, the internet and on and on. Do you know you are getting thousands of messages every day telling you what you’re not? We are here to celebrate who you are, and the beautiful body you come in.

Let’s Chat:
• How does the media make you feel about your body?
• What are five things you love about your body?
• Was there a time when you liked your body more? How old were you? At what age did that start to change?
• Is it easier to see beauty in other people than in yourself? Why?
• What can do to improve the way you feel about your body, daily? weekly? monthly? yearly?

Loving yourself also means taking care of your hygiene. How you treat yourself is a direct reflection of how the world will see you. It’s also a huge confidence booster. So take the time to take care of you.

Let’s Chat:
• What’s the relationship between personal hygiene and self-esteem?
• Some feminists don’t believe in shaving their legs or underarms. They believe it reinforces negative ideas about women, beauty, and cleanliness. What do you think of this?
• How does someone’s limited finances affect their hygiene?
• What’s the relationship between hygiene and social acceptance?
• How does the beauty industry—companies that sell soap, shampoo, perfume—shape ideas about hygiene?
Definitions of Beauty

Beauty seems to be the most important thing in our world. And it is such a distraction throughout our day. What if we defined beauty for ourselves on our own terms? What would be possible?

Let’s Chat:

• What is your definition of beauty?
• Where do our ideas about beauty come from?
• How have beauty standards changed in the past few years? For the better? For the not so great? Any ideas about solutions to the negatives?
• What can we do to re-define beauty?
• Would you apply your own definition of beauty to yourself? If not, why?

Look in the Mirror

Look in the mirror, REALLY look. Look so long that you start to see beyond your face and your body, and you connect with who you really are. Then say the things out loud to yourself you wish others would say to you. Learn to LOVE what you see.

Let’s Chat:

• What is your first thought when you look at yourself in the mirror? If it’s a negative thought, why do you think you focus on the negative first?
• Challenge: Can you say one nice thing about yourself while looking in a mirror every day for 30 days?
• Studies show that girls are more critical of their appearance than boys, why do you think that is?
• What do you think might influence what you see when you look in the mirror?
• How can we reclaim or redefine what the mirror stands for? How can we change the way we see ourselves?

Body Language

Non-verbal communication (body language) speaks volumes. You would be shocked at what changing your body language can do for your mood, and your life. Are your moves helping or hurting?

Let’s Chat:

• When you’re talking to someone, what do you notice about their body language? About your body language?
• Do you ever think about what your body language is telling people? What are you most aware of?
• What are some examples of negative or closed body language? Positive or open body language?
• What gesture, movement, or expression do you make without thinking?
• How does someone else’s closed body language affect your conversation with him/her? If it’s a friend, how can you talk to them about it in an inspiring way?

Parents

As time goes by and your life changes, your relationship with your parents is sure to go through some major shifts. It’s all part of the growing up gig! We know it’s weird, but parents are people too.

Let’s Chat:

• Has your relationship with your parents changed? How?
• What does it mean to you to make mature decisions and take on more responsibility?
• What challenges have you experienced in your relationship with your parents?
• How can you include your parents in your life while also being independent?
• What do you wish your parents would do differently to respect your boundaries and needs? How might you talk to them about this?

“LEARN TO LOVE WHAT YOU SEE”
**Personal Boundaries**

Know yourself enough to know your boundaries. These are the lines you draw in the sand for what you will and will not allow into your personal space and in your life. What is worth having around (even when it’s challenging), and where do you draw the line?

*Let’s Chat:*

- What are your personal boundaries for your relationships, health, and values?
- How do you determine what your limits are?
- Are personal boundaries fluid or do they stay the same?
- What are some effective ways that you can communicate your boundaries?
- If you don’t know what your boundaries are, how can you discover them?
- How do you deal with someone who has crossed your boundaries?

**Sexuality**

Sexuality is the total expression of who you are as a human being. Your sexuality is made up of body image, gender role and identity, sexual orientation, genitals, intimacy, relationships, love and affection. Your sexuality includes your attitude, values, knowledge, and behaviors. Your family, culture, faith, beliefs, and society as a whole can have an influence on your sexuality. Whatever it is, it’s perfectly yours and you deserve to own it.

*Let’s Chat:*

- How comfortable are you talking about sex and sexuality? Why?
- How comfortable are you with your body, specifically the parts that make you female?
- Where do girls your age learn about sex and sexuality?
- Can you name three ways that you are a sexual being? These three ways can relate to sex, desire, gender role, body image, love, relationships?
- What do media representations tell us about sex, sexuality, and women’s sexuality?
- What are the major differences between masculinity and femininity? Do we all have both?

**Period Problems (Yes, we said it)**

All girls get their period; yet no one talks about it. We are. In order to know ourselves and our own bodies, we need to learn more about how our bodies work.

*Let’s Chat:*

- When you first got your period, did you feel prepared? Do you now?
- Tampons - do you use them? Are some healthier than others?
- Books like “The Red Tent” describe a time where women were exiled from the community each month during their menstruation. Some cultures, past and present, view a women’s menstruation as a time where she is unclean or unholy. How do you think it would feel to live in a society like that? What does your culture say about periods?
- Getting your period marks the beginning of a girl’s body preparing for the possibility of having children one day. What are some of your thoughts around having kids?
- Do you feel shame or embarrassment about your period? What if it was something we celebrated?
- What are the stereotypes surrounding PMS and women’s behavior? Are they true? Do they help or hinder the way we view periods?
Independent Women

Sometimes media and cultural messages tell us we need another person to be whole, accepted, or even feel normal. You are not one half of a whole. You are complete, and awesome, and gorgeous. And from there, if you desire, you get to invite someone (or many people) to join you on this amazing journey we call life.

Let’s Chat:

- Do you feel like you’re looking for someone to be your “other half”? Do you see that as negative or positive?
- What do people say about women who are single for long periods of time? What do you wish people said?
- How is being single different for men and women?
- Why do you think some girls find it sad, scary, or intimidating to be alone?
- What are the benefits to being single?
- How can you still be an independent woman while being in a relationship?

The Pressure to Be in a Relationship

Relationships can seem like a big deal. Sometimes people feel pressured to be in a relationship and pressure to defend themselves if they are single. The scary part comes in when people get in to relationships because they’re afraid to not be in one, and that’s never the healthy choice.

Let’s Chat:

- Have you felt pressure to be in a relationship? How did you deal with it?
- Where does this pressure come from? Home? Media? Friends?
- Do you feel judged when you’re not in a relationship?
- Have you ever “settled” for someone just to have a boyfriend/girlfriend?
- How can we better support people’s relationship choices?
- How can we stay focused on the most important relationship we will ever have, the one with ourself?

“YOU ARE COMPLETE, AND AWESOME, AND GORGEOUS.”
Signs of a Good (or Bad) Relationship

Let’s face it: sometimes you’re so involved in a relationship, you can lose sight of some things that really matter. Great relationships can be the absolute best! They can also be a huge distraction from taking the time to do you. And YOU are the #1 love of your life.

**Let’s Chat:**

- What challenges do you face to maintain friendships when you’re in a relationship?
- What are some red flags you’ve seen in relationships? Why are they hard to recognize (or easy to ignore) when you’re in it?
- What are your “deal breakers” - physical, emotional, intellectual? How do you communicate them?
- Why is it important to maintain friendships, relationships with others, and time with yourself when you become a couple?
- Have you ever brought red flags to the attention of a friend in a relationship? How did the conversation go?

Loneliness vs. Being Alone

Loneliness and being alone are two different things. It’s important to learn how to be alone. Become your own best friend! It’s seriously the best.

**Let’s Chat:**

- Why is it important to know how to be comfortable alone?
- What is the difference between being alone and being lonely?
- What are your favorite things to do when no one is watching?
- Have you ever taken yourself out on a date? If so, what did you find out? If not, why not?
- How does getting comfortable being alone influence your self-confidence?

“BECOME YOUR OWN BEST FRIEND! IT’S SERIOUSLY THE BEST”
Leadership

Your ability to influence people is powerful. Being a leader is an amazing responsibility and opportunity to lift up the world. The best leaders empower others to be leaders and help people see the best in themselves.

Let’s Chat:

• Who are some leaders you admire? What traits do they share?

• What skills do you think a person needs to be a strong leader?

• How does media and culture shape our ideas of women in positions of leadership?

• What has being a leader taught you about yourself?

• What can you do to learn more about being a leadership? And what is your unique leadership style?

Community:

I AM THAT GIRL creates a safe space for girls to EXPRESS, LOVE, and BE exactly who you are. Every girl deserves to be seen, be heard, be loved, and belong. In a world that is constantly telling you what you’re NOT, this community is here to celebrate who you ARE, to see that in yourself and inspire that in others. We are all in this together. A community stands for the same things, lifts each other up and supports each other. We are shifting culture with the I AM THAT GIRL community. Be a leader, invite people to join you, and take care of your community.

“The Best Leaders Empower Others”
Social Skills

Being social is a skill. It impacts your love life, friend life, family life, your success. The trick is being real: real conversations, a real interest in others, and real efforts to build relationships will help you be a social ninja.

Let’s Chat:

• How do you make people feel?
• Think about what people might say about you when you’re not there. Is it good? How can you create a reputation that has people raving about you when you’re not in the room, and when you are.
• How often do you have deep, authentic conversations with people?
• How much do you challenge yourself to be open, vulnerable, confident, and curious in your daily interactions with others?
• How can you increase the number of powerful, meaningful conversations you have each day?

Creating Change

Change starts with YOU! Find the passion, take the action, and watch change happen!

Let’s Chat:

• What are some ways you can create change, right here, right now, right where you stand?
• Who are some of your passionista rock stars making change in the world or in your own life? What can you learn from them? How are they inspiring you?
• How does social media help create change? What are some downsides to social media for creating change?
• What change do you wish to see – in your community, your country, and the world?
• How is being a part of I AM THAT GIRL creating change?

“The Trick is Being Real”
**Speak Up**

Your voice is the most powerful tool you have. Are you using it intelligently and powerfully? Building your speaking muscle will help you feel confident, in control, and like a star in any situation. Chapter meet-ups are a great place to get some practice speaking up!

*Let’s Chat:*

- What makes a strong speaker?
- What are some challenges to public speaking? How can we deal with them?
- What makes you lose interest in a speaker?
- How do you deal with anxiety, fear, or general stage fright of public speaking?
- What is your “elevator pitch”? If you had two minutes to describe I AM THAT GIRL to someone else, what would you say? Do this as a chapter activity!

**Listening**

What does it mean to really listen? So often we forget to listen. Or we’re distracted. Or our own fears, doubts, and insecurities are screaming so loud that we couldn’t possibly listen even if we wanted to. How can we quiet the chatter inside of our own minds and take the time to really hear what each other are saying. One of the greatest gifts you can give someone is simply being there with them, and listening.

*Let’s Chat:*

- What qualities make up a good listener?
- How do you know when someone is not listening?
- How does technology make it harder for us to listen? How can we be better?
- How do you stay focused on a conversation?
- How does it feel when you feel truly heard by someone?

“FEEL CONFIDENT, IN CONTROL, AND LIKE A STAR IN ANY SITUATION”
Repping All Girls

I AM THAT GIRL raises ALL girls up, not just one type of girl. How can we bring everyone into the conversation, and into the community?

Let’s Chat:

- How can the world benefit from empowered girls? How can guys?

- Why is this movement important?

- What men do you know that proudly take a stand for women? Do you think society makes it easier or harder for men to support women? What makes it easier or harder?

- How can you take a stand for girls outside of your own culture? What about inside your own culture, but outside your circles?

- What can you do today to make someone feel included who is different from you?

- How do you find common ground and respect for someone who you think is opposite of you?

Belonging

All any of us want it to be seen, to be heard, and to belong. The IATG community welcomes girls with open arms. Belonging to something bigger than ourselves inspires us to leave this world better than we found it and helps us understand that we are not alone.

Let’s Chat:

- What does it mean to belong?

- Have you ever been left out or felt excluded? How did it make you feel?

- How do we help others feel more included? What can we do to bridge difference and invite people in?

- Why do girls sometimes compete instead of collaborate?

- Who decides who belongs and who doesn’t? What does media show us about this?

- When do you feel most lonely?
Mean Girls: Bullying

Truth: NO ONE likes or wants to be a mean girl. Here’s the deal... hurt people, hurt people. How can we hold each other up to a higher standard? How we treat others is practice for how we treat ourselves, and how we treat ourselves is practice for how we treat others.

Let’s Chat:
- Have you ever been a mean girl? Even if only for a minute? How did it feel? Have you ever apologized for it?
- How can you show compassion for the mean girl?
- Have you ever said (or posted to social media) something about someone else while you were angry or sad that you regretted later? What did you learn from this?
- How can you help change our bully culture?
- What can you do the next time you encounter or witness bullying? Cyberbullying?

Comparison is the Thief of Joy

Why do we compare ourselves, our lives, and our stuff to everyone else? It might be human nature. It might be what the world teaches us. It’s definitely a very quick way to feel insecure and like we are not enough. There will always be someone else with more or better of what you think you want. You are YOU, the one and only. So focus on yourself and stop stealing your own joy! Cool? Cool.

Let’s Chat:
- Think of a time when you compared yourself to another and found yourself feeling “less than.” What did you learn from that experience? How did you deal with those feelings?
- Now think of a time when you compared yourself to another and found yourself feeling “better than.” What did you learn from that experience? How did you deal with those feelings?
- Can comparison be positive? How?
- How does comparison effect your self worth?
- How does media teach us to compare?

Competition

A little healthy competition is awesome to motivate you. The problem is when we compete with each other and put each other down because we think it will somehow lift us up. IATG don’t play that game. There is enough for everyone.

Let’s Chat:
- Why do we compete with each other?
- What do girls compete over? Why?
- What are the effects of unhealthy competition - both big and small?
- How can we hold each other accountable for not competing or being catty?
- How does the media encourage unhealthy competition?
- How does unhealthy competition affect how you feel about yourself? What about healthy competition?
**Friendships**

Friends are seriously the best - we all need ‘em and we’re all better for having them in our lives.

*Let’s Chat:*

- What do you look for in a friend?
- What are some challenges you’ve had with friends? How do you deal with them?
- How do you keep you and your friends needs balanced?
- When should you end a friendship? How do you “break-up” with a friend in a respectful, healthy way?
- How are female friendships represented in the media? How does this effect your friendships? How can the media do it better?

**Gossip**

We’ve all been there: sucked into the gossip vortex, throwing low blows about what someone did/wore/said/tweeted. Not our best look, right? It’s been part of our culture for so long we don’t even realize we’re doing it half the time. We can do better, we can BE better.

*Let’s Chat:*

- Talking about others can be a reflection of the way we talk and think about ourselves. Why do we feel the need to gossip? What truths are we revealing about ourselves in these moments?
- Describe a time where you bonded with a friend over gossip. Could you bond just as easily by saying nice things about people?

**Besties**

Besties make life SO good. They are the ones we can tell ANYTHING to, the ones we can call on any time, the ones we feel 1000% ourselves around. They are the family we choose, so we must choose wisely.

*Let’s Chat:*

- How did you choose your besties?
- What traits do you admire most in your bestie? Why do those traits matter to you?
- How has your bestie defined you? Is that good or bad?
- What’s the biggest challenge you’ve faced in a friendship and how did you handle it?
- How have your besties made you better?

What does media teach us about gossip?

How has gossip impacted you negatively? How did you work through this experience?

**Challenge:** Change the conversation. Research shows that gossip negatively affects the brain and literally alters the way you feel about a person. How do you think your friends would react if the next time they started gossiping about someone, you flipped it and changed the conversation around to be positive? You could say, “who knows what she might be going through.” Or “I actually like her style.” Or simply just change the subject. Do you think it would be challenging? Scary? Brave?
Gender

We talk a lot about women’s rights and men vs. women, let’s also talk about what it even means to be a guy or a girl.

Let’s Chat:

• Have you experienced a time when you felt like you should act, in some way, “more like a girl/woman?” What does that mean to you?

• Has someone ever described you, a feature of yours (a haircut, posture, or language), or something you do as masculine or girly? How did it make you feel?

• Has someone ever said you do something “like a girl” in a demeaning way? (You throw like a girl or you run like a girl) How does this affect you?

• What does it mean to be feminine? Masculine? Do we all have both?

Eco-Love

Loving the earth IS loving yourself. Let’s be mindful of treating our planet with the same kindness and respect we would want for ourselves.

Let’s Chat:

• What does it mean to be “green”?

• How can you be more green, starting today?

• What companies’ do you love that are “green”?

• In what ways can your chapter educate your community on being more “green”?

• Does your school/community have a recycling program? If not, how can you start one? If they do, are there areas for improvement?

Diversity

We’re all different, which makes life that much more awesome! A lot of times, we let the things that make us different keep us apart instead of bringing us together.

Let’s Chat:

• What do you think of when you hear the word, “diversity”?

• Why is diversity important in our society? In your community?

• What are some ways that your chapter can celebrate the differences within your community?

• What makes people afraid or anxious about differences? How can we overcome this and help people be more comfortable?

• What are some things that make you different (or as we like to call it, unique) in your world?

• How can we be more respectful and open-minded; how can we respectfully ask people to educate us about their differences?

“LOVING THE EARTH IS LOVING YOURSELF. LET’S BE MINDFUL OF TREATING OUR PLANET WITH THE SAME KINDNESS”
Defining True Success

The desire to be seen as successful is really important in our world. Everyone defines success differently. Understanding what success means to you is key.

Life 101:

You are the author of your own life! How will your story unfold? Be a creator, make a plan, know your options, set your goals, and get the support you need to build your dream life.

Let’s Chat:

- When you hear the word “success,” what words, phrases, and images come to mind?
- Do you feel successful?
- Do you feel pressure to be more successful? Why do you think that is?
- How does the media show women as successful? Do you agree with what the media shows?
- What are some unique success stories or ways of imagining success?
Discovering Your Passions

Some people find their passions as easily as they find their favorite fro-yo flavor. Others may search for a long time to discover their passions. How do you figure it out? Try things! Be adventurous. Learn what you like and don’t like, what you’re willing to take a stand for, and watch your passions grow as YOU do.

Let’s Chat:
• What are you passionate about?
• What issues and topics are you drawn to?
• How do you bring your passions into your everyday life?
• Who are the passionate people in your life? What do they have in common?
• Do your passions conflict with the opinions of others in your life? How do you handle that?

Personal Mission Statement

Mission statements help people find their purpose, tell their stories, and express their values. Girls like YOU can use this to remember why you’re here and what you want to make of this life! Use these questions to help you create your own personal mission statement, write it large and in charge, and put it somewhere that will inspire you to live it every day!

Let’s Chat:
• What are your deepest values?
• What do you consider your talents, passions, and goals? How might you use these to serve, help, contribute, or fulfill yourself in some way?
• What would you identify as your core truths?
• When do you find yourself the most filled up, happy, and at peace?
• What is most important to you right now?
Knowing what you want to do with the rest of your life can be an overwhelming thought. And the truth is, even people who know don’t really know, because anything can happen. So here’s the trick... just start somewhere. Paint yourself a mental picture and then let life unfold the way it does. In the meantime, lining up a game plan is always a great idea.

**Let’s Chat:**
- How do you picture your life 5 years from now?
- How can you learn more about possible career paths?
- Who in your life has influenced or will influence your future? Why?
- What are you doing now to set yourself up to reach your long term goals?
- What did you want to be “when you grow up” when you were 8 years old?

**Setting Goals**

Setting goals are like finish lines that motivate you to run the extra mile. Once you put your goals out there and create a plan to make them happen, you are SO much more likely to achieve anything you want. Seriously, ANYTHING is possible.

**Let’s Chat:**
- Why is it good to set goals? How can this help you in life?
- Create and share personal goals for the next month, year, and 5 years.
- What steps are you taking (or you will start to take) to achieve those goals?
- What are some possible roadblocks to achieving your goals? How will you handle them?
- How will you stay motivated to reach your goals?
Priorities

We have 24 hours in every day. What you do with your time is a direct reflection of your priorities. Do yours match up?

Let’s Chat:

• Make a list of the things that are most important to you (friends, school, work, personal time, etc.). Then, look at your schedule from the last couple of weeks. Compare the list of priorities to your week - how much time do you spend on the things you say matter most? What activities that weren’t on your list take up your time?

• How can you shift things in your schedule so that your priorities more closely match how you spend your time?

• When you know your priorities, you can start to master the art of saying “no” to make space for the things that really matter. Do you find yourself saying “yes” even when you don’t really want to?

• When you prioritize, it creates space and time for other things in your life. What are some things in your life you wish you had more time for?

Making Decisions

Tough decisions are a part of life. Get educated. Know your options. Rock those choices!

Let’s Chat:

• When you have a tough decision to make, what process do you use to figure it all out?

• What do you do to educate yourself about your choices, your options?

• What’s the benefit of involving other people in your decision-making? How do you determine who to trust in helping you make the best choice?

• What is the biggest decision you have made? How did you make it?

• When you’re making a difficult decision, how much of the pressure to make the “right” choice is based on your own thoughts? Your parents? Your friends?

The Power of Words

Words = power. They create our reality, they represent our character, and they make a difference in people’s lives. Rock your words and you’ll rock the world.

Let’s Chat:

• What words lift you up and make you feel awesome? What words make you shut down and feel low?

• What words do you think are the most powerful in the world? Why?

• How does your language affect your self-esteem and self-worth?

• When have you said something you regret? What did you learn from this experience?

• How can you create a culture with your closest people where you hold each other accountable for the things you say, the words you use?

Ker-ching! Financials 101

Allowance, savings, bills, credit: it’s all about money, honey. Whether or not you’re used to handling money, its more important than ever to understand how your money works and how your financial choices affect you - now and in the future.

Let’s Chat:

• How well do you know money? Who taught you about handling finances and what were some of their best tips or pieces of advice?

• What do you know about saving, spending, donating, and investing? How could you learn more?

• Do you have a savings account? How are you using it?

• Do you know what you cost each month? Do you follow a budget? How easy or hard is this?

• What’s your take on credit cards – helpful or harmful? Both?

“ROCK YOUR WORDS”
**Time Management**

Do you ever wish there were more hours in your day? So much to do, so little time. You can learn to make the most of your days (not to mention boost your happiness) by managing your time like a ninja.

*Let’s Chat:*

- How can you use your time more efficiently?
- How can technology help you manage your time?
- Why does managing your time matter?
- What are the bums of not managing your time well?
- What do you get distracted by most? What can you do to change that?

**Beyond the Daily Grind**

Sports, community service, clubs and all the other activities that keep your fire ignited - all of these can bring rewards and challenges!

*Let’s Chat:*

- What are your favorite activities and why?
- Have you ever felt pressure to join a group or activity? How did you deal?
- Have you gone out for a sport or club and not gotten picked? How did you handle rejection?
- What are some of your favorite things about the activities you’re involved in? What do you like about the roles you play or the experiences you have with these groups? What have you learned about yourself from these experiences?

**Choose a Mentor**

Anyone who’s ever achieved greatness has had someone to look up to along the way. A mentor tells it like it is, represents someone whom you hope to be more like, helps you find your path, has your best interest in mind, and asks you the tough questions that make you the powerhouse that you are.

*Let’s Chat:*

- What qualities do you look for in a mentor or what qualities do you think are most important?
- How do mentors contribute to our personal success? Professional success?
- Who do you seek advice from? What makes them a great advice-giver?
- Do you know anyone who has a mentor? Have you talked to them about their experience?
- What’s the best way to get someone to be your mentor?
Female Leaders

Some of the most powerful leaders in the world are women. We need to celebrate them, and we need more of them. How about you?

Let’s Chat:

- Who are some of your favorite lady leaders?
- What makes these women such powerful leaders?
- Are there differences between female leaders and male leaders? If so, what are they?
- What do you think about the number of women in the US government vs. other countries? The % of men vs. women in starring roles on television? The number of women vs. men business owners? What is there to learn from this?
- What is your biggest strength as a leader?

Our World:

YOU are a citizen of the world! Get educated about the lives, cultures, politics, and trends that shape and impact people. You can’t act on what you don’t know; so discover, get your passion on, and help us change the world.
The Superwoman Complex

Do it all, have it all, BE it all without breaking a sweat. THAT’S the superwoman complex and no one is immune to the pressure to keep up.

Let’s Chat:

• Where does the pressure come from?

• What roles do you feel expected to fill? Is this helpful, harmful, or both?

• Name some women who appear to be doing it all. How do you think they are handling it?

• How can you make goals that stretch you without overdoing it?

• How do you feel when you don’t meet expectations? Why?

• Do you think it really is possible to have, do, and be it all?

Beauty Standards in the Media

We all know by now that, most of the time, photos in magazines and ads are digitally enhanced to remove wrinkles, shave pounds, fix imperfections, and on and on. Let’s take back beauty and redefine it for ourselves.

Let’s Chat:

• How do the images you see in magazines make you feel about yourself?

• How does airbrushing and photoshopping affect self-esteem and body image? What impact is it having on the world?

• If you were photographed for a magazine, would you let them photoshopped you? Be honest.

• When, if ever, is it appropriate to airbrush or photoshopped images?

• What brands or magazines are doing it right?

Plastic Surgery

More and more women and men are turning to cosmetic surgery in the name of beauty. How is this trend affecting our world?

Let’s Chat:

• How does cosmetic surgery impact our beauty standards?

• How do you feel about cosmetic surgery? Would you consider having a procedure? Why or why not?

• When and how can cosmetic surgery be empowering and positive?

• How does media shape our ideas about cosmetic surgery? Do women think differently about cosmetic procedures than men? Why?

• Think about all the things we do to our bodies, not just surgery - enhancements, creams, extreme exercise regimens, dietary supplements, and more. What does a natural body mean? Where do you draw the line?

Beyond Celebrity News

Plugging into celebrity news can be fun—who’s dating who, who’s having a baby or who landed the juicy role in your favorite book-to-screen film - it’s also super important to stay up-to-date on news that directly affects your community, your country, and your world.

Let’s Chat:

• How do you get your news fix? How often?

• How does the news portray women?

• What issues are you most drawn to? What news stories suck you in? Why?

• Why is it important to understand that the news can be just one side of any story?

• How can you help others stay informed of important news stories?
Magazines

The most popular magazines sell us an ideal that doesn’t exist. They often make us feel bad about ourselves, compare ourselves to each other, and spend money on things we think will make us “better”. Ultimately, they leave us feeling like we are not enough, yet we keep buying them! Are we just cray cray?

Let’s Chat:

• Why are these magazines so successful?
• Which magazines do you read? Why?
• What messages do these magazines send?
• Do these magazines leave you feeling better about yourself or worse?
• What magazines, if any, support self-worth, well-being, and acceptance?

Selling Gender in Advertising

Ads rely on gender stereotypes to sell products. It’s a game as old as advertising itself, but what impact is it having on us? You might bring in examples of print or media ads for your chat!

Let’s Chat:

• What are some examples of gender stereotyping in advertising?
• When are stereotypes dangerous? When, if ever, can stereotypes be playful?
• What is the impact of being exposed to these messages all the time?
• What is your reaction to these ads (for example, the 1950s housewife or the beer-drinking, dumb male)? Do you find them funny? Irritating? Harmless?
• When does advertising cross the line - take a stereotype too far? Can you think of any examples?

Violence Against Women in the Media

Violence against women is a serious issue. It’s all over film, TV, and music videos. When is it helpful to represent what is really happening and when is it just adding to the problem?

Let’s Chat:

• Does violence against women in media help shine a light on the problem or does it make it more acceptable?
• Why do you think it’s shown so much?
• How can we begin to solve this problem? Will it take more than an awareness campaign?
• What effect(s) does violence in media have on survivors? Viewers?
• Why do we, as a society, allow violence against women to be shown everywhere?

“LET’S TAKE BACK BEAUTY AND RE-DEFINE IT FOR OURSELVES”
Social Media

Social media has changed the way we interact with each other, talk to each other, and life as we knew it – it’s probably smart of us to talk about it, so let’s do that.

**Let’s Chat:**

- How do you use social media?
- Why is social media awesome?
- How has it changed us? How have these tools shaped our society over the last several years?
- How do people/companies use social media to use and abuse?
- How do people use social media to make the world better?

Real Men

“Real men” are the guys who remind us of our worth when we forget, the ones who speak on our behalf to other guys, the ones who protect us and love us for the powerhouses that we are. Surround yourself with these angels, encourage them, love on them, and have their back, too.

**Let’s Chat:**

- Tell us about some real men in your life.
- What traits and characteristics in guys do you admire and look for in friends and relationships?
- What role do guys play in building confidence in girls?
- How can guys influence each other to build girls up rather than break them down?
- How is it beneficial to involve guys in the I AM THAT GIRL conversation?
- IATG is all about including guys in the conversation about girls. Do you ever compete with guys or compare girls to guys? If so, does that hurt or help girls?
**Women as Mothers & Wives**

For a long time, many women were expected to become wives and mothers, without having careers. Now, it’s a lot different. We believe in women having the freedom to choose what inspires her most, whether that’s being a stay-at-home mom, a CEO by day and mom by night, or someone who doesn’t want kids at all.

**Let’s Chat:**

- What are your feelings and thoughts about marriage?
- Do you feel pressure to be married and/or have children? By whom?
- Do you want to have children? How do you feel about adoption?
- How does age add pressure to being married and having kids?
- What do you think about domestic partnerships and gay marriage?

**Access to Education**

In countries where women have very few rights, access to education is limited for girls. Education is everything. It’s the thing that empowers someone to be powerful, free, and a contribution to society. It’s not right, it’s not fair, and we are taking a stand for changing it.

**Let’s Chat:**

- How is limited access to education connected to other issues like poverty, health care, and class?
- What can we do to raise awareness and improve the situation for women around the world?
- How would access to safe schools for girls help? What would change?
- Put yourself in a girl’s shoes who doesn’t have access to education. If this were happening to you, what would you do?

**Human Trafficking**

Human trafficking is covered in the news, yet it’s still happening everywhere. We often think about it as a problem in far off places, but human trafficking is a very real problem almost everywhere, including the United States.

**Let’s Chat:**

- What is human trafficking?
- How can we empower and educate people about this issue?
- How does this problem affect the self-esteem and sexual safety of girls?
- Think about and brainstorm solutions to this problem. Can the answer be found in education? Eliminating demand? Empowerment?

**Using Women as Weapons of War**

In unstable and war-torn countries, such as the Democratic Republic of Congo and Uganda, rape is used as a tool of war. These actions not only reduce women to weapons (an extreme form of objectification) but also cause severe emotional and physical trauma. Giving this issue a voice is an important action in creating change.

**Let’s Chat:**

- What can we do to combat this issue?
- Why is this problem prevalent in developing nations?
- How can technology and social media be helpful?
- What are some of the consequences of allowing this to continue in these societies?

“EDUCATION IS EVERYTHING”
Child Marriage

In Ethiopia and other developing countries, girls as young as 6 years old are married off by their parents. Is this a discussion of tradition and cultural norms or is this a denial of women’s rights?

Let’s Chat:

• How do you feel about child marriage? What are the biggest problems with child marriage?
• How does it make you feel to know this happens?
• What needs to change in order to put an end to child marriage?
• What change can you affect from where you are right now?

Micro-Finance as Women’s Empowerment

All around the world, more women live in poverty than men. Micro-finance organizations like Kiva (kiva.org) have been successful in helping women start their own businesses and get out of poverty. Interestingly, women have proven to be a better investment than men with micro-financing. Yeah, ladies!

Let’s Chat:

• Why do you think women have proven to be better investments than men?
• What does this say about the potential of an entire society when they begin to support their women and help them flourish?
• What other tools or strategies could help eliminate poverty?
• Why is this important to everyone, regardless of where you live? What can we do to better support our women?
• What personal experience do you have with poverty? How did your experience affect you?
• What can you do in your community to help those dealing with poverty?
Support Each Other

We all need someone to turn to when we face challenges, difficulties, and uphill battles. You just might be the light someone else needs at the exact moment they need it.

Let’s Chat:

• How can you give support to a friend - physical, emotional, mental?

• When you’re facing a challenge, how do you like to be supported?

Big Stuff:

The following topics are often surrounded by stigma and that’s why it’s even more important to talk about them, respectfully and without judgment, of course. Inspire your chapter to be open and supportive during these convos. You never know what another person has experienced or what they are going through, so please handle these conversations with the respect, sensitivity, and support they deserve. Also keep in mind that we are not professionals, rather a support system. If someone is struggling with something big (self-harm, abuse, or mental illness), encourage them to seek help, talk to a school counselor or trusted adult, and visit www.iamthatgirl.com/resources for more resources.

• What do you think is most important to remember when you’re trying to help someone through a tough time?

• What is the difference between a clique, a group, and a support system?

• Who are the people in your life that make up your support system? Why did you choose these people?
**Divorce**

Families come in all shapes and sizes. Divorce is more common than not these days. Let’s talk about it.

*Let’s Chat:*

- How have you experienced divorce within your family or a friend’s family?
- What are some possible benefits of having divorced parents?
- It may seem hard, but it is possible to cope with divorce and have a good family life despite the changes divorce may bring. What are some good ways to cope with parents divorcing?
- If your parents are divorced, how did/does that make you feel?
- What are your thoughts on marriage and divorce in your own life and relationships?

**Self-Defense**

Like it or not, girls and women are still viewed as easier targets for violence. We need to move beyond girls as victims and become empowered self-defenders!

*Let’s Chat:*

- What does “self-defense” mean to you?
- What can you do to empower and prepare yourself to handle potentially dangerous situations?
- How can you rise above the generalization that girls are weak?
- How can we encourage more conversation about protecting ourselves?
- How can you make your community safer for girls?
- How can you avoid potentially dangerous situations?

**Alcohol and Drugs**

Alcohol and drugs are everywhere. Whether or not you decide to partake, it’s important to talk openly about it with people you feel safe with. We are not here to judge or slap each others’ wrists. We’re here to listen and talk about the smartest possible choices, and of course, to have fun!

*Let’s Chat:*

- What are your views about drugs and alcohol? Be honest, it’s safe here.
- How does media talk about drugs and alcohol?
- Do you think boys have a different relationship to drugs and alcohol than girls? Why?
- What are some ways you can support friends who may be struggling with drugs and alcohol?
- What are some fun alternative activities in your community for people who don’t want to partake in the party scene?
Mental Illness

Mental illness takes many forms and is more widely accepted now than ever before. Even with more acceptance, people still misunderstand and judge it. If we don’t talk about these things out loud, it only makes it worse. So let’s not be afraid to get uncomfortable and say things that aren’t said, or we risk leaving people feeling more alone. And we’re not down with that.

Let’s Chat:

• What does mental illness mean to you? What do you think of when you hear the term “mental illness?”

• What experiences (your own, family member, friend) do you have with mental illness – mood disorders, anxiety, eating disorders, etc.?

• How have your experiences shaped/changed your understanding or view of mental illness?

• How can we bring more awareness and acceptance to people with mental illness?

• How does the label of “mentally ill” affect those with mental illness? Personally? Professionally? Socially?

Self-Harm

Each one of us is a treasure, but some girls cause themselves harm to dull the pain they feel, and for many other reasons. How can we learn to handle all this world throws at us without harming our bodies and ourselves? And how can we support those who are harming themselves?

Let’s Chat:

• Those who self-harm explain it as the need to do something physically painful to themselves in order to cope with their negative feelings. What are some positive ways you cope when you have negative feelings?

• Self-harm can be triggered by a home environment where feelings aren’t discussed. Who is someone in your life you feel safe discussing your feelings with? How does this help?

• How can you support someone in your life who struggles with an emotional disorder and/or self-harm?

• Self-harm is often misunderstood in our society, blaming victims of trying to “get attention.” What are some ways that you could educate your community on the truth about emotional disorders?

• Have you ever harmed yourself? Talk about it.

“LET’S NOT BE AFRAID”
**Depression and Suicide**

When you feel lost, uncertain, or confused about your place in the world, it’s easy to get down. Sometimes this funk is more than just “the blues.” Depression can be severe, even debilitating. It can be challenging and embarrassing to talk about feeling sad or down, but doing so can mean the difference between pain and healing.

*Let’s Chat:*
- What is your personal experience with depression?
- What is the difference between being in a funk and having depression?
- What stigmas are attached to depression?
- If you suspect a friend or acquaintance may be considering suicide, ask them. Be ready with resources to get help. Let them know you’re only asking because you love them. What would you do if a friend responded that they are contemplating suicide?
- How can we recognize and support the people in our lives struggling with depression?

**Intimacy**

An intimate relationship is one where you form a strong and vulnerable connection with another person; it can be physical, emotional, or both. Intimate relationships play a huge role in our overall human experience.

*Let’s Chat:*
- What are the differences between love, sex, and intimacy?
- Discuss some characteristics of intimate relationships, both friendships and romantic relationships.
- What are some important values of an intimate relationship? For example, honesty and safety.
- Sometimes people confuse sex with intimacy. What are some possible differences between a sexual relationship and a physically intimate relationship?
- What scares you about intimacy? And about talking about intimacy?

**Everything You Ever Wanted to Know About Sex**

SEX! Let’s talk about it! Sex is one of the most sophisticated and basic of topics. It can be exciting, scary, thrilling, hurtful, complicated, confusing, fun, and when emotionally and physically mature, the best.

*Let’s Chat:*
- What are your personal feelings about sex?
- What do you know about sexual arousal, foreplay, and intercourse?
- What’s the relationship between love and sex?
- How do girls your age talk about sex with each other?
- What questions do you have about sex? Go on, ask each other anything and everything. We all have so many of the same questions.

**Sexual Health**

Sexually transmitted infections (STIs) are often the punch line of jokes and public ridicule on Facebook, Twitter, or TV. But this can create shame around the issue of sexual health, creating less openness, less public knowledge, and less honesty among sexual partners. Talking about sexual health helps fight stigma and promotes more educated actions and decisions.

*Let’s Chat:*
- Why are we so embarrassed to talk about sexual health and STIs?
- How can we reduce the shame associated with getting tested for STIs?
- Why is there more shame related to STIs for girls over guys?
- What role do stereotypes play in sexual health?
- Share ideas about some ways to ask a partner about STIs that will help you own it and not feel embarrassed.
Pleasure

Pleasure is a primary part of the human sexual experience. Experiencing pleasure is a part of being healthy, connecting with yourself, and taking care of your body. We couldn’t possibly talk about sex without discussing the very important element of pleasure. After all, it is arguably the most pleasurable act we can experience, and it was made that way for a reason.

Let’s Chat:

• When people have sex, how important is pleasure?

• Knowing yourself means knowing what you like and don’t like. And the next step is being able to express that to the person you’re with.

• How can we empower ourselves to create our own self-pleasure? Talk about self pleasure. Do you have questions about it?

• What do you think of the term “sexual self-esteem”? How can understanding your own body empower you?

• Avoiding talking about and thinking about pleasure can lead to feelings of shame around sex and pleasure. Why is it hard for people to talk about pleasure?

What is Sexy?

A lot of us aspire to be perceived as sexy, but the bigger question remains – what is sexy and who creates that definition?

Let’s Chat:

• What do you personally define as sexy?

• How does society define sexy?

• Who do you consider current “sex symbols”? How are they different from previous “IT girls” like Madonna, Marilyn Monroe, or Halle Berry?

• When do you feel most sexy?

• What or who influences your thoughts about the word sexy?

“A LOT OF US ASPIRE TO BE PERCEIVED AS SEXY”
Sexual Fluidity

Sexuality exists on a spectrum; some people are very definite in their place on that spectrum, while others are somewhere in between. There are gray areas, and, unfortunately, there’s also a lot of intolerance.

Let’s Chat:

• What does the phrase “sexual fluidity” mean to you?
• Why do you think prejudice exists when it comes to sexual orientation?
• How can you promote tolerance towards sexual fluidity?
• What is the relationship between gender and sexuality?
• How is society’s acceptance of sexual fluidity different for women than it is for men?
• What is your own experience of your sexuality?

Personal Boundaries in Sexual Situations

Exploring sexuality (which doesn’t necessarily mean having sex) is part of being an adult, but not everyone has the same boundaries and lines of comfort. And we are not here to judge what boundaries are right and wrong, rather support creating whatever boundaries are right for each of us. Let’s talk about it!

Let’s Chat:

• What are some of your boundaries in sexual situations?
• How does the way you were raised, religious influences or social norms influence the way you view sexual boundaries?
• In what ways does your background, media, peer group, school, etc affect what sexual boundaries you feel comfortable setting?
• What pressures make you feel like bending your boundaries? Or strengthening your boundaries?
• Are there situations you have faced where maintaining your boundaries became difficult? How did you respond?

Sex and Shame

Girls freely use the word “slut,” but sometimes forget the strong consequences of “slut” shaming. A double standard still exists where we shame women while praising men for having sex freely. We want to support girls making empowered choices, and lift them up when they make choices that dis-empower them. The last thing we would ever want to do is bring them down and shame them.

Let’s Chat:

• What does the term “slut” mean to you? What does “slut” mean in our society?
• What is an example of slut shaming you can think of in the news or in your own life? How did that affect that girl’s or your life?
• How does “slut” shaming affect a girl’s safety? Do you think “slut” shaming can lead to, provoke, dismiss sexual assault or rape?
• What role does “reputation” play in the lives of girls? How does it affect a woman’s personal, social, school and professional life? How does this differ from the role of “reputation” in men’s lives?
• How can you help stand up against “slut” shaming (big or small)?
Women as Sexual Objects

For centuries women have been viewed as sexual objects. OBJECTS! As in non-human! Not cool people, not cool. The biggest problem is that we start to believe it. So, the first step is be aware of it and the next one is to make it stop.

Let’s Chat:

• How do we still think of or represent girls and women as sexual objects?

• Prostitution is having sex in exchange for money or material goods. How do you feel about prostitution?

• What are some examples of objectification? Where do they come from? How does it affect us as a gender? And as a world?

• Are men ever objectified? Talk about that.

• How does using a woman’s body to sell something affect how the world views women? Why do advertisers still do it? Is it because it works? If so, why does it work? Does it change your feelings about the company or product?

Using Birth Control

Many girls and women use some form of birth control for many reasons beyond just family planning. Talking and thinking about birth control helps to empower girls to feel healthy and positive about themselves and their bodies!

Let’s Chat:

• What are some of society’s opinions about birth control?

• How does birth control positively impact girl’s lives? Examples?

• How does birth control negatively impact girl’s lives? Examples?

• How has religion influenced the use of birth control through the years?

• What impacts your decision to use or not use birth control?

• How do you feel about male birth control?
Pregnancy and Abortion

For some, the decision to complete a pregnancy is a moral, political, or religious issue, for others, it's just a matter of circumstance. Abortion is a touchy subject and everyone has their own opinions and reasons for their stance. We are not here to judge right or wrong, we are here to respect each other's points of view and talk about it.

Let's Chat:

• What emotions do you experience when you hear someone talking about abortion? What emotions do you experience when you hear someone talking about pregnancy?

• What or who (social, familial, religious or political) influence your views on abortion? On pregnancy?

• How do politics influence abortion and a woman's right to choose?

• There is a lot of shame and silence surrounding women who have had abortions. How do you think we can have discussions around this topic without shaming?

Rape Culture

Rape and sexual assault are some of the most underreported crimes in America, and 80% of victims are under the age 30. IT IS NOT OKAY. WE NEED TO SPEAK UP, STAND UP, and change this NOW.

Let's Chat:

• What constitutes rape? Sexual assault?

• Are you comfortable saying no? Share different ways to say no in different situations (a boyfriend, a date, etc).

• What are some ways you can prevent yourself from being in a situation where you might be pressured into doing something you don’t want to do?

• Why do girls often feel ashamed of and responsible for rape?

• Why do so few girls report sexual assault?

Domestic Abuse

Sometimes relationships go bad – really bad – and what seems like love turns scary, toxic, and painful. Domestic abuse doesn't just mean physical abuse; it includes sexual, economic, verbal, emotional, and psychological actions and threats.

Let’s Chat:

• What are some warning signs of an abusive relationship?

• How can you help someone recognize and leave a toxic situation?

• Domestic abuse often escalates over time. How does that make it more challenging to recognize an abusive relationship?

• What are the short term and long term effects of abuse on the victim?

• What can you do to help prevent others and yourself from entering a potentially abusive relationship?

• What role do men play in stopping domestic violence?

“WE ARE NOT HERE TO JUDGE RIGHT OR WRONG, WE ARE HERE TO RESPECT EACH OTHER’S POINTS OF VIEW”
YOU ROCK!