

## What girls say about Girlz R.U.L.E.™

*"I never realized how my words hurt my friends. "Josephine" made me see that hurtful words can stay in your heart forever."*

*"I will be more patient, talk out loud, and work together with others."*

*"I think I might be more patient, a little more respectful and start to get help if needed."*

*"I am more positive with people and friends."*

*"I compromise way more and I'm opened to suggestions."*

*"Before coming to Girlz R.U.L.E.™, I didn't have much confidence to share ideas. Now I am confident to share!"*

*"Girlz R.U.L.E.™ gave me the courage to start a "No Bullying Club" at Forbes."*

## What teachers say about Girlz R.U.L.E.™

*"It was great to see positive activities that can carry over to the classroom to teach positive conflict resolution."*

*"Well-presented, friendly, professional, positive"*



# Talk it Out

The Girlz R.U.L.E.™ program addresses the kind of relational aggression many girls encounter every day. This is the form of bullying that keeps on hurting. Our program is designed to help girls learn to cope with these behaviors.

## share Patience

More from girls about Girlz R.U.L.E.™

*"Before I felt not ready for relationships and the dangers of the world outside and now I'm very thankful for Girlz R.U.L.E.™ getting me ready for Middle School."*

*"I feel that I'm more of a leader than just this shy girl that I was before. I feel more confident in myself, also!"*

*"I'm not afraid to stand up to a bully."*

*"I was afraid to express my feelings until being part of Girlz R.U.L.E.™. Now I have the courage to stand up for myself and others."*

## Get Help Say "Sorry"

## Work Together

**Girl Scouts of Connecticut**  
*presents*

# Girlz R.U.L.E.™

(Respect, Understand, Lead, Empower)

*An anti-bullying program  
designed for girls*

*Developed through a grant from  
P.A.V.E. the Way  
(Project Anti-Violence Education)*

**girl scouts**  
of connecticut

The logo for Girl Scouts of Connecticut, featuring a green trefoil symbol with three white figures inside, and the text "girl scouts of connecticut" below it.

We'd like to bring our Girlz R.U.L.E.™ anti-bullying program to your school!

## The Girl Scout Mission

The Girl Scout Mission is to *"build girls of courage, confidence, and character who make the world a better place."*

As members of the world's preeminent organization for girls, we know that we can make a difference in this growing problem of bullying among girls. Girls often practice subtle forms of relational aggression that may go unnoticed by adults until matters erupt into violence or, worse, girls turn it on themselves. With this program, we can empower girls, whether they are bystanders, victims, or bullies, to know when and how to act – not just *react*.

## What is Girlz R.U.L.E.™?

Girlz R.U.L.E.™ (Respect, Understand, Lead, Empower) is a challenge initiative program offered by Girl Scouts of Connecticut to help elementary and middle school (grades 2-8) girls reduce behaviors that lead to conflict, aggression, and violence. The program's activities focus on teaching girls positive skills to cope with relational conflicts commonly encountered by girls, such as ostracism, "talking behind someone's back," spreading rumors, put-downs, name calling, betrayal, and sexual harassment – bullying behaviors that often precede violence.

This in-school and after-school program received initial funding through a grant from P.A.V.E. the Way (Project Anti-Violence Education). P.A.V.E. the Way is a national Girl Scout initiative funded by the Corporation for National and Community Service.

## What does Girlz R.U.L.E.™ have to offer your school?

We offer a variety of educational components.

- ◆ In-school and after-school programs for girls
- ◆ Trained facilitators (both volunteers and Girl Scout staff) work with groups to establish an emotionally safe environment.
- ◆ Lesson Plans can be tailored to the needs of the group. Girls' voice is a vital part of the program design and evaluation process.



Want to know more?

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## In what kinds of activities do the girls engage?

The Girlz R.U.L.E.™ program uses challenge initiatives and role-playing games as teaching tools to empower today's girls with the skills they need to develop as the self-confident leaders of tomorrow.

## What is a challenge initiative?

Challenge initiatives create situations that challenge the abilities of individuals or groups. These situations can be used as metaphors for the challenges individuals encounter frequently. Challenge initiatives allow individuals to learn skills to cope with everyday problems. Challenge initiatives – through role-playing games and mental and physical problem-solving activities – help guide girls to improve important skills.

- ◆ Communication
- ◆ Cooperation
- ◆ Positive Thinking
- ◆ Planning
- ◆ Decision-making
- ◆ Problem-solving
- ◆ Creative Thinking
- ◆ Conflict Resolution
- ◆ Appreciating Diversity

The program is progressive and first emphasizes fundamental building blocks, such as communication and cooperation skills, before addressing more complex skills, such as conflict resolution.