

6th Grade Talk

Still Figuring it - Day 1

Talk about why we want to speak to girls. Discuss how we both, even at our ages, are still figuring out parts of life. Talk some about our experiences at their age, and how every day was a struggle between being who others wanted us to be, and trying to figure out who we wanted to be.

Before Tevi Gavinson video:

- *Think about how much have you changed in the past three years. What do you think is going to change in the next few years? Besides friends, our feelings about who we are and what we want in life.*
- *What are we all still trying to figure out? What are the challenges of a young girl today?*

After Video:

- *What are you most worried about in the next few years? (embarrassment, fitting in, doing well...)*
- *How can we possibly still figure it out who we are? What can we do to feel comfortable in our own voice? (The next few years are a battle between trying to fit in and trying to be find who you are, finding your voice, all while different people are telling you who to be).*

Finding your voice - Day 2

Before Sana Anamat & Sarah Kay video:

What defines you? What are the labels? (Athlete, kind, student are labels. They cannot describe someone as complicated as you. We're all contradictions.)

What will you use to find your voice, an identity of who you are, as you grow older?

What will keep young girls - what will keep you - from finding your voice?

- other people's expectations of you - parents, teachers, friends, culture
- what you think of yourself
- boys
- fear of failure

After Video:

It's a fear of failure, of embarrassment, of wanting to look and be cool at all times that keeps us from finding our voice and writing your own story.

Show video from Fault in Our Stars

Show section about writing our story

Facing the future challenge? - Day 3

Write a letter to your future self giving yourself some a bit of advice that you think you will need to overcome the struggles. "Dear Future Awesome Me,"