How can you proceed:

★ Smart Girl program is for adolescent girls and young women from 8th std. to undergraduates
★ BJS offers 3-day training program to your teachers
★ For every 100 girls in your premises, you can nominate one teacher for BJS training
★ These teachers will conduct Smart Girl Program through 6 topics for girls and 1 topic for their parents
★ Every eligible girl in your institute will get this program through your own trained teachers
★ Every year new girls enrolled will continue to get this program
★ BJS will share the program material, training manuals, and re-fresher training as required to your teachers at no cost

Smart Girl program is a unique endeavor of BJS that seeks to catalyze sustainable empowerment of girls through effective capacity building (Life Skills Education)

It addresses issues and concerns related to emotional development of adolescent girls and young women

Directly attempts to achieve the Goal 5 of the Sustainable Development Goals, of Achieving Gender Equality and Empowering Women and Girls

For their emotional empowerment, to prepare them to face the social challenges and to lead happy and healthy life
Program Objectives:
★ Enhance self-awareness & self-respect
★ Build mindset for nurturing relations
★ Generate ability for balancing choices against risky temptations
★ Increase awareness about important life decisions

Program Topics:
- Self Awareness
- Communication and Relationships
- Menstruation and Hygiene
- Self Esteem and Self defense
- Choices and Decisions
- Friendship and Temptations
- Dialogue with parents'

Girls get to
★ Understand onself as a unique individual
★ Learn ways to maintain self-esteem
★ Appreciate the role of family as a primary support system
★ Know Scientific information about menstruation cycle and care to be taken during menstruation
★ Think before taking any decision
★ Achieve emotional strength through rational thinking
★ Use media & technology judiciously
★ Know about personal safety & learn self-defense techniques
★ Ensure a thoughtful approach for choosing a right higher education, career and life partner
★ Set balanced expectations for happy life

Parents get to
★ Understand the young generation
★ Develop right perspective on children’s need views & attitude
★ Identify their daughter’s needs
★ Understand the vulnerabilities of their daughters as ‘teenagers’ & ‘young adults’
★ Be sensitive to the delicate & conflicting issues of their daughters
★ Realize the positive impact of developing special bond with their daughters
★ Create a trusted family environment

Educational Institutions can offer Smart Girl program:
★ Adding value to the mainstream curriculum
★ Contributing to comprehensive educational goals
★ Comprising easy-to-role-out modules that can be integrated into annual calendar & course time tables
★ With a certification for girls that can be offered as additional unit in the educational program

In this time of worsening social challenges when girls are all ready to explore their potential through ample educational & career opportunities, this program aims:
★ To create faith in girls’ own sense about their capacity and capability
★ To help them accept the reality around and to not feel constrained because of real and perceived threats
★ To create confidence in girls to take their own life decisions rationally
★ To facilitate having positive belief in family, friends, relatives and the surroundings without losing faith because of certain instances
★ To increase awareness about health and hygiene during menstruation
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- For their emotional empowerment, to prepare them to face the social challenges and to lead happy and healthy life.

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Facilitating the transition from childhood to adulthood

Developing understanding about self, family friends, society, technology & future relationships

Two day workshop for adolescent girls and young women

Six Life-changing sessions
One additional session for the Parents