





Smart Girl program 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

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

Facilitating the transition from childhood to adulthood

## **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



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

# **Program Topics:**



**Self Awareness** 







Self Esteem and Self defense

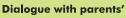














## Girls get to

- Understand onself as a unique individual
- Learn ways to maintain selfesteem
- 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



#### 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



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