



Smart Girl

To be Happy
To be Strong



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

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

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

communication and Relationships



Menstruation and Hygiene



Self Esteem and Self defense



Choices and Decisions



Friendship and Temptations



Dialogue with parents'



Girls get to

- ★ Understand oneself 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





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