

<b>Girl Box</b> <b>8<sup>th</sup> grade girls group</b>		
Materials	Markers, poster/sticky board, What does this have to do with my life? Wkst, How the box controls scenarios	
Essential Question	What are the assumptions we as young women make about what is valuable in others?	
Objectives	SWBAT examine what they believe to be valuable traits for a girl to have and why they feel that way. SWBAT examine stereotypes about girls and how those stereotypes/assumptions influence the way we interact with each other.	
MA Standards	PS2: attitudes, behaviors, and interpersonal skills to work and relate effectively with others;	
	Overview	Notes / Process
Opening	Group Norms + Folder Decoration	<ul style="list-style-type: none"> <li>• So that we all feel comfortable about sharing in the group we have to set up some norms. Ask for input.</li> <li>• Have students write groups on the inside of their folder.</li> <li>• Students can decorate folders to show their personality</li> </ul>
Activity 1	Girl box	<ul style="list-style-type: none"> <li>• What do you like about your friendships with girls?</li> <li>• What don't you like?</li> </ul> <p>Write on board/poster board "The Box"</p> <ul style="list-style-type: none"> <li>• What is a girl/woman who has high social status like? (inside box) What about someone who doesn't? Who is teased, ridiculed or ignored? (outside box)</li> <li>• There are a lot of rules in the world that aren't written down but everyone knows.</li> <li>• Are girls controlled by the box? This box creates a system of power and privilege.</li> </ul>
Activity 2	How the box controls	<ul style="list-style-type: none"> <li>• In pairs students discuss how the box controls girls in given situations.</li> <li>• Group share</li> </ul>
Close	Getting caught in the box	<ul style="list-style-type: none"> <li>• This exercise was not about where you fit in/out of the box or about where it is best to be. It's about how we all get caught up in a system where people are convinced to believe that some people should be valued/respected more than others.</li> </ul>

		<ul style="list-style-type: none"> <li>You may not believe in this box but you are going to have to deal with people who do. People who believe in the box use it to excuse cruelty. If you believe people inside the box are better then those outside must be lesser, it's okay to discriminate/be cruel/degrade them.</li> </ul>
Take home practice	Real life box	<ul style="list-style-type: none"> <li>What does this have to do with my life? Wkst</li> </ul>

How does the box control these girls' behavior?

1. Four girls are in a close group. As they pass another girl in the hall, one of the four makes a comment about that girl being fat. Two of the other girls join in making similar comments. The fourth girl in the group laughs.
2. A girl is teasing for buying clothes from the thrift store.
3. A girl won't tell her friends how well she did on her science test.
4. A star athlete wants to quit the team because dealing with the pressure is getting to her, but she feels like she can't.

### What does this have to do with my life?

1. Do you determine your friends based on the girl box? Why or why not?
2. This week try to identify 2 times when you are acting differently because you want people to believe you are in the box.

Bonus: This week try and go out of your way to say or do something nice for someone who maybe outside the box. Write about your experience.

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