

You Are A Gem

(i am ENOUGH 7th Grade Program Overview for Girls)

You Are A Gem is our teaching series for 7th grade girls.

This program series educates girls on their worth, value and beauty. Even though every girl is beautiful, of great worth and value, the world they live in deceives them to believe differently. (ie. peers, boys, family, media, culture, etc.)

You Are A Gem reveals truth and gives each girl an opportunity to be the Gem she was created to be; not only for herself, but also for her family, school and community.

Listed below are the sessions included in this program:

- ❖ Session 1 - *You Are A Gem*
You are valuable. Finding worth in the midst of your every day life.

- ❖ Session 2 - *Guard Your Heart*
What's in your heart comes out through your mouth and actions.

- ❖ Session 3 - *Authentic Beauty*
True beauty comes from within.

- ❖ Session 4 - *Walk The Talk*
The decision(s) you make today affects the legacy you leave behind. Live a life of integrity; mind, heart, and body.

The logo for Still Waters features the words "Still Waters" in a dark, serif font. The word "Waters" is partially obscured by a light blue, brush-stroke-like graphic that extends to the left and right, suggesting water or a natural setting.

www.stillwatersps23.com
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