

Diamond In The Rough

(i am ENOUGH 8th Grade Program Overview for Girls)

Diamond In The Rough is our teaching series for 8th grade girls.

This program series teaches students how to deal with and overcome the life issues identified in You Are A Gem: family, friends, boys, and media. A variety of methods including real talk, videos, and personal testimonies are utilized to give the girls practical help on recognizing their worth and purpose.

Diamond In The Rough empowers girls to make healthier choices in the future by teaching them how to turn their weaknesses into strengths.

Listed below are the sessions included in this program:

- ❖ Session 1 - *Diamond In The Rough*
Your past doesn't define you. You are a work in progress.
- ❖ Session 2 - *Get Real and Shine*
Facing personal hurts and being transparent can strengthen you.
- ❖ Session 3 - *The Love Test*
True love and pre-marital sex is not the same thing. Learn how to protect your heart, mind, and body.
- ❖ Session 4 - *Let It Go!*
Identify things that hold you back from being the true you and let them go.



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