



**Conscious Minds
Conscious Bodies™**



Conscious Minds - Conscious Bodies™ Sexuality Programs support girls 9-16 years old to:

- Develop Healthy Body Image
- Promote Positive Relationships
- Create Self-Awareness
- Cultivate Self-Respect
- Enhance Social Skills in Community

Based on mindfulness techniques, girls experience a week-long immersion into their authentic power.

Safety • Curiosity • Joy

- Connecting through creative physical expression
- Celebrating curiosity about who they are
- Body Safety and Personal Boundaries
- Positive Self Talk

Creativity • Image • Expression

- Honoring our body's changes
- Supporting loving relationship with Self and Body
- Tools for Self Awareness and Self Acceptance
- Puberty as an Empowering Transition

Awareness • Identity • Community

- Supporting young women to take responsibility for their emotional well being
- Facilitating a deeper exploration of self expression
- Cultivating loving relationships with self and others

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Empowerment4Girls
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