



Menu of Topics

Girls PACT offers a menu of curriculum topics to meet the need of any high school, college or nonprofit agency. Our 15-hours of programming can be customized to fit your group of students, parents or educators. Workshops vary from a one-day Saturday seminar to a weekly, semester-long class. All workshop series are facilitated by a trained professional.

Workshop Format

Each workshop includes icebreaker introduction, interactive activity, discussion and closing challenge. The topics are in progression, but each activity is a stand-alone lesson.

Topic: What is Girls PACT?

Objective: To discover the purpose of Girls PACT and its scope of topics; To understand the audience and target its needs

- 1) Girls PACT Human Bingo (Girls PACT program overview)
- 2) How I Rate (Identify Pregnancy Risk)

Topic: What I Stand For

Objective: To define personal values and discover self-worth

- 1) Friendship & More: Develop respectful supportive relationships among participants
- 2) True Love: Identify what is important in choosing and being a romantic partner

Topic: Good Communication

Objective: To understand your communication style and learn to communicate more effectively

- 1) Passive, Aggressive & Assertive Communication: Define each term, identify your style and practice strengthening your skills
- 2) #SorryNotSorry: Learn to say, “No” when it is not in our personal interest to say “Yes”

Topic: Boundaries

Objective: To identify personal and professional boundaries

- 1) Conflict Resolution: Practice communication techniques to use with family, friends, partners and co-workers
- 2) Breaking Up is Hard to Do: Recognize that breaking up hurts; Identify ways to leave a relationship while honoring your feelings

Topic: Control vs. Respect

Objective: To identify the qualities of a healthy relationship

- 1) Abuse & Respect: Identify and distinguish between abusive and respectful relationship behaviors
- 2) Gender Stereotypes: Understand the impact of gender stereotypes on individuals and relationships

Topic: Consent vs. Assault

Objective: To define harassment, sexual assault and rape

- 1) No means No: Understand consent; Explore “rape culture”
- 2) Assertive Communication: Practice strong, confident communication skills

Topic: Safer Sex

Objective: To identify options that are right for you and your intimate relationship

- 1) Contraceptives: Learn about birth control options for safer sex, courtesy of UCLA Title X or Planned Parenthood.
- 2) Options: Debunk myths and stigmas related to abortion and adoption

Topic: Battle of the Sexes

Objective: To understand and appreciate different perspectives

- 1) Take a Walk In My Shoes: Recognize that our decisions are based on upbringing and experiences; Learn to be compassionate;
- 2) She Said. He Said: Discover the variety of ways males and females differ at home, in the workplace, on the street and in relationships

Topic: Gender Norms

Objective: To define gender norms and explore the impact on relationships

- 1) Unconscious Bias: Explore, identify and acknowledge personal bias and judgements
- 2) Sex is Everywhere!: Discuss sexuality in every day media (music, movies, pornography, sexting) and identify potential consequences of such sexually explicit media.

A la carte

Girls PACT Cares: A short workshop series is tailored to educate and guide participants on the execution an event or activity. This is a very hands on approach and designed for a specific community need:

- April is sexual assault awareness month. Participants design and execute a Denim Day activity/event/campaign to bring awareness to this issue. Great for high school & college campuses!
- May is Teen Pregnancy Awareness Month. Design and execute an activity, event or campaign to bring attention to unplanned/unintended pregnancy.
- Prom season is often confusing time for high school students. Who asks who? Does my date like me? What happens at the after-party? Participants design and execute an activity or event related to prom night dilemmas.
- College life often involves alcohol, which greatly impacts choices and consequences. Students design and execute an activity or event that educates the campus community on consent, boundaries and communication. Great for fresh(wo)men orientation, fraternity/sororities or campus clubs!
- YouTube Content: Participants create content that demonstrates any of the topics and post on Girls PACT social media platforms to educate the online community.