



Girls Rising: A Guide to Nurturing a Confident and Soulful Adolescent

Urana Jackson

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This guide for adults working with adolescent girls will help them explore and develop their emotional, social, and spiritual selves.

Young people are hungry and capable of engaging in meaningful explorations of themselves and the world around them. Adolescent girls especially have a deep desire and capacity to know themselves and explore their own spirituality. *Girls Rising* is a workbook of activities designed for educators, mental health clinicians, youth workers, parents, and, in some cases, peer educators working with girls ages 13 — 17 that provides a process for them to explore and develop their emotional, social, and spiritual selves. The curriculum comprises of four themes surrounding self-awareness, empathy and communication skills, social engagement, and transpersonal exploration. Incorporates drawing, writing, music, media, role-playing, storytelling, and deeply penetrating interactive activities to help incite self-discovery, enhance relationships, and connect girls to a cause, principal, or source greater than themselves. Jackson's guide offers teenage girls a unique opportunity to engage with their changing selves and their environment from a deeply soulful and creative place.

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