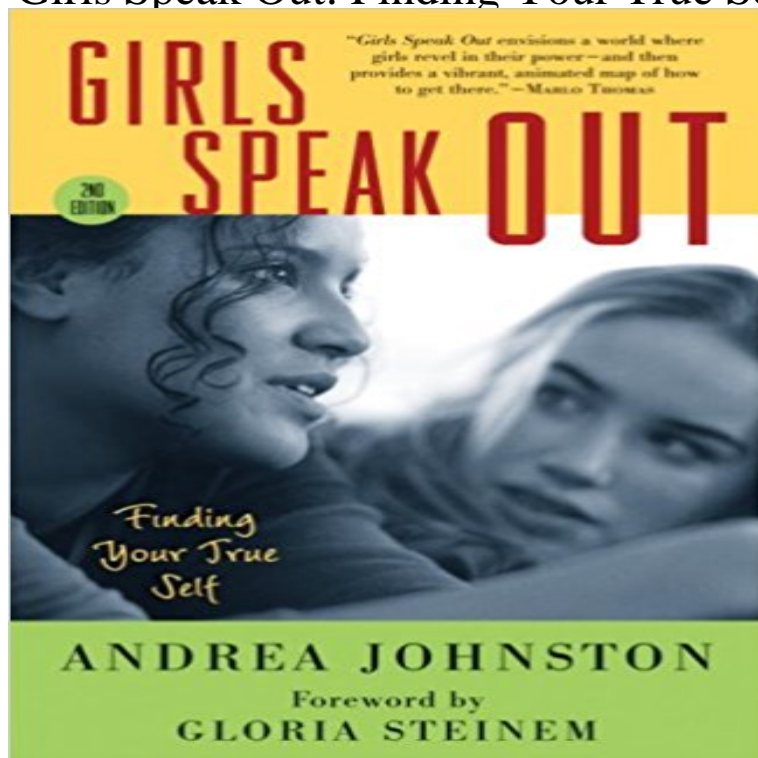


## Girls Speak Out: Finding Your True Self



Founded in 1994 by feminist activists Andrea Johnston and Gloria Steinem, the Girls Speak Out program has inspired thousands of girls to build self-esteem and give voice to their true selves. In a series of workshops, Johnston demonstrates how to facilitate honest discussion about subjects such as self-worth, friendships, gender equality, the media, the power of a girls' movement, and female models throughout history, and shows how each girl can explore and revel in her unique place in the world. In this revised edition of GIRLS SPEAK OUT, Johnston brings the wisdom of participants worldwide to a personal level, providing a step-by-step guide to finding and expressing one's individuality. Featuring interactive exercises, poetry and stories from girls, and excerpts from writers such as Alice Walker and Sandra Cisneros, GIRLS SPEAK OUT is an empowering source of strength and inspiration for girls of all ages and backgrounds. An interactive guide to self-expression for girls of all ages, based on the Girls Speak Out workshops created by Andrea Johnston and Gloria Steinem. Features exercises for self-discovery and discussion, an annotated bibliography, and the Girls USA Plan of Action, a unique statement of girls' rights. Includes a training guide for parents, teachers, counselors, and other leaders interested in organizing and presenting certified Girls Speak Out workshops in their communities.

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