

## TEN WAYS ADULTS CAN SUPPORT GIRLS

1. Create opportunities for a girl to be a leader. Let her choose the activity, make the rules, and settle the disputes.
2. Discuss family finances openly. Show a girl that financial planning is part of everyday life, and talk about your income, expense, and family budget with her.
3. Advocate for health and sex education classes that offer accurate information and place equal emphasis on sexual responsibility for both girls and boys.
4. Teach a girl how to “fight fair” and how to resolve a conflict without making it worse by being violent and unnecessarily aggressive.
5. Encourage a girl and her friends to write letters or send emails to the mayor, school board, or the editor of the local newspaper about a particular issue they feel is important.
6. Help a girl develop a healthy body image by teaching and showing her that beauty comes in different sizes, shapes, colours, and abilities.
7. Give a girl a chance to explore her skills and capabilities in science, math, and technology.
8. Avoid rescuing a girl. Encourage her to make an imperfect product, to get dishevelled and sweaty in the pursuit of a goal and to make big interesting mistakes.
9. Mentor a girl or young woman entering your professional field.
10. Set an example. By respecting yourself and others, you set a standard that a girl can follow.

**Source:** Strong, Smart & Bold: Empowering Girls for Life by Carla Fine



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