

Girls Only Club

Flexible Plan

for girls in ninth- through twelfth-grade

Small Groups

Allows for quarter/semester study of focus topics (i.e.; Pro Life vs. Pro Choice, Creation vs. Evolution, Time Management, College and Career)

Sunday School

A setting which allows study and optional achievement (i.e.; Standing Firm, Preparing for Marriage, Attitude, Women in Ministry)

Youth Ministry/Breakout Groups

A guide to open discussion and scriptural insight (i.e.; Witnessing, Will of God, Truth, Standing Firm, Attitude, Competitive Activities)

After-School Program

Practical and applicable to unchurched girls (i.e.; Sexual Purity, Addiction, Part-time Job, Fit for Life, Managing Stress, Home Management)

Home School Co-op

Provides an opportunity to teach character-building and explore Christian education

(i.e.; Time Management, Finances, Pro Life vs. Pro Choice)

One-on-One Mentoring

An established and defined discussion guide to open doors for mentoring and training (i.e.; Dating, Family Relationships, Friendship Factor)

Weekend Retreats

Allows leaders to delve into specific topics and to invite guest speakers (i.e: Women in Ministry, Sexual Purity, Know Your Talents, Personal Appearance)

Girls Only Journal Topics with accompanying sponsor guide material:

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Addiction | <input type="checkbox"/> Family Relationships | <input type="checkbox"/> Managing Stress | <input type="checkbox"/> Sexual Purity |
| <input type="checkbox"/> Attitude | <input type="checkbox"/> Finances | <input type="checkbox"/> Part-time Job | <input type="checkbox"/> Standing Firm |
| <input type="checkbox"/> College and Career | <input type="checkbox"/> Fit for Life | <input type="checkbox"/> Personal Appearance | <input type="checkbox"/> Time Management |
| <input type="checkbox"/> Competitive Activities | <input type="checkbox"/> Friendship Factor | <input type="checkbox"/> Preparing for Marriage | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Creation vs. Evolution | <input type="checkbox"/> Home Management | <input type="checkbox"/> Pro Life vs. Pro Choice | <input type="checkbox"/> Will of God |
| <input type="checkbox"/> Dating | <input type="checkbox"/> Know Your Talents | <input type="checkbox"/> Witnessing | <input type="checkbox"/> Women in Ministry |

high school girls only



T G M ☆ ☆

Small Groups

College and Career

How do I acknowledge God in all my ways?
How does acknowledging God direct my path?
Why is training important?
Why is attending college important?
What if I realize I don't like my career choice?
Will God ever change my career?
Supplemental Activities: visit a college campus; send off for college info. to go over together to see what colleges are looking for.

Youth Ministry/Breakout Groups

Truth

What is truth?
Why should I believe the Bible?
Will the Bible help me choose what to believe?
How can I know what's true and what's false?
Why is tolerance of sin wrong?
How will my beliefs be tested?
Format: flexible depending on how many weeks to stay on this topic. Can add more weeks with supplemental reading, or for fewer weeks, abbreviate or skip subtopics.

One-on-One Mentoring

Friendship Factor

What's a friend for?
How can I gain and keep friends?
How can I be a helper to my friend?
What are my responsibilities to my friends?
How do I deal with conflict in my friendships?
Who is my Best Friend?
Activities: go on a friendship outing; watch a movie about friendship; interview a pair of lifelong friends.

Each topic has six weeks of subtopics. Expand with activities or condense to fit a shorter timeframe.

Sunday School:

Attitude

If I'm doing the right things, does my attitude really matter?
What should be my attitude toward God?
What should be my attitude toward others?
What should be my attitude toward myself?
How can I guard my attitude?
Can my attitude really change?
Achievement: six weeks of topic discussion, completing a group project, and memorization, girls can earn pins or other incentives.

After-School Program:

Managing Stress

What is stress?
What causes stress?
How can I respond to stressful situations?
How can I reduce the stress in my life?
How can I set good priorities?
How can I improve my self-esteem?
Activities: help each girl discover the way she responds to dealing with stress; have a relaxation day; talk about unhealthy reactions to stress (i.e.; self medication with drugs) or have a guest speaker share.

Weekend Retreats:

Personal Appearance

How does the outside reflect the inside and vice versa?
What is beauty?
How do I make an appearance?
Do I respond to others based on their appearance?
Am I happy with the way I look?
How can I improve my appearance? (Tips on personal hygiene and beauty)
Activities: invite workshop speakers; have a fashion show with modest apparel; invite a self-defense instructor; have a young male talk about how guys often view women.

tgm.ag.org/fgo/