



Drama Tweens

FREE

A Group Manual for “Sassy” Preteen Girls



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WRITTEN BY

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BFF

Drama-Free Tweens

A Group Manual for “Sassy” Preteen Girls

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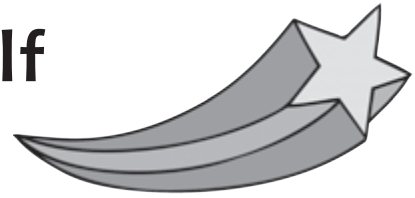
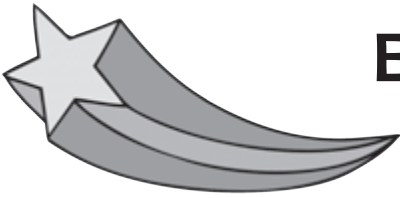
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LESSON 3

Express Yourself



Purpose:

To give the group members an opportunity to express themselves through poetry

ASCA Standards:

PERSONAL/SOCIAL DEVELOPMENT	
Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.	
PS:A1	Acquire Self-Knowledge
PS:A1.5	Identify and express feelings
PS:A1:10	Identify personal strengths and assets
PS:A2	Acquire Interpersonal Skills
PS:A2.6	Use effective communications skills

Materials Needed:

For the leader:

- Drama-Free Tween Biopoem Example* (page 20)

For each group member:

- Folder
- Drama-Free Tween Biopoem* (page 21)
- Drama-Free Tween Rap* (page 22)

Pre-Activity Preparation:

Print/copy *Drama-Free Tween Biopoem* and *Drama-Free Tween Rap* for each group member.

Activity:

Give each group member her folder.

Begin the activity by having the group members recite the *Drama-Free Tween Motto* located in their folders. Then say:

Writing can help you express your feelings in an positive manner, help you channel your inner creativity and be expressive, and is a great way to channel negative feelings and stay drama-free. Writing about what is happening in your life or about what you are feeling can help you feel better.

Introduce the biopoem activity. Write or display the *Drama-Free Tween Biopoem* example on the board. Review the poem with the group members. Distribute a *Drama-Free Tween Biopoem* to each group member and direct them to complete the activity sheet.

Have the group members present their biopoems.

Tell the group members that they will now practice the *Drama-Free Tween Rap*. Distribute the rap to each group member. Select four group members to say the designated parts of the rap. Tell the other group members they will be the chorus. The group members selected to say the individual raps may join the chorus as well.

Conclusion:

Conclude the lesson by having the group members reflect on the ideas presented in the rap.

Tell the group members to put their activity sheets in their folders.

Collect the group members' folders.

Remind the girls to bring their completed *Drama-Free Tween Behavior Summary Sheets* to the next session.



You and the Media

Answer the questions listed below by checking yes or no:

1. Do you look at TV, music videos, or websites to get fashion ideas?
2. Do you want to look like the girls in music videos?
3. Do the girls on TV have to be thin to look attractive?
4. If a girl is overweight, can she be in a music video?
5. Do you think that the girls who wear revealing clothing are cool?
6. Do you feel that models have to be attractive?
7. Do you feel that TV/media can have a negative effect on you?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Complete this question:

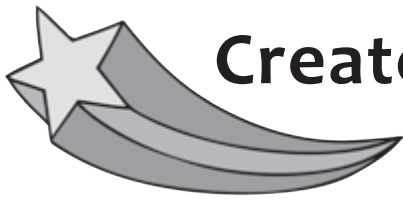
Who is a celebrity you admire?

Why?

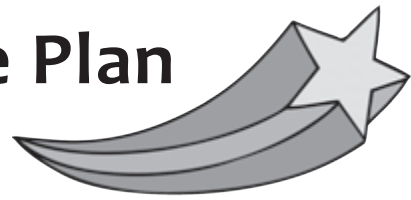
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Drama **FREE** Tween

LESSON 9



Create a Drama-Free Plan



Purpose:

To give the group members an opportunity to summarize their experiences while in group and reveal their *Drama-Free Tween Plan of Action*

ASCA Standards:

PERSONAL/SOCIAL DEVELOPMENT	
Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.	
PS:A1	Acquire Self-Knowledge
PS:A1.1	Develop positive attitudes toward self as a unique and worthy person
PS:A1.2	Identify personal values, attitudes, and beliefs
Standard B: Students will make decisions, set goals and take necessary action to achieve goals.	
PS:B1	Self-Knowledge Application
PS:B1.4	Develop effective coping skills for dealing with problems

Materials Needed:

For the leader:

None

For each group member:

- Folder
- Drama-Free Tween Plan of Action* (page 42)
- Drama-Free Tween Group Evaluation* (page 43)



Pre-Activity Presentation:

Print/copy *Drama-Free Tween Plan of Action* and *Drama-Free Tween Group Evaluation* for each group member.

Activity:

Begin the activity by having the group members recite the *Drama-Free Tween Motto*.

Give each group member her folder and a copy of *Drama-Free Tween Plan of Action* and *Drama-Free Tween Group Evaluation*.

Then say:

In today's activity, you will write a summary of your experiences during group and outline a plan to be a drama free. You will also be given an opportunity to rate your experiences during group by completing an evaluation. These evaluations are important. Your feedback will help me improve how I conduct future groups.

Tell the group members how much time they have to complete both sheets. When the allotted time has elapsed, have the group members share their *Drama-Free Tween Plan of Action*.

Conclusion:

Have the group members recite the *Drama-Free Tween Rap*.

Tell the group members to put their activity sheets in their folders.

Collect the group members' folders.

Remind the girls to bring their completed *Drama-Free Tween Behavior Summary Sheets* to the next session.

THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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Drama **FREE** MOTTO



Great



I am a "sassy" girl ...
nothing wrong with that.
But I will not allow drama
to take over my life.

I will handle the
drama in my life
in a cool, calm, and
collective manner.



Amazing



you
ROCK!

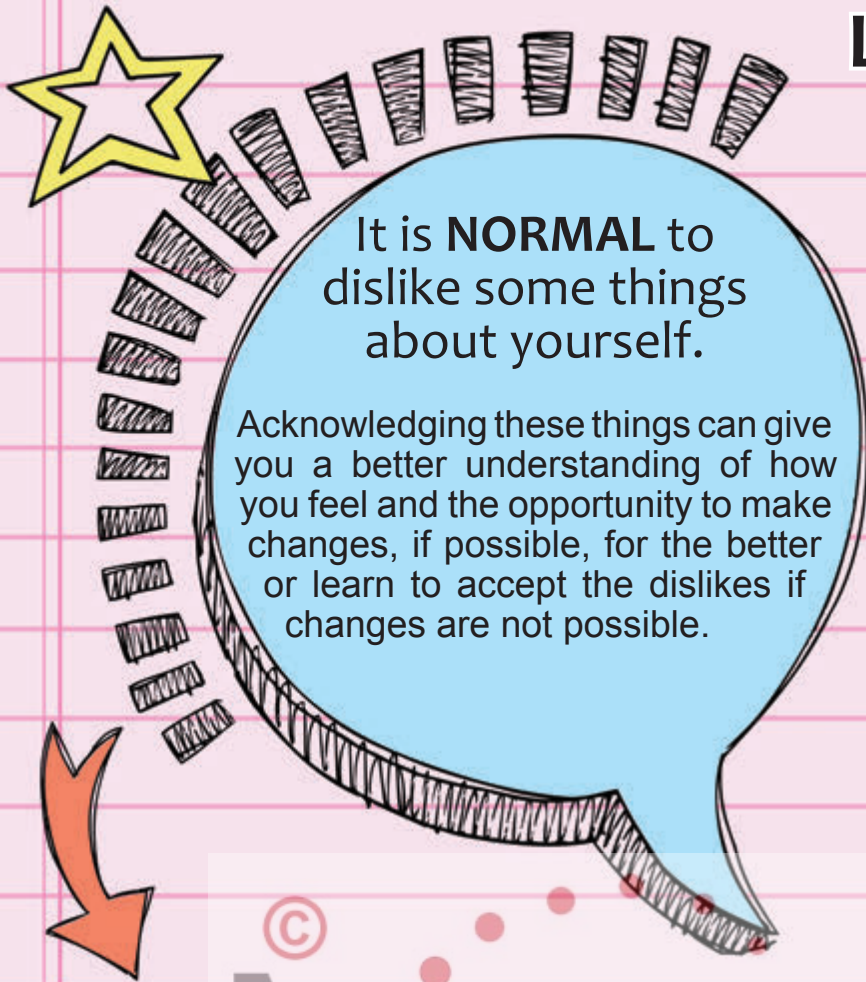


I am
too cool
to let
drama rule!

I'm a ...
Drama **FREE**
Tween



Likes & Dislikes



It is **NORMAL** to dislike some things about yourself.

Acknowledging these things can give you a better understanding of how you feel and the opportunity to make changes, if possible, for the better or learn to accept the dislikes if changes are not possible.

You have the power to embrace your likes and dislikes because you are a drama-free girl!

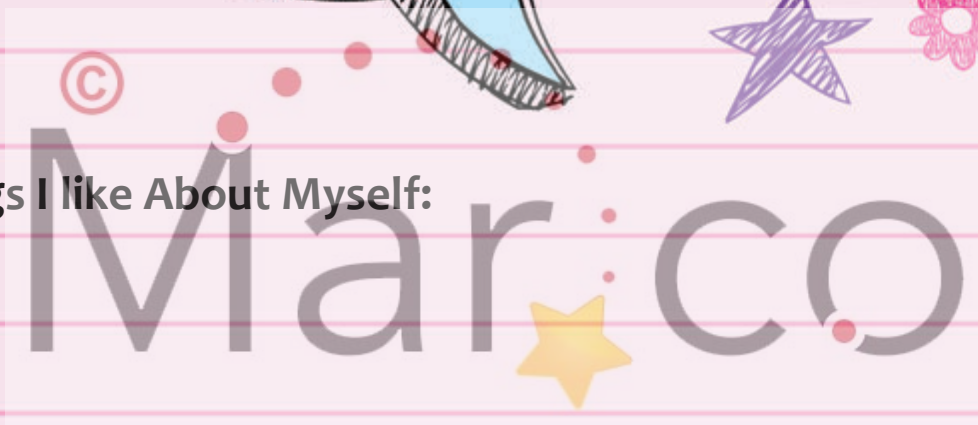


Things I like About Myself:

- 1
- 2
- 3

Things I Dislike About Myself:

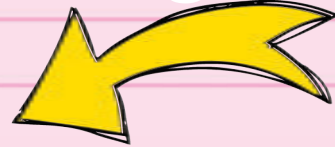
- 1
- 2
- 3



Drama **FREE** Tween

Drama **FREE** Tween

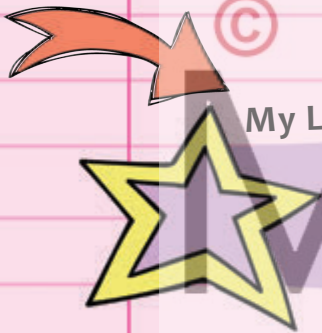
Setting Goals



My Short-Term Goal:

[Pink shaded area for writing the short-term goal]

How I will accomplish this goal:



My Long-Term Goal:

[Purple shaded area for writing the long-term goal]

How I will accomplish this goal:



Drama

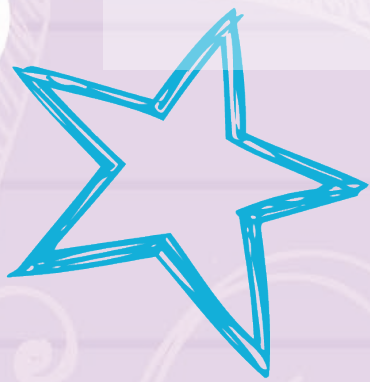
Tweens

FREE

Don't
Put Others
Down!



Remember:
THINK before
you **SPEAK**.



Ask yourself,
“Would I want to be
treated that way?”