

TABLE OF CONTENTS

POWER SERIES pp. 1-25

"I have the POWER to choose success over failure."

- SESSION 1: The Essence of Womanhood
- SESSION 2: The Power of Choice
- SESSION 3: The Bag Lady
- SESSION 4: Let Go

RESPECT SERIES pp. 26-83

"I have RESPECT for myself which produces respect for others."

- SESSION 5: Self-Worth, Am I really Priceless?
- SESSION 6: Media vs. My Self-Respect
- SESSION 7: Peers vs. My Self-Respect
- SESSION 8: Friends for Life or Death?
- SESSION 9: Family Dynamics
- SESSION 10: Girl Fight
- SESSION 11: Let's Make a Deal
- SESSION 12: Dating Violence
- SESSION 13: Sexual Assault
- SESSION 14: Love Takes Time

INTELLIGENCE SERIES pp. 84-128

"I am INTELLIGENT and I make decisions which lead to success."

- SESSION 15: Real Talk
- SESSION 16: Effects of ATOD Usage
- SESSION 17: A Realistic View of HIV & AIDS
- SESSION 18: Sexually Transmitted Diseases
- SESSION 19: A Visit from the Gynecologist
- SESSION 20: Pressures of Teen Motherhood (Teen Parent Panel)
- SESSION 21: My Body...I Only Get One!
- SESSION 22: Critical Thinking, pt. 1
- SESSION 23: Critical Thinking, pt. 2

DESIRABLE SERIES pp. 129-167

"I am DESIRABLE, beautiful and only I can determine my self-worth."

- SESSION 24: What is Beauty?
- SESSION 25: Beauty of Attitude/Ugly from the Inside Out
- SESSION 26: Brothers Speak
- SESSION 27: Personal Hygiene
- SESSION 28: Make-Up and Skin Care
- SESSION 29: Non-Verbal Messages of Clothing
- SESSION 30: Social Etiquette – pt. 1 (manners, introductions & seating)
- SESSION 31: Social Etiquette – pt. 2 (table setting & dining)
- SESSION 32: The Etiquette Dinner

ENDURANCE SERIES pp. 168-228

"I have the ENDURANCE to overcome all obstacles and fulfill my goals and dreams."

- SESSION 33: The Game of Life: Coping & Resilience
- SESSION 34: The Reality of Marriage, pt. 1 (What is Marriage?)
- SESSION 35: The Reality of Marriage, pt. 2 (Marriage Panel)
- SESSION 36: Patient Endurance, the Beauty of Waiting
- SESSION 37: Abstinence: A Strategy for My Success
- SESSION 38: The Leader in Me
- SESSION 39: The "New" Me: Educated, Elevated and Empowered
- SESSION 40: Think Big

