



The Severson Sisters Super Girl Guide To: Relationships: Connect to the Super Girl Within You

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Severson Sisters Super Girl Guide to Relationships: Connect to the Super Girl Within You by The Severson Sisters provides girls with the tools they need to find and maintain positive relationships in their lives.

Founder Carrie Severson remembers how difficult growing up can be. Bullying remains a constant problem for many pre-teens and young teens, and it is often hard to distinguish between healthy relationships and negative ones. The Severson Sisters Super Girl Program gives girls the tools they need to combat bullying, peer pressure, and gossip, and to become their best possible self. An afterschool program led by a Super Girl Facilitator, it is designed to give girls a healthy community and support group that will help them develop positive qualities.

Broken into six steps, each segment of the Severson Sisters Super Girl Program focuses on a different core principle that will help girls develop into their Super Girl self. Their first workbook emphasizes Respect, and this new workbook examines Relationships through small, bite-sized lessons to do with their group.

From thought-provoking questions to quizzes to journaling, to a variety of tips, activities, and skits, the *Severson Sisters Super Girl Guide to Relationships* uses many different methods to help girls understand what healthy relationships are and how to achieve them. The workbook puts the responsibility on girls to recognize bullying, gossip, peer pressure and unhealthy relationships and to compare them with positive ones. It also encourages girls to examine their own actions and to determine if they engage in bullying, gossiping or negative behavior.

Geared toward girls between grades 6 - 8, Severson Sisters Super Girl Program catches them in the middle of some of the most dramatic and transformation-filled years of their childhood. By learning these lessons now, these girls are jump-starting their future to become successful and confident women.

Whether they are the one experience bullying, doing the bullying or just watching it happen, every girl has something to learn from the *Severson Sisters Super Girl Guide to Relationships*. They just might be surprised at what they find as they go through the program.

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