



# In Our Own Hands

## This New Toolkit Contains 4 Modules

### In Our Own Hands

- ✓ Leadership and Community Action
- ✓ Healthy Relationships
- ✓ Open Communication and Allyship
- ✓ Media and Technology

For girls 12-14 years old

In Our Own Hands engages girls in celebrating their heritage, investigating rights and responsibilities, practicing leadership skills, tackling issues of concern including the evolving use of social media. Throughout the program, girls investigate their rights as women as well as rights they have in order to engage in healthy relationships, practice leadership skills, and tackle issues of concern with a wide variety of tools delivered during programming.

Participants deepen their understanding of girls and women as social change agents and of leadership as a collective process grounded in belonging to and having responsibility for one's community. Girls acquire the knowledge and skills for taking charge of and making informed decisions, exploring values, practicing responses in different situations, and thinking about their futures.

Throughout the program, girls experience the power of a positive sister support system, build critical thinking skills and learn to take responsibility for one's self and community.