

Girls on Track:

Self-Care, Self-Awareness, Knowing Self

Lesson One:	Getting to Know Each Other
Lesson Two:	Understanding the Girl Box
Lesson Three:	Learning to Deal: Minimizing Daily Stress
Lesson Four:	It's All About Balance
Lesson Five:	Nutrition and Healthy Eating
Lesson Six:	Empowered Bodies
Lesson Seven:	Emotional Health: All Filled Up!
Lesson Eight:	Centering: the Importance of Slowing Down
Lesson Nine:	Gratitude: Celebrating our Bodies our Minds and our Spirits

Connectedness:

Selecting Healthy Relationships and Keeping Them Healthy

Lesson Ten:	Conflict Resolution and Standing up For Myself
Lesson Eleven:	Collaborative Leadership
Lesson Twelve:	Peer Pressure/Alcohol, Tobacco and other Drugs
Lesson Thirteen:	Gossiping and Bullying: Power vs. power
Lesson Fourteen:	Cruising and Using the Internet
Lesson Fifteen:	Romantic Relationships/Dating
Lesson Sixteen:	Running a 5k!

Empowerment: Celebrating and SHARING Our Strengths

Lesson Seventeen:	Tuning into a New Message (Combating the temptation to go into the Girl Box)
Lesson Eighteen:	You Call IT!
Lesson Nineteen:	Celebrating and Honoring our Living Planet
Lesson Twenty:	Passing the Baton: How we serve as empowered role models to other girls
Lesson Twenty-One:	Community Service Project
Lesson Twenty-Two:	Community Service Project
Lesson Twenty-Three:	Girl-Bonds: A Lifetime of Friendship
Lesson Twenty-Four:	Final Celebration!