

# SAGE

SACRAMENTO ADVOCATES for GIRLS' EMPOWERMENT



# SAGE Speaker Training

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Veronica Sarabia

Allison Goodman



## Warm up Activity

*Remember when you were 13 years old (7<sup>th</sup>/8<sup>th</sup> grade)...*

Write down...

- What worried you most about your looks?
- What was the most embarrassing thing that happened to you that year?
- Did you know what you wanted to do when you grew up?
- What did you care most about in school?



## Mindset of the Middle School Girl

- Transition stage
- Little responsibility to higher expectations of maturity
- Limited thought devoted to the future...it's so far away
- Social life rules
  - Peer Pressure
  - Followers & Leaders
  - Categories (Emo, Prep, Skater, Punk, Hard core, Jocks, Nerds, Loners)
- Insecure
- Inquisitive



## Challenges they Face you may not have

- Being raised by grandparents
- Foster children
- Absent parents
- Learning disabilities, ADHD
- Drugs, gangs, bullying, cyber-bullying
- Domestic violence
- Taking care of younger siblings (being the younger siblings)



## Tips & Tricks... Things to do

1. Address them as a group
  - Example: What qualities do you think a good business owner has?
2. Relate to a TV show or movie
3. Share personal stories and thoughts

Grab a partner and come up with an example for each of the numbers above that you can use in your own talk.



## Tips & Tricks...Things to do

Be open and answer all of their questions  
(be prepared for some personal ones)

*What questions would you find personal if  
a co-worker asked you?*



## Answering a Personal Question

- How much money do you make?
- Practice answering this question with your partner  
*Be prepared to include the following in your answer:*
  - Break it down into an hourly rate
  - Give salary ranges
  - What did you make out of college versus what you make now
  - Discuss some benefits that come along with the salary (free lunch, company car, traveling for free)



## Tips & Tricks

- Things to do:
  - Ask them what they like to do outside of school and relate it to personal strengths/inclinations they might have
  - Walk around classroom and try to sit down
  - Engage a small group at a time



## Things to avoid:

- Do not single anyone out
- Do not use their lingo/slang if it's unnatural for you
- Do not associate or agree too much with the teacher
  - i.e. classroom rules, emphasize teacher comments/input
- Do not relate things to their parents
- Never make a student feel like they were wrong in answering a question or volunteering a comment
- Do not straight out ask them a question like "who wants to be an engineer?" or "who has thought about being a cop?"
- Do not call attention to anything they are wearing, their hairstyle, etc
- Do not discipline the students, let the teacher do it

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## What has worked for you?

- *Please share your experiences*



## Tactical Suggestions

- Add humor
- Bring treats (jolly ranchers, lollypops)
- Visual Aids
  - Bring in technology (video clips, websites, music)
  - Bring a “show & tell”
  - Pictures, Charts, Flyers, Brochures
- Encourage participation with questions like “What qualities do you think good business owners have?”
- Prepare to talk for only 10 minutes max without activities, participation, Q&A, etc

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Questions?  
Comments?

THANKS!