

The Facilitator

"I aspire to inspire girls to be bold without apology, to be smart without excuse, to strive without limits, and to be whomever they choose."

Robyn J.A. Silverman, PhD, is deeply committed to empowering young women to help them realize their full potential. She is a doctor of Child and Adolescent Development with a concentration in school-age, pre-adolescent, and adolescent girls and positive youth development. She has worked with United Way on the youth program evaluation projects, including gender sensitivity in after-school programming to help youth-serving agencies better serve girls. In addition, she has worked with National Institute on Out of School Time at Wellesley College, Center for Research on Women, as a researcher and has presented at several conferences including SRCDC, MSAC, and NSACA. Her character curriculum, POWERful Words Character Toolkit, is being used in after-school programs worldwide. In addition, she has worked with many area schools and has recently been featured on Fox25 News for her continued work on bullying, respect, self worth and self-empowerment.

She speaks and presents to educators, girls and mothers around the country about body esteem, fitting in and standing out. Conferences are booked at www.extremedreamsforteens.com. She provides both private and group coaching through DrRobynSilverman.com. She also has a resource website for parents looking to lay the groundwork for a powerful family. www.powerfulfamily.com



Peer Positives!

The Sassy Sisterhood Girls Circle

C/O EEMA

435 Columbian St.

South Weymouth, MA 02190

The Sassy Sisterhood



Girls' Circle



Community Caring Connection Confidence Character

Positive youth development and resiliency
in Preadolescent and Adolescent Girls

"Everything we talked about told me to never give up in what I believe in." – C.S., age 10

"I loved everything about Girls' Circle and liked how I could talk openly and not be judged" -J.D., age 14

"I wish I had something like this when I was my her age!" C.O., mother of circle member

(781) 718-1637

Forming NOW

What is a Girls' Circle?

The Girls' Circle is a model of structured support groups for girls from 9-18 years. It is designed to foster self-awareness, help girls maintain authentic connection with peers and adult women in their community, counter trends toward self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.



During an intensive week or once per week for 12 weeks, a group of girls of similar age and development meet with a facilitator. During this time, the girls take turns talking and listening to one another respectfully about their concerns and interests. The girls express themselves further through creative or focused activities such as role playing, drama, journaling, poetry, drama, dance, drawing, collage, clay, and so on.



Often themes and topics are introduced which relate to the girls' lives, such as being a girl, trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, and decision-making. Special guests, teachers, professional speakers and experts are brought in for special activities such as dance, self defense, and other discussions.

Circle Guidelines

To participate, girls need only have the desire, make a commitment to attend the meetings, and agree to follow the circle guidelines, i.e. no put-downs or interruptions, offer experiences - not advice, keep the focus on oneself, and keep what's said in the group private. Girls are free to share at their own pace. Through listening and respect for themselves and others, participants can reflect on and express their own thoughts and feelings with peers. The Girl's Circle does not aim to provide advice, but encourages girls to share experiences that are helpful to one another.



Giving Voice to Feelings

When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and encourages them to express themselves more fully. By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests, and talents.

Enhances Current Programs



The Girls' Circle format is applied to programs in areas such as schools, peer leadership, health education, outdoor adventure, gang-prevention, school advisory groups, pregnancy prevention, boys and girls clubs, scouting groups, athletics and substance abuse prevention in such settings as schools, agencies, group homes, parish halls, clinics, homes, or businesses. In this way, the Sassy Sisterhood Girls' Circle provides the opportunity for authentic relationships within a context of a girl's own setting and community.



Interested in sending some girls to the Sassy Sisterhood Girls' Circle or having Dr. Robyn J.A. Silverman facilitate a Girls' Circle at your facility? Customized to your needs!

**Please call: (781) 718 1637
First come, first served.**

Space is limited!