



Girls' Dialogue event: Faith and Image

This event was written and run for Muslim and Christian teenage girls aged 12-16. It could easily be used with little adaptation for girls of other faiths and/or none. It would work well with girls who already knew each other, or complete strangers. With newly acquainted young people we'd recommend spending longer doing ice-breakers at the beginning to ensure they feel at ease and to enforce mixing. The event takes approximately 4 hours.

Session Outline

Time	Activity	Description	Materials
10 min	Arrival	Arrive, make name badge, drinks	Pens Labels Drinks
10 min	Introduction	Emergency procedures, toilet location. Brief introduction to what the day is about. Guidelines for dialogue	Guidelines for Dialogue
10 min	Ice-breaker	Human bingo – find someone who...	Human bingo
15 min	The perfect woman	In groups design the perfect woman (physical and mental characteristics)	A3 paper Pens
20 min	Females in the media	In two groups look through magazine/the video clip of Mean Girls. List positive and negatives views they give on females.	Magazines DVD
10 min	Peer pressure	What pressure if there for you to look a certain way? Put it on a post-it anonymously.	Post-it notes
15 min	Break!	Chance to eat and drink, write down Qs	Food Drinks
30 min	Women of faith	In faith groups choose a woman of your faith who's a good example. Present to other group. Is this someone you want to be like?	
15 min	The Perfect woman take 2	What does the ideal woman look like? In mixed faith groups.	A3 paper Pens
30 min	Craft and questions	Decorate a mirror to remind yourself something you learnt today	Mirrors Glass paint Decorations
10 min	Feedback		Feedback forms
5 min	End		

Leader's Notes

Arrive

It's really important to make people feel at ease as they come in, especially as some might be particularly nervous. Making name labels takes the pressure off learning names, which can be hard in a big group.

It might be a good idea to play some music as people come in, and make sure leaders are welcoming and chatting to the young people informally. (NB: for some Muslims music is forbidden).

Gather everyone together and take the opportunity to run through any housekeeping issues (toilets, emergencies etc).

Guidelines for Dialogue

These are essential in setting the right tone before entering into faith discussions. They are available '[here](#)', simply click on the link to download. There are many ways you can go through them with your group, here at two ideas.

Method one

Take turns reading out a guideline, going round in a circle. Elaborate on what some of them mean, and ask why the young people think they're important. At the end make sure everyone agrees to try to stick to them.

Method two

Give everyone a few minutes to read the guidelines by themselves quietly. Then ask each person to say which one is their favourite, and why. If your group are particularly shy give an example of which is your favourite first.

Ice Breakers

You might have some of your own – these are just two ideas. No matter what you do try to run an activity that helps learn names, and one that shows the young people they have something in common with each other. Keep them fun and easy.

Human bingo

Also known as signature bingo. Each person is given a pen and a bingo grid which they have to fill by collecting signatures of the people in the group. For example 'someone who likes Maths' needs to be signed by someone who genuinely does like Maths! Each person can only sign a person's sheet once, and players may not sign their own grids! (If the group is smaller than 16 allow people to sign each sheet up to 2 times). There is a sample bingo grid in Appendix 1 which you may photocopy and use in this pack. This game is a great way of getting people to mix and find out things about each other, including commonalities.

The perfect woman

In small groups (approx. 2-3 from each faith) ask the design what they think the perfect woman looks like. Encourage them to think not only about the physical appearance but also about the characteristic of an ideal woman.

Ask each group to present their woman and explain why they chose her to look the way they made her.

Females in the media

Split into two groups.

Group 1

Get the girls to look at some popular fashion magazines, and some newspapers. Ask them to make a list of the positive and negative ways that women are represented in the media.

Group 2

Watch a clip from the movie 'Mean Girls' NB. this scene includes some bad language. (It is also available on You Tube - <http://www.youtube.com/watch?v=VhCzRr9EwBk>)

Ask the girls to think about the ways these girls see themselves, make a list of the positives and the negatives.

Get the groups to feedback to each other what they saw, were any of the things the same?

Peer pressure

Give everyone a few post-it notes and some pens. Ask the girls to write on the post-it notes one thing they don't like about themselves, it doesn't have to be physical. Get them to come forward and stick them to the wall. Once they are all up you can read some out – see if any of them are the same.

Women of faith

Split the girls into their respective faith groups. Ask them to think about a woman in their faith tradition who is inspirational. It could be someone they know now, or someone in their scriptures/history. Ask them to make a short presentation about the woman to other group, focusing on the things that inspire them the most.

Present the women to each other – what stands out about these women?

Craft and questions

Give each girl a small mirror and invite her to decorate it. This is a nice time for informal conversations to carry on, and gives each attendee something to take away with them to remind them of the day.

If people have specific questions they want to ask each other you could do this more formally at the end of this time.

Feedback

It's important to know how the young people found the event, so make time for feedback at the end. You can do this with feedback forms, getting them to write things on post-it notes, or even stand in a circle and throw a beanbag around sharing their highlight.

There are lots of different ways you can get feedback. The easiest to collate are forms, but these can be a bit boring and tedious for young people (although, arguably, some do love them!)

Here are two alternative methods for feedback –

Feedback circle

Stand or sit in a one big circle. Use a bean-bag or juggling ball and takes turns throwing it around the circle saying what you enjoyed most about the day, ensuring everyone gets a chance to answer. Do the same asking people to say something they've learnt today.

Action replay!

Splitting the group into 4-6's ask them to prepare a news report on the day capturing the highlights, and then perform it to the whole group. This will highlight to you the things that have been most enjoyable/important to them.

Appendix 1: Human Bingo

Got up after 11am this morning	Watches a soap opera	Is wearing nail varnish	Likes Maths
Speaks a language fluently (other than English)	Has been abroad	Has a younger brother	Enjoys school/college
Knows how to make a cake	Is wearing trainers	Has been on TV	Was born in another country
Would like to be famous	Likes chocolate	Can ride a bicycle	Wears glasses or contact lenses