

TOPICS

- * *communication*
- * *self-esteem*
- * *puberty*
- * *healthy relationships*
- * *brothers and sisters*
- * *body image*
- * *problem solving*
- * *and much more!*



A safe place for girls to talk

The Right Moves



A group for girls
about girls

Family & Children's Service
111 North Common Street
Lynn, MA 01902
781-598-5517
www.fcslynn.org

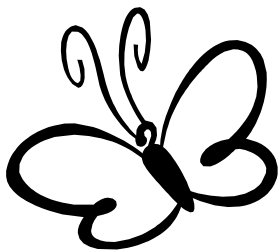


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The Right Moves

The Right Moves is a group for girls about girls.



Helping girls grow strong and proud

Weekly meetings with 5th grade girls are held on site at elementary schools throughout Lynn.

Meetings are held either after school or during the lunch period and run throughout the school year.

The main focus of this group is to build assets in the girls of our community.

Building Assets

Proven, practical ways
To improve the future

The asset building approach:

- *brings out the best in youth
- *sees youth as resources
- *focuses on what is right,
what they have to offer
- *builds character, skills, and values
that help prevent problems
- *stresses collaboration and cooperation
- *takes a long-term, lifetime view
- *sends a message of hope
positive change is possible



*Give girls the power and
choice to reach for the stars*

What are Assets?

Developmental assets are based on research provided by the Search Institute. The 40 assets are divided into 20 external and 20 internal assets.

Some examples include:

- *a positive view of the future
- *honesty
- *self-esteem
- *resistance skills
- *family support
- *responsibility
- *sense of purpose
- *positive peer influence
- *positive communication
- *caring school climate

If interested please call
Family & Children's Service
781-598-5517