



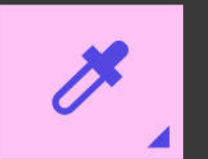
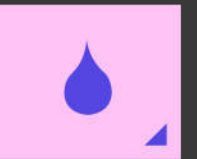
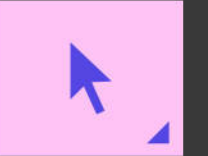
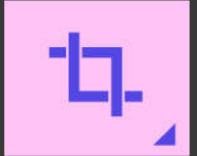
AUTHENTICITY PART I

B₃ L₁ A₁ C₃ K₅

G₂ I₁ R₁ L₁

M₃ A₁ G₂ I₁ C₃

Pop Out, Show Out



Share a Time:

1. Proud of yourself
2. Felt Empowered
3. Overcame a challenge

NONPROFIT CURRICULUM SESSION OUTLINE

- We meet every other 3rd Wednesday, virtual and 3rd Saturday, in person
- **Virtual Sessions: 45 mins of Discussion, 45 mins of Mentor Time**
- In-Person: 30 mins of Canva, 30 mins w/ Mentor, 30 mins Project shareout

NONPROFIT SCHEDULE

October 16th: Virtual
November 23rd: In
Person
December 11th: Virtual
January 11th: In Person

February 11th: Virtual
March 15th: In Person
April 16th: Virtual
May 17th: In Person

***Wellness Summit
J***June: TBA

INTRO TOPIC: EXPLORING MY AUTHENTIC SELF!

Authenticity is a person who lives without any influences, only their voice, values, and thoughts guide their actions.



Discussion Topic: Authenticity through Art

- What does it look like for you to be your truest and best self?
- What stories show a good picture of who you are?
- What qualities or hobbies make you feel good about who you are?
- Why is it hard for black women to tell real and honest stories about themselves?
- Why might it be hard for people to be themselves? How could you fight against those obstacles?



AUTHENTICITY & ART: BLACK WOMEN TELL STORIES OF IDENTITY

BISA BUTLER: TEXTILE
PORTRAIT ARTIST



NIAJUNE-SPOKENARTIST, POET, DANCER AT TOWSON



Authenticity & Art: Black Women Tell Stories

Discussions

- What are some experiences or stories that show who you are?
- How were these artists being authentic to who they are? What stories did they tell about them?
- What did you learn about them and black women in General?
- Why do we think they chose that specific art form?

AUTHENTICITY & ART: TELLING STORIES THROUGH ART PROJECT

By November:

Create an art project that tells a story of who you are

1. Art form: collage, painting, dance, sing, drawing, poem, short story, play
2. Focus on a story that shows who you are or something about you that want to highlight- a positive experience, a positive memory of yourself
3. Send them to email--- place in DRIVE!



Examples:

getting a master degree: showing perseverance
helping my mom through breast cancer

Breakout Session w/ Mentor

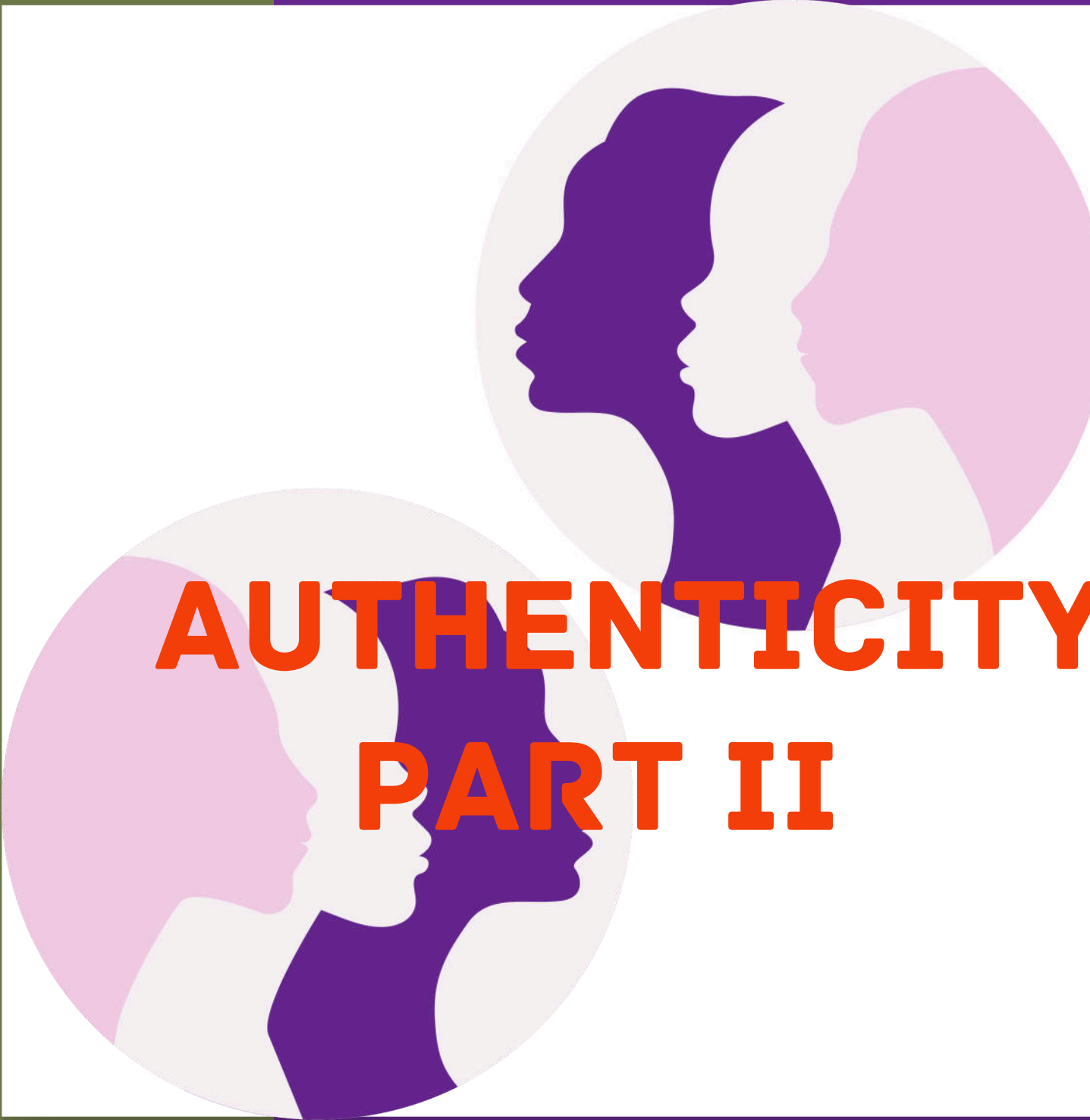
Authenticity in Art: Get to know your Mentor!! For the next 45 minutes, you and your mentor

- **10-15 mins: Get to know each other**
- **Create a list of 3-5 stories you want to tell**
- **Create a list of 3-5 art forms that can highlight your story**
- **What did you each learn about authenticity? Or What is one way you can be more authentic?**

SHARE HOW IT WENT!

QUESTIONS?
CONFUSIONS?

IS IT HARD TO CHOOSE A STORY OR AN ART FORM?



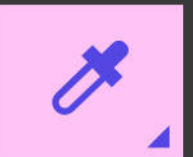
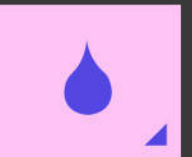
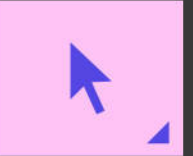
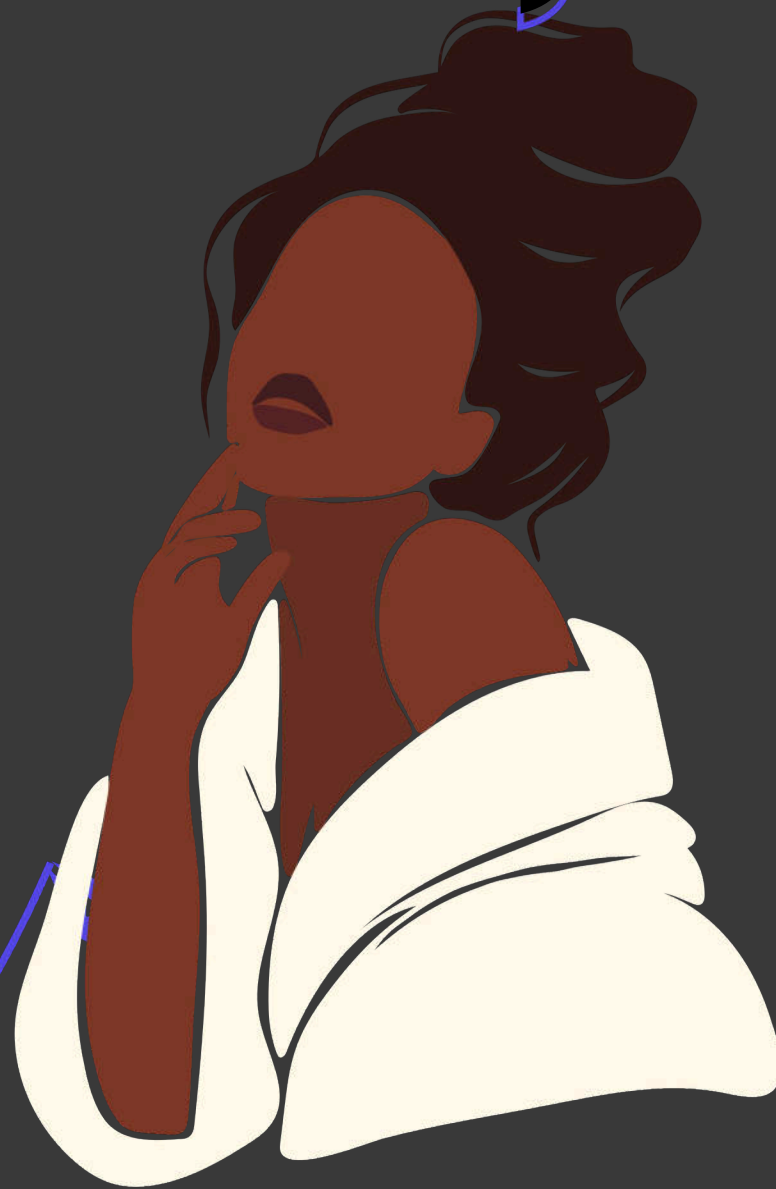
AUTHENTICITY PART II

B L A C K

G I R L

M A G I C

Pop Out, Show Out



For our playlist:

1. A song that makes you feel happy
2. A song that reminds you of someone you love

NONPROFIT SESSION OUTLINE

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- Virtual Sessions: 45 mins of Discussion, 45 mins of Mentor Time
- **In-Person: 30 mins of Canva, 30 mins w/ Mentor, 30 mins Project shareout**

MENTOR& MENTEE GAME TIME: DESERTED ISLAND

Instructions

- If you were on a deserted island and you could only bring ONE ITEM--- WHAT WOULD IT BE?
- Get into groups of 4 (2 pairs of mentors/mentees)
- In your group, how would you survive using the 4 items on your island?

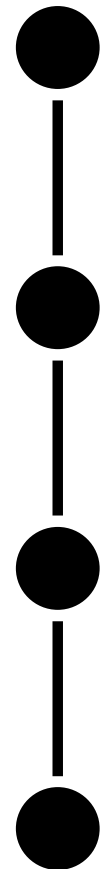
CANVA TIME

CREATING A BIOGRAPHY TEMPLATE

1. CREATE NEW PROJECT
2. USE BIOGRAPHY TEMPLATE TO TELL YOUR STORY
3. PRACTICE WITH INFORMATION ABOUT YOU
4. SKILL FOCUS: ADDING GRIDS, FRAMES, VIDEOS,
LINKS
5. TAZ BIOGRAPHY PROJECT PAGE

Breakout Session w/ Mentor

SHOWCASING OUR ART: Get to know your Mentor!! For the next 30 minutes, you and your mentor



10-15 mins: Get to know each other:

Share project with Mentor

Mentor offers feedback and prepare to share out

Share Moments of Authenticity

SHAREOUT

INTRODUCE YOURSELF THROUGH YOUR ART!



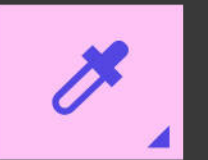
CONFIDENCE PART I

B L A C K

G I R L

M A G I C

Pop Out, Show Out



Share your FAVORITE
affirmations:

1. Poem
2. Song
3. Book

INTRO TOPIC: LEARNING CONFIDENCE THROUGH MENTORS

Confidence to rely and believe in oneself; having self-esteem; firm trust in your qualities and abilities

**WHO IS SOMEONE THAT
YOU THINK EXUDES
(SHOWS) CONFIDENCE?
WHY?**

*"Self confidence is a
super power. Once you
start to believe in
yourself, magic
starts happening.*

- Unknown

Thoughts above.com

Discussion Topic: Confidence & Black Girlhood,

- How do you channel confidence? What strategies do you use to feel more confident?
- Why might it be hard for someone to be confident?
- How do you define confidence in yourself? in others?
- What ways can black women and girls help each other build confidence?



AFFIRMATIONS FOR BLACK GIRLS

8 AFFIRMATIONS FOR BLACK WOMEN

- I matter.
- My joy matters.
- It is okay for me to feel how I feel.
- I can choose me and put myself and my needs first.
- It is okay to rest.
- I am SO worthy.
- It is okay for me to choose where to place my energy.
- My peace and energy are valuable so I protect them.



CONFIDENCE & MENTORSHIP: INTERVIEW SOMEONE WITH CONFIDENCE

By January:

Interview a person that exudes confidence

1. Select a black woman to interview
2. Craft 10 questions that you want to ask them about how they show confidence
3. Create a Canva Biography template to introduce your interviewer!!
4. Send them to _____ email--- place in DRIVE!



CANVA TIME

USING RECORDING APPS & TECH

HOW TO DO THE INTERVIEW: BY PHONE,
ZOOM, IN PERSON

RECORDING APPS:

1. EASY VOICE RECORDER- CALL AND
RECORD
2. ACR CALL RECORDER
3. CALL RECORDER



CANVA TIME

CREATING A BIOGRAPHY TEMPLATE

1. CREATE NEW PROJECT
2. USE BIOGRAPHY TEMPLATE TO TELL SOMEONE'S STORY
3. PRACTICE WITH INFORMATION ABOUT YOU
4. SKILL FOCUS: ADDING MOVING GRIDS, FRAMES, VIDEOS, LINKS
5. TAZ BIOGRAPHY PROJECT PAGE

Breakout Session w/ Mentor

confidence: In the next 45 minutes with your mentor, discuss the things below:



10-15 mins: Catch-Up!

Create a list of 2-3 people you'd like to interview

Craft 10 questions you like to ask the person you'll interview

Select a Biography Template



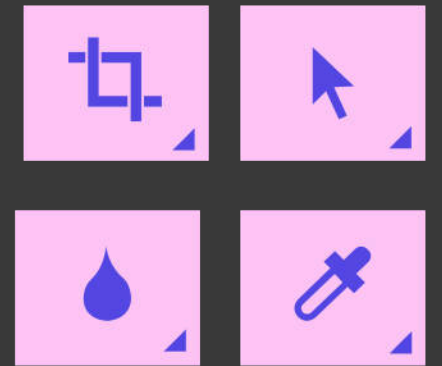
CONFIDENCE PART II

B L A C K

G I R L

M A G I C

Pop Out, Show Out



What makes you laugh:

1. Meme/Tiktok
2. Person
3. TvShow

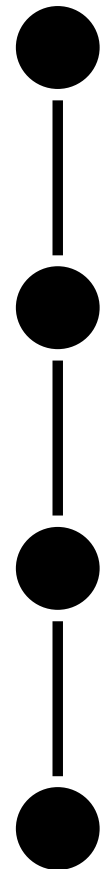
CANVA TIME

CREATING A BIOGRAPHY TEMPLATE

1. CREATE NEW PROJECT
2. USE BIOGRAPHY TEMPLATE TO TELL SOMEONE'S STORY
3. PRACTICE WITH INFORMATION ABOUT YOU
4. SKILL FOCUS: ADDING GRIDS, FRAMES, VIDEOS, LINKS
5. TAZ BIOGRAPHY PROJECT PAGE

Breakout Session w/ Mentor

SHOWCASING OUR INTERVIEWS: Get to know your Mentor!! For the next 30 minutes, you and your mentor



10-15 mins: Catch up!

Share project with Mentor

Mentor offers feedback and prepare to share out

Share Moments of Confidence

SHAREOUT

SHARE YOUR INTERVIEW PROJECT!!!!

- WHAT WAS A MAJOR TAKEAWAY?
- WHAT IS SOMETHING YOU WANT TO PRACTICE AFTER INTERVIEWING YOUR PERSON?



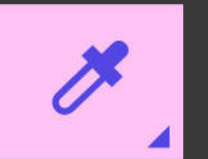
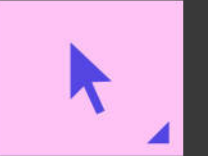
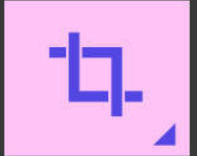
LEADERSHIP PART I

B₃ L₁ A₁ C₃ K₅

G₂ I₁ R₁ L₁

M₃ A₁ G₂ I₁ C₃

Pop Out, Show Out



1. Who is someone that you look up to?
2. A family member
3. Someone at your school
4. An adult in your life

BLACK WOMEN LEADERS

JEOPARDY

**SHOW WHAT YOU
KNOW**

BLACK WOMEN'S HISTORY JEOPARDY

RAISING AWARENESS IN YOUR COMMUNITY: WELLNESS & REPRODUCTIVE HEALTH

By March:

Raising Awareness in your community Project!

1. Select a community where you'd like to share information
 2. Conduct a "Needs Assessment" about reproductive health
 3. Create a Canva Reel, Infographic, Instagram Post
 4. Share with your community by posting on their instagram, hanging up posters in the building, sharing on social media sites
- Send them to email--- place in DRIVE!



LEADERSHIP, WELLNESS, AND SOCIAL MEDIA: BLACK WOMEN INFLUENCERS

Tabitha Brown



Candice Craig-PCOS Advocate



Discussion Topic: leadership through Social Media

- What did these two influencers raise awareness about?
- What was the community that they're trying to change?
What was the community they're trying to help?
- What did you notice about their social media accounts and personas?
- What things did you see that you'd like to do in your own community? Or raise awareness about?

COMMUNITY NEEDS ASSESSMENT

HOW CAN I HELP MY COMMUNITY TO ADDRESS A NEED?

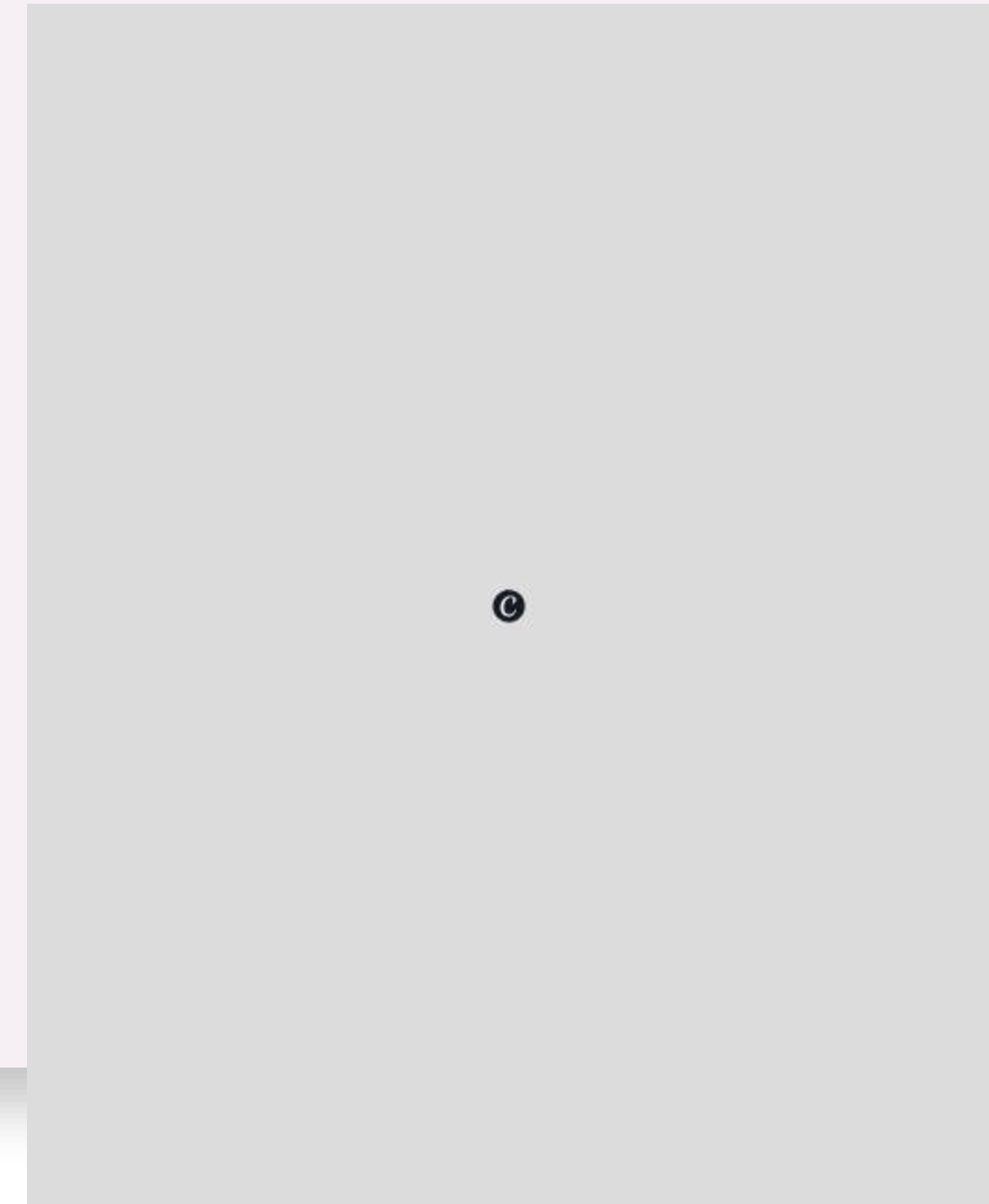
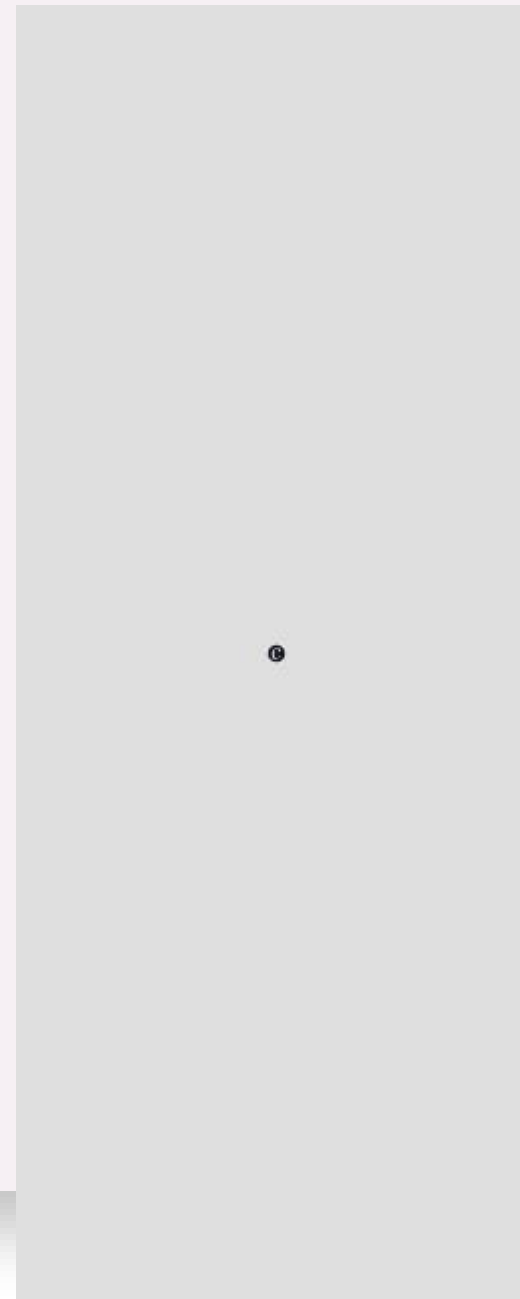
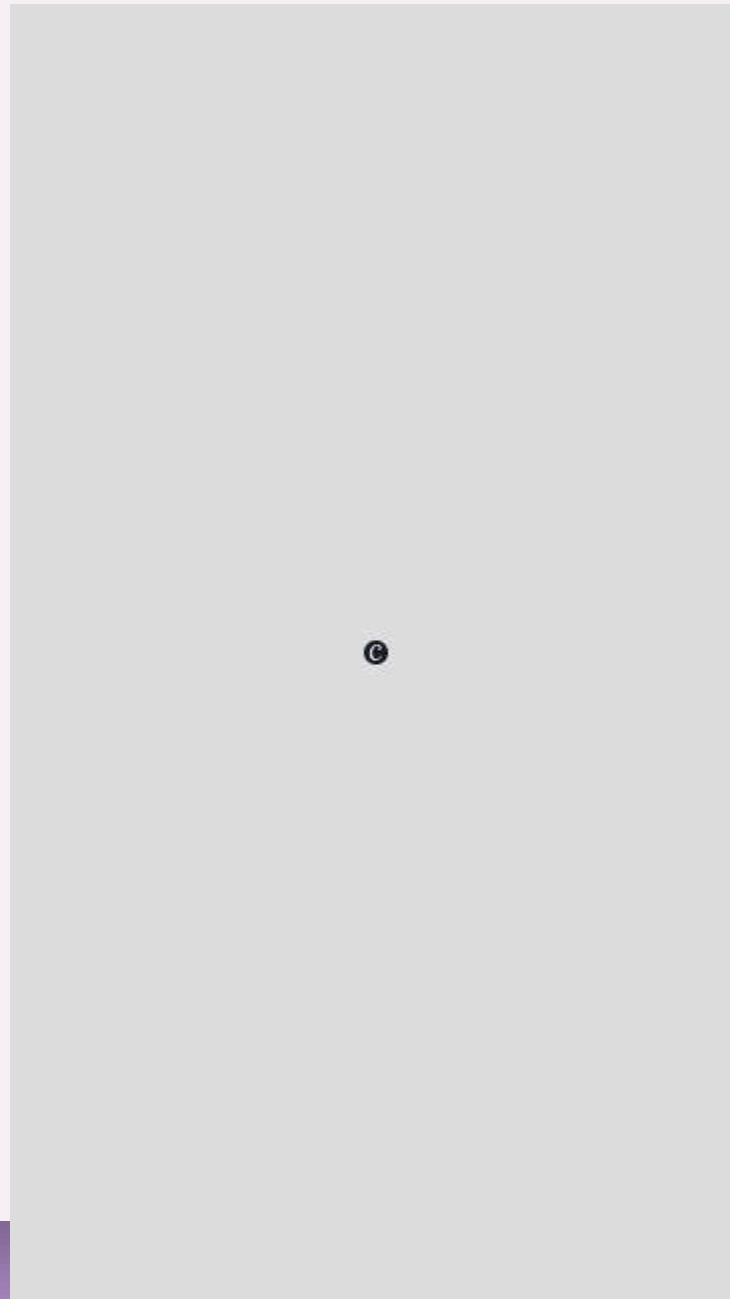
WHAT DOES IT NEED?

WHAT DOES IT ALREADY HAVE?

ASSETS: PEOPLE, ORGS, GROUPS, OBJECTS	WHAT DOES IT ALREADY DO TO ADDRESS THIS PROBLEM?	NEEDS:WHAT DO THE PEOPLE WANT IN YOUR COMMUNITY?

CANVA TIME

RAISING AWARENESS CANVAS





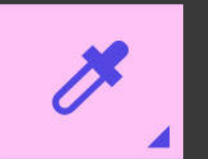
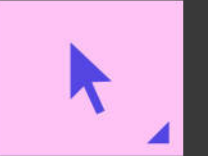
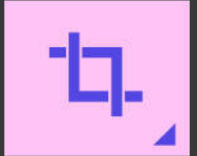
LEADERSHIP PART II

B₃ L₁ A₁ C₃ K₅

G₂ I₁ R₁ L₁

M₃ A₁ G₂ I₁ C₃

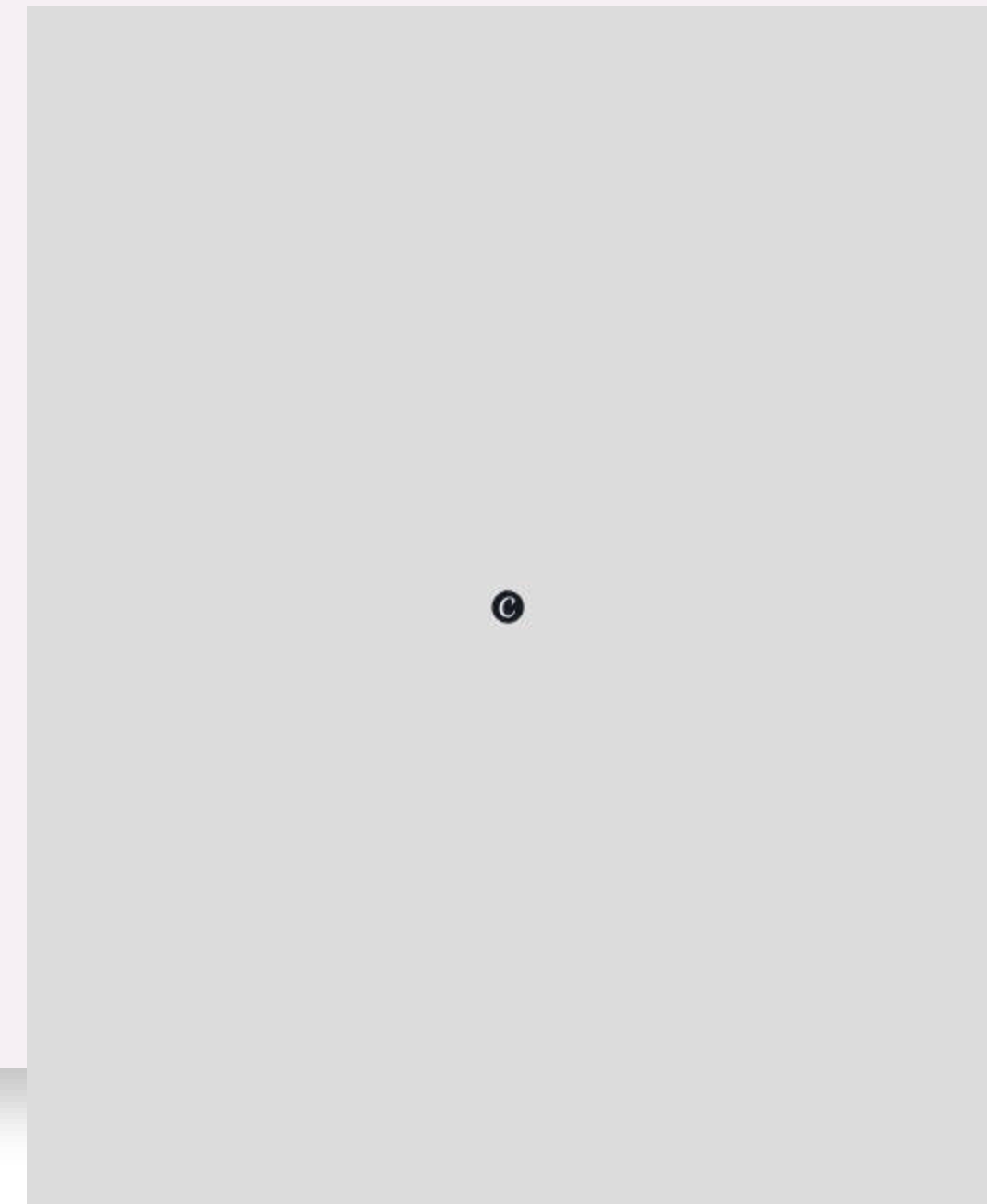
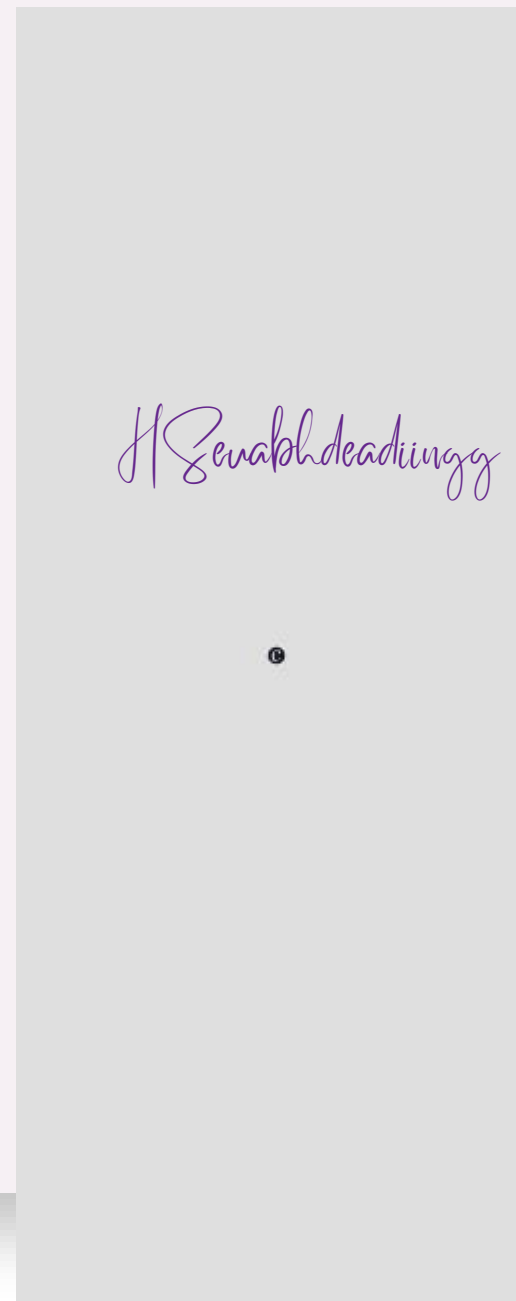
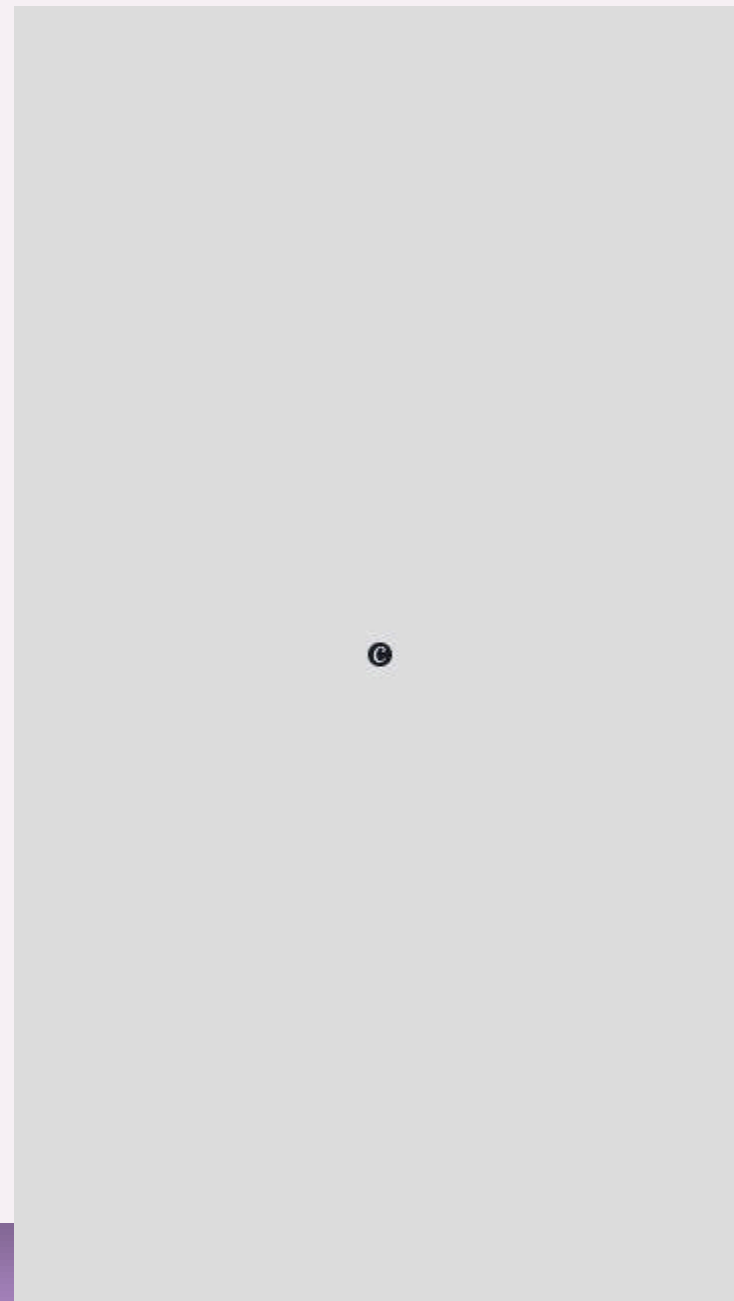
Pop Out, Show Out



Share out moments of
Leadership that you saw
or showed last month!

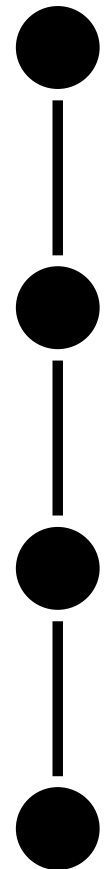
CANVA TIME

RAISING AWARENESS CANVAS



Breakout Session w/ Mentor

SHOWCASING OUR INTERVIEWS: Get to know your Mentor!! For the next 40 minutes, you and your mentor



10-15 mins: Catch up!

Show mentor your project

Mentor offers feedback and prepare to share out

Reflections on your project: Easiest/ Hardest Parts

LEADERSHIP SHAREOUT

SHARE YOUR INSTAGRAM REEL, POST, OR
INFOGRAPHIC!!!!

- WHAT WERE THE EASIEST AND HARDEST PARTS OF THIS PROJECT?
- WHAT NEW THINGS DID YOU LEARN ABOUT REPRODUCTIVE HEALTH & WELLNESS?



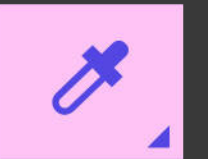
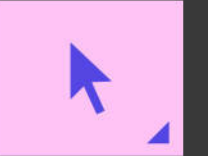
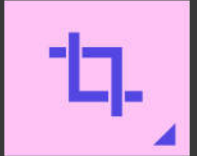
WELLNESS PART I

B L A C K

G I R L

M A G I C

Pop Out, Show Out



What are things that you
do to stay mentally and
physically healthy?

Discussion Topic: Black Women and Girls' Wellness

● What do you already know about Black women, girls and their health?

● When you think about health and wellness, what types of health do you think about?

● What are some positive things that black women and girls are doing for their health?

● What are some misconceptions or questions you have that you are too afraid to ask adults or even your friends? MENTORS PLEASE SHARE SOME MISCONCEPTIONS THAT YOU HAD AS A TEENAGER

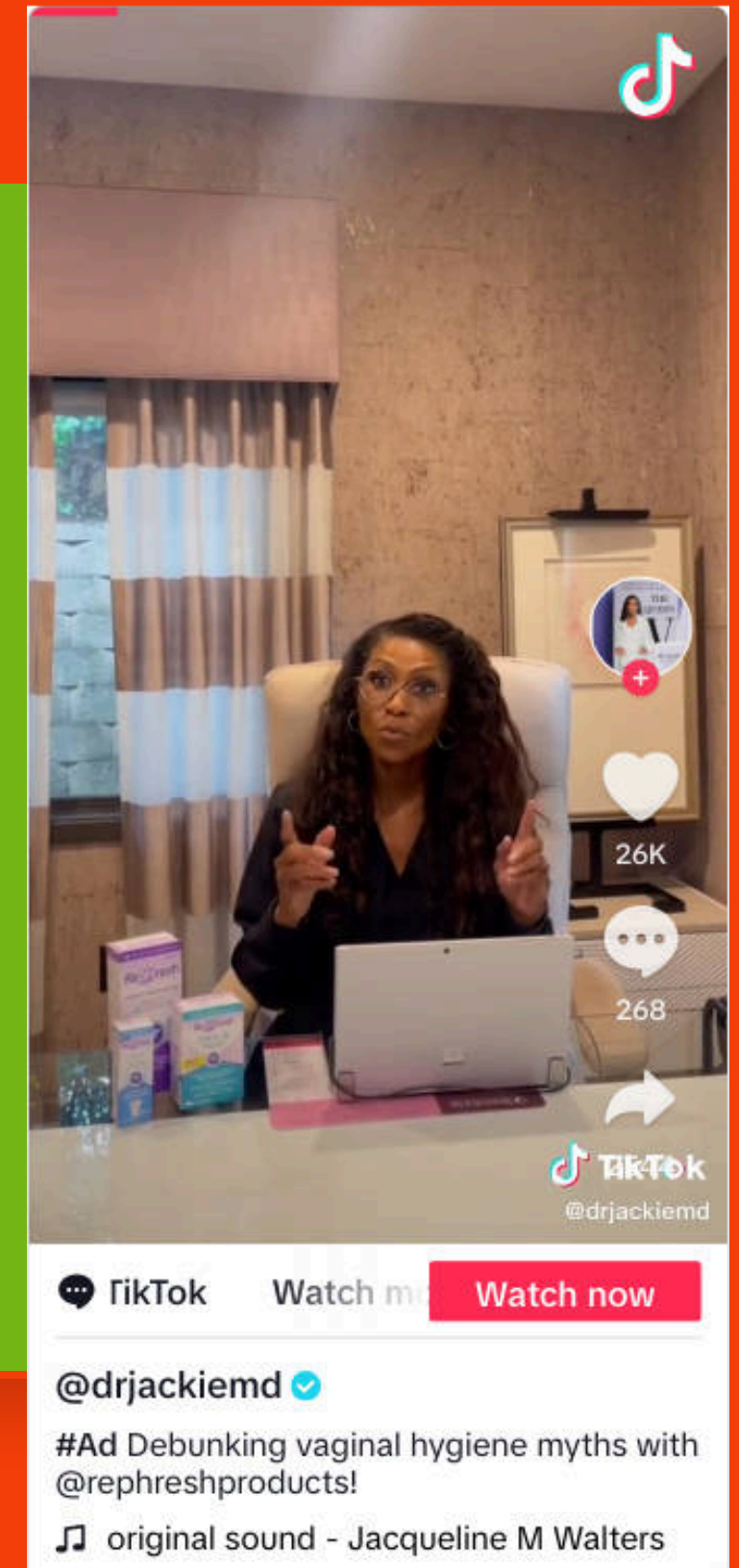
BREAKING DOWN WELLNESS MISCONCEPTIONS

Health & Medical Myths in the Black Community

1. Skin Myths: “Black Dont Crack”
2. Menstrual and Vaginal Myths



YOUR PARAGRAPH TEXT



RAISING AWARENESS IN YOUR COMMUNITY: WELLNESS & REPRODUCTIVE HEALTH DEBUNKING

By May:

Debunking Wellness Myth Instagram Post & Film!

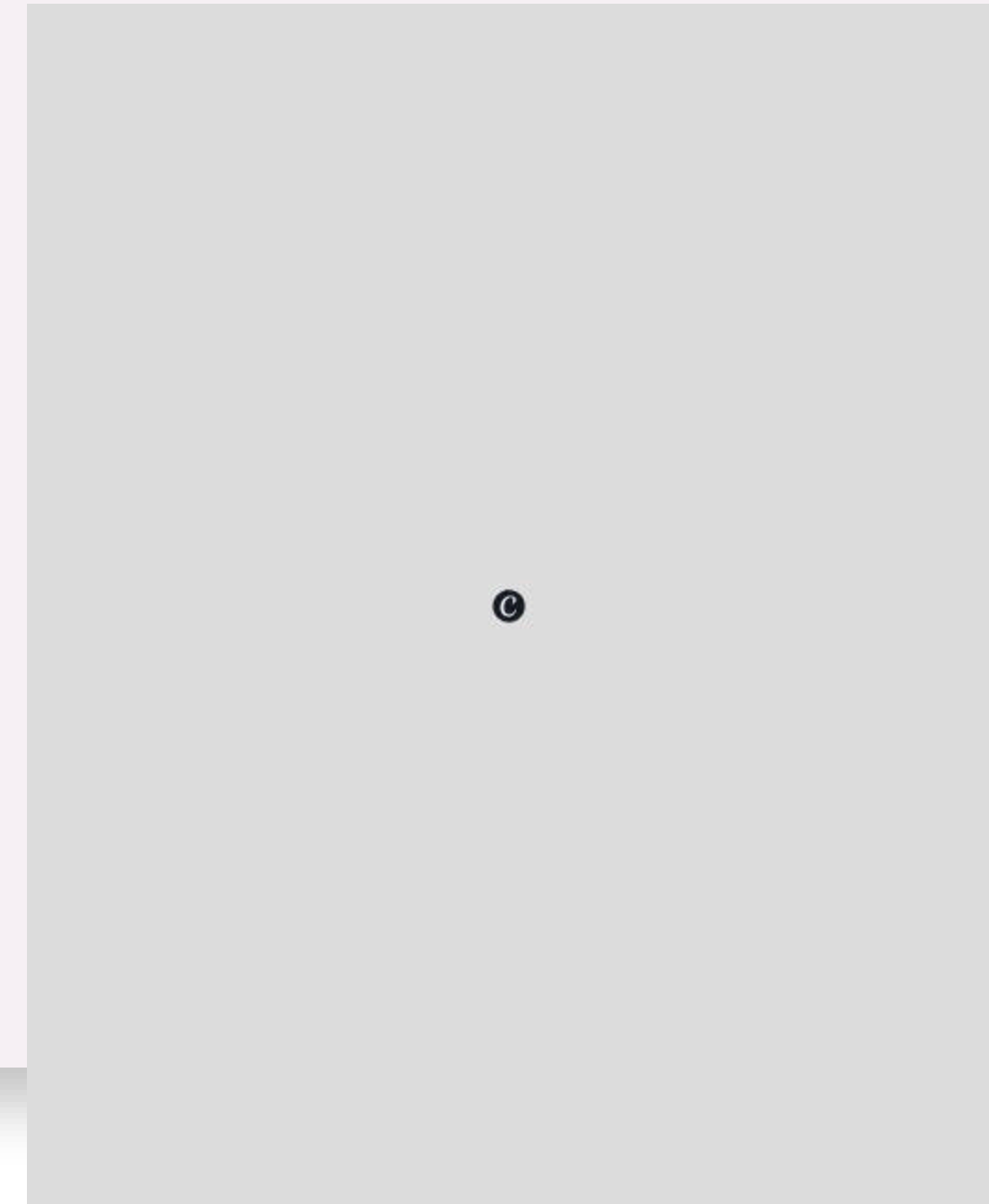
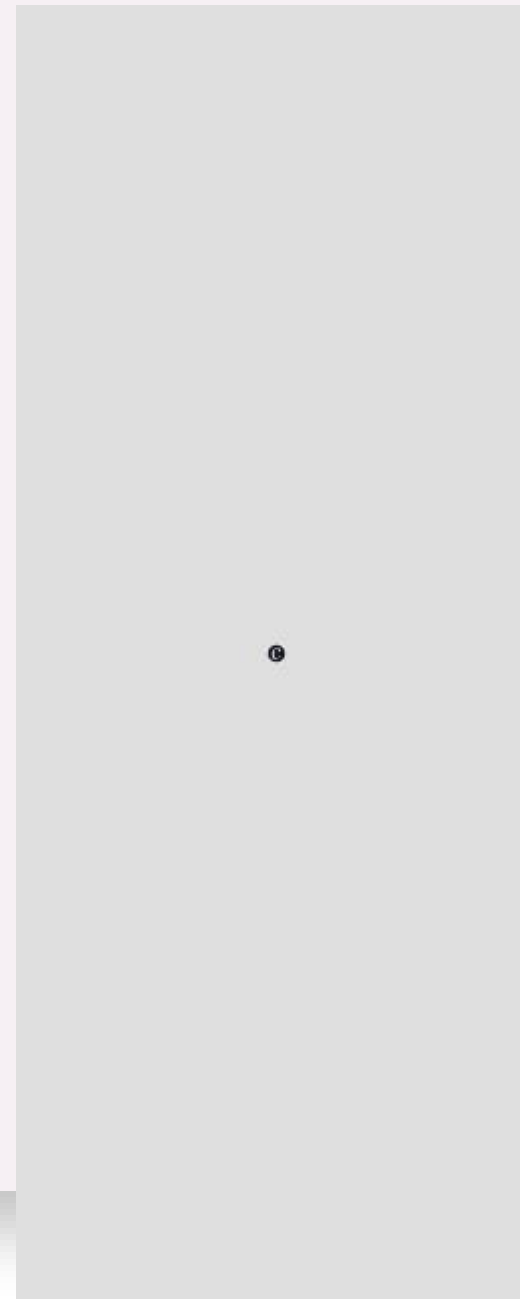
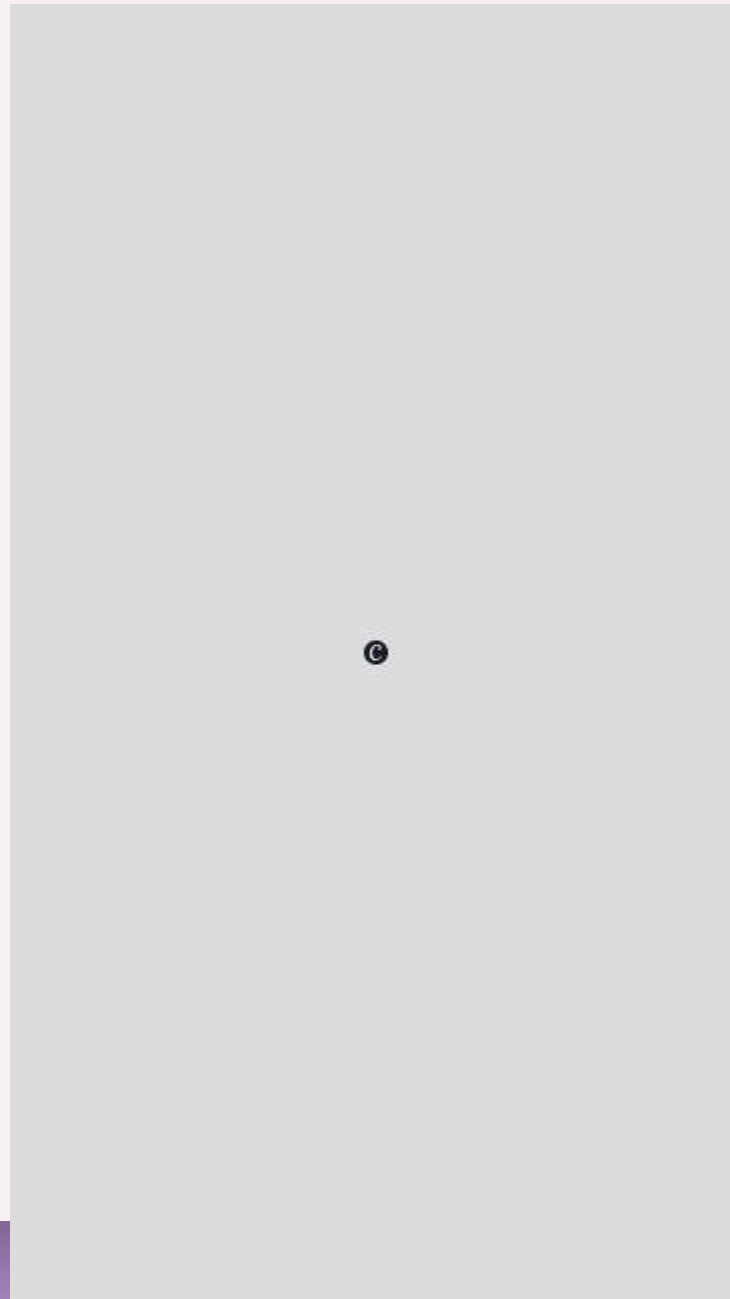
1. Research a Wellness Myth in the black community
2. Create a Canva Reel, Infographic, Instagram Post
3. Share on the _____ page to prepare for the Wellness Summit
4. Send them to _____ email--- place in DRIVE!



THIS WILL BE CONTENT FOR THE FILM

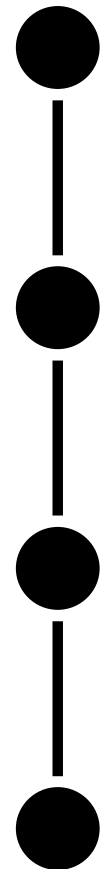
CANVA TIME

RAISING AWARENESS CANVAS



Breakout Session w/ Mentor

Discussing Wellness Myths: Get to know your Mentor!! For the next 30 minutes, you and your mentor



10-15 mins: Catch up!

Create a list of Wellness Myths in the black community

Select a DIFFERENT CANVA medium to try: Post, Reel, or an Infographic

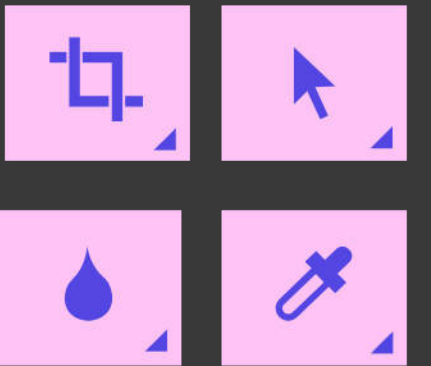
Moments of Self-Care & Wellness



Pop Out, Show Out

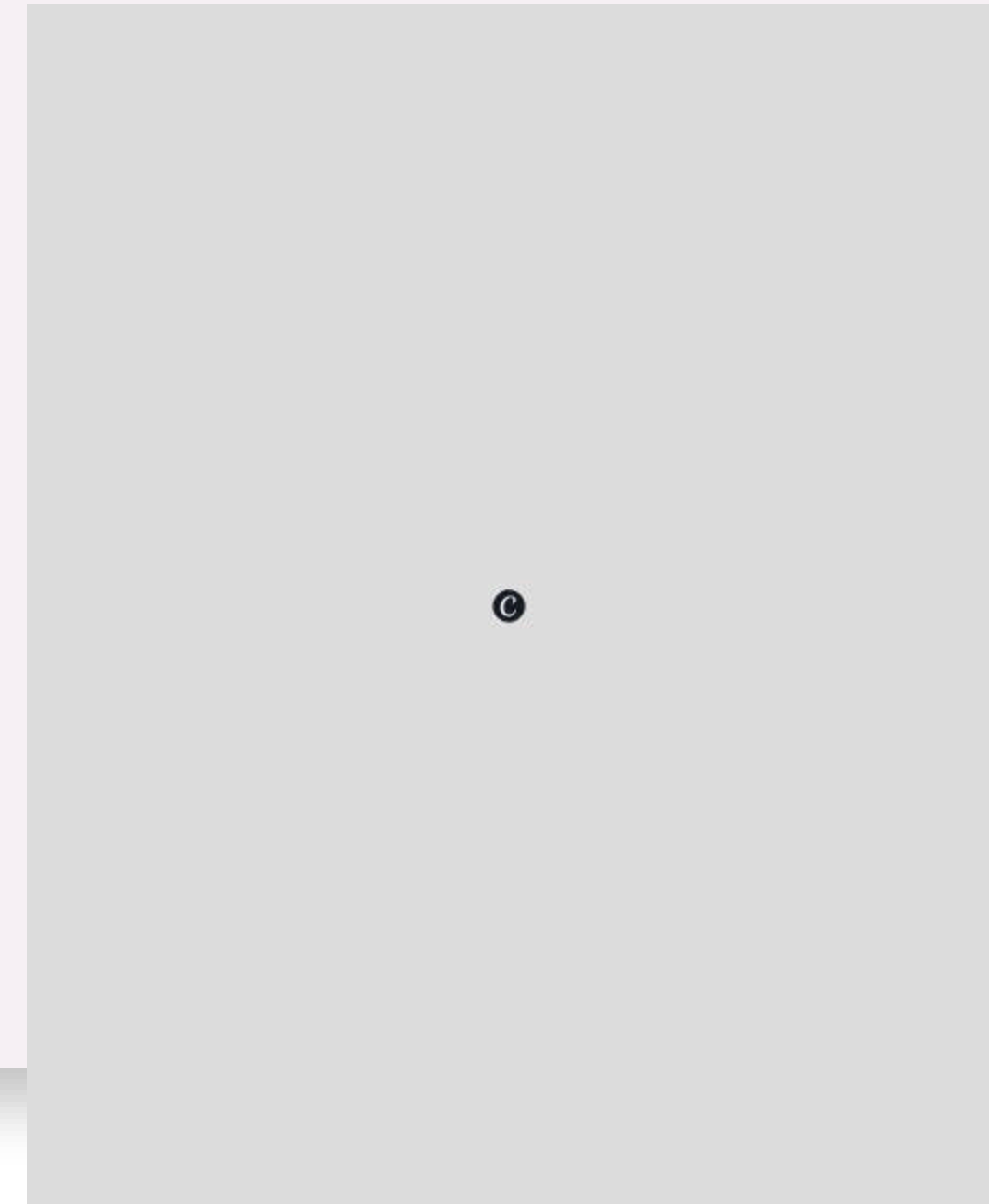
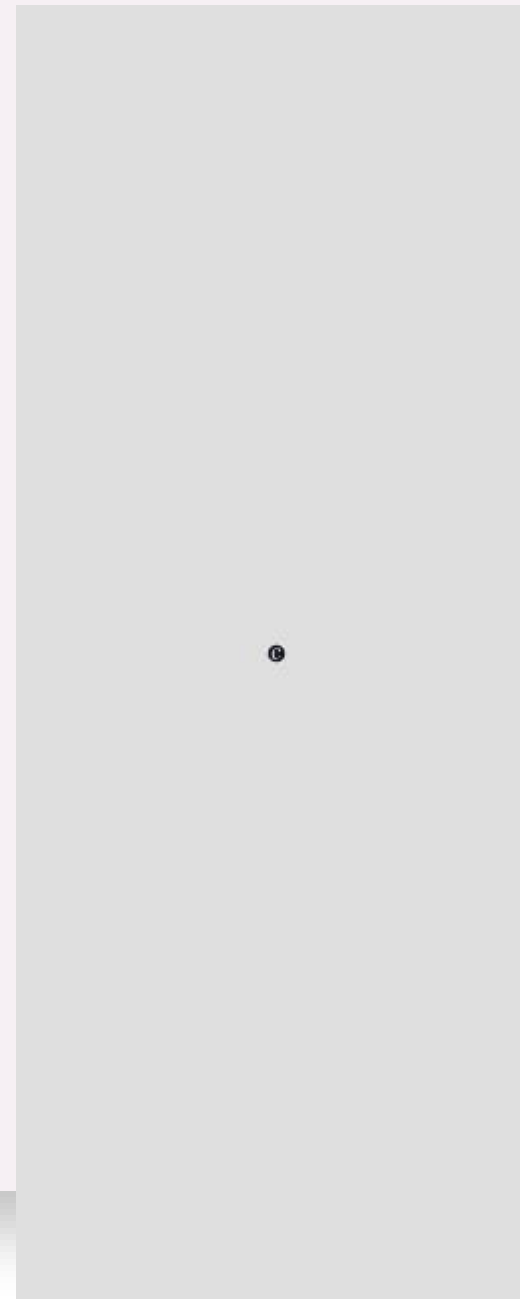
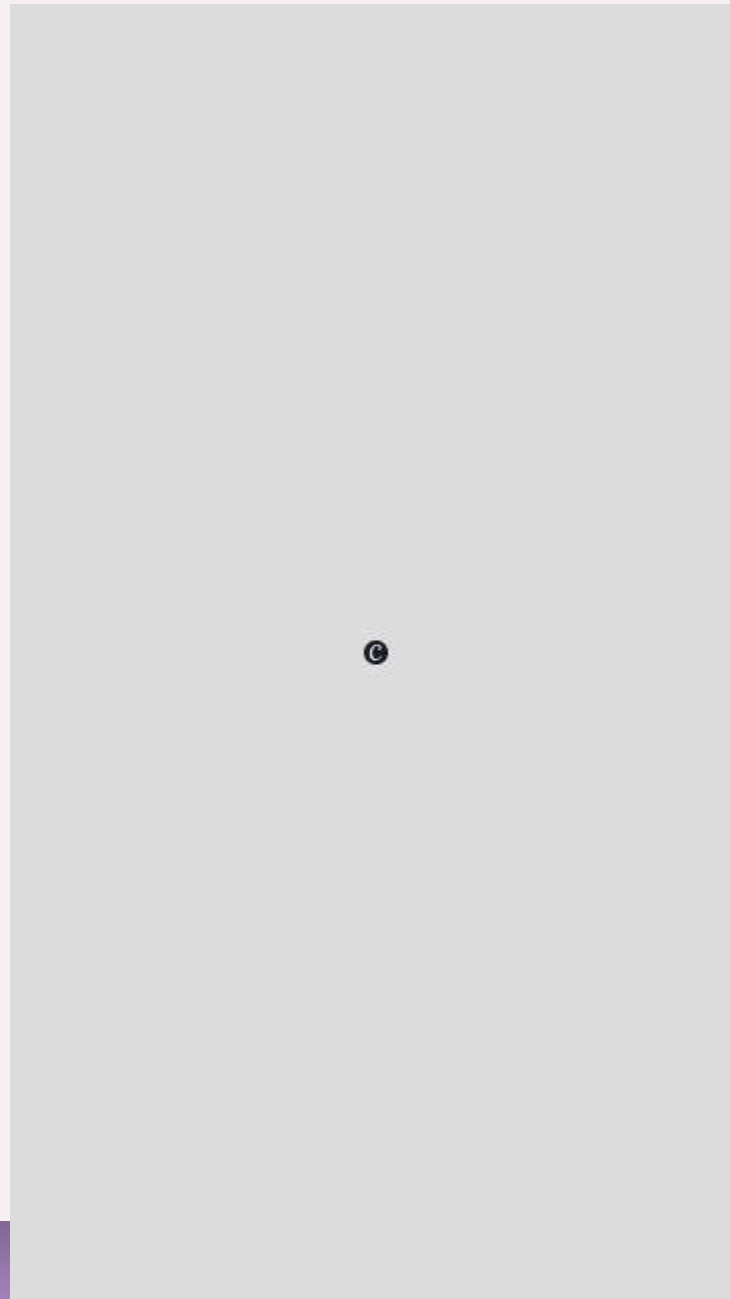


What moments of self-care have you shown yourself? What are your favorite activities?



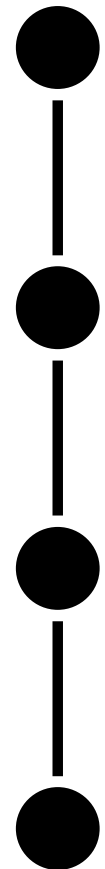
CANVA TIME

RAISING AWARENESS CANVAS



Breakout Session w/ Mentor

SHOWCASING OUR INTERVIEWS: Get to know your Mentor!! For the next 40 minutes, you and your mentor



10-15 mins: Catch up!

Show mentor your project

Mentor offers feedback and prepare to share out

Moments of Self-Care

WELLNESS SHAREOUT

SHARE YOUR INSTAGRAM REEL, POST, OR
INFOGRAPHIC!!!!

- BASED ON WHAT YOU LEARNED, HOW HAVE YOU
CHANGED YOUR WELLNESS ROUTINE?
- WHAT NEW THING DID YOU LEARN ABOUT
WELLNESS?

Survey Time: Year reflection and review

- **your favorite projects,**
- **favorite discussions**
- **what you want to see next year?**