

## GoGirlGo! Curriculum

WOMEN'S  
SPORTS  
FOUNDATION

Go Girl Go!

GoGirlGo! builds healthy, active, confident girls. We already know the beneficial effects that physical activity has. It can enhance our lives physically, emotionally and socially. The Women's Sports Foundation's GoGirlGo! curriculum focuses on improving the social and emotional health and well-being of girls by combining sports and physical activity, leadership, and education. In 2004, 2006, 2008 and in 2011, the GoGirlGo! curriculum received a National Health Information Award. The Women's Sports Foundation offers this award-winning curriculum in conjunction with the GoGirlGo! program FREE for coaches, teachers and youth program staff (plus shipping).

***“The GoGirlGo! curriculum gives girls life skills. What they get is information and skills that they can use forever.”***

— excerpt from GoGirlGo! group leader evaluation

Based on feedback from program leaders and experts, the Women's Sports Foundation enhanced the curriculum by segmenting it into three age groups in 2011 (5-7, 8-10 and 11-13).

The material for the younger girls (5-10) focuses on helping them understand the social pressures they face and teaches them how to make healthy choices for their body and mind, while the 11-13 age group material helps girls deal with more mature challenges and teaches them leadership skills.

Topics like body image, self-esteem, smoking and drugs are candidly approached via the voices and true personal stories of four GoGirl characters, celebrities and champion female athletes:

***“Sometimes life knocks the air out of you. People get in your face and tell you what you can't do. Every effort you make to strengthen your whole self—mind and body—will take you one step closer to overcoming your dreams.***

— **Teresa Weatherspoon**, Olympic medalist, two-time WNBA Defensive Player of the Year, **on strong bodies and strong minds**

***“There will always be critics. I am the person and player that I am because I learned to focus on what I know makes me strong, instead of what other people think makes me weak. Success, pride, and Olympic medals don't come from listening to critics; they come from inside you.”***

— **Lisa Fernandez**, three-time Olympic gold medalist, **on building confidence**



GoGirlGo! materials for the 5-7 age group come in curriculum kits serving 10 girls each. Kits include 10 sets each of the 12 Try-At-Home Cards as well as one copy of the Leader's Guide.

***“No matter what, don't compare yourself to other girls. It just doesn't make sense. We are each built differently. What's important is being happy with yourself and finding out what your body is really good at doing. Maybe it's cheerleading, or maybe it's track or karate. For me, it's throwing, and I've built my life on it.”***

— **Seilala Sua-Zumbado**, seven-time NCAA champion and 14-time All-American, the winningest athlete in NCAA track & field history, **on body image**

Materials included in the GoGirlGo! kit are: a GoGirls! Guide to Life/Scrapbook (8-10), GoGirls! Guide to Life/Journal (11-13), Try-At-Home Cards (5-7) and a comprehensive instructional guide for adult leaders. Along with the issue-based champion athlete stories, additional educational material includes discussion questions, cartoons, activities and journal ideas. Leaders are encouraged to tailor the experience to their students' age groups and specific needs by selecting the topics and sessions they feel are most appropriate.

To order, view sample materials or get information on material available in Spanish, visit us online at [www.WomensSportsFoundation.org](http://www.WomensSportsFoundation.org).

A list of topics for the currently available curriculum appears below. Additional chapters appear online.

Questions? Reach our information service at 800.227.3988 or [GoGirlGo@WomensSportsFoundation.org](mailto:GoGirlGo@WomensSportsFoundation.org).

## 5-7 Year-Old Curriculum

Building Confidence  
Moving Your Body is Fun  
Empowerment  
Self-Esteem  
Body Image  
Nutrition  
Teamwork/Cooperation  
Fairness/Cheating  
Winning Isn't Everything  
Diversity: Respect/Tolerance  
Bullying  
Leadership

## 8-10 Year-Old Curriculum

Lisa Fernandez, Feeling Fly (Building Confidence)  
Sanya Richards-Ross, Emotion Commotion (Dealing with Difficult Feelings)  
Nia Abdallah, Fueling Up (Nutrition)  
Jennifer Rodriguez, Kicking Butts (Smoking/Substance Abuse)  
Seilala Sua-Zumbado, The Skinny Struggle (Body Image)  
Caring for Your Body: Tips from the GoGirls (Self-Care)  
Caitlin Baker, Teaming Up (Teamwork/Cooperation)  
Natalie Williams, Doin' the Right Thing (Playing Fair)  
Abisha Alshebaiki, You Gotta Respect (Diversity)  
Teresa Moreno, Beating Bullies (Bullying)  
Kiara Van Brackle, Giving Back (Community Service)  
Teresa Weatherspoon, Toughen Up (Strong Body/Strong Mind)

## 11-13 Year-Old Curriculum

Cheryl Haworth, Size Wise (Body Image)  
Caitlin Baker, Fueling Up (Nutrition)  
Alexis Page, Sidestepping Stress (Stress Management)  
Sanya Richards-Ross, Emotion Commotion (Dealing with Difficult Feelings)  
Mary Riddell, The Split (Family Issues)  
Mimi Smith, 'High' School (Smoking and Substance Abuse)  
Jessica Mendoza, Hookin' Up (Dating and Sex)  
LaChina Robinson, Accept n' Respect (Diversity)  
Savannah Outen, Breaking Free From Bullies (Bullying)  
Julie Chu, Harassment (Harassment)  
Charlene Lerner, Virtual Reality (Digital Media Smarts)  
Pam Fernandes, Stand Up (Pay it Forward)

## Additional Topics and Sessions for Teens Available Online

Jeanette Lee, Accept 'n' Respect (Diversity and Accepting Difference)  
Dara Torres, The Skinny Struggle (Body Image)  
Julie Foudy, Kicking Butts (Smoking)  
Benishe Roberts, Hooking Up (Sex/Dating)  
Tina George, Wrestling with Depression (Sadness/Depression)  
Pam Fernandes, Stand Up (Civic Duty)  
Barrett Christy, Doing Drugs (Drugs)  
Kathy Collins, Beating Abuse (Abuse)  
Sanya Richards, Emotion Commotion (Self-Esteem)  
Aimee Mullins, Alcohol and Partying (Alcohol/Partying)  
Lisa Ervin-Baudo, Self-Harm (Self-Harm/Self-Injury)  
Elissa Steamer, Holding on at Home (Family Issues)  
Dominique Dawes, Using the Snooze (Sleep Deprivation)  
Tania Satchwell, Know Your Dough (Financial Literacy)



GoGirlGo! materials for the 8-10 age group include GoGirls! Guide to Life/Scrapbook and Leader's Guide.



GoGirlGo! materials for the 11-13 age group include the GoGirls! Guide to Life/ Journal and Leader's Guide.

## Women's Sports Foundation

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