



# Girls Speak Out: Finding Your True Self

*Andrea Johnston*

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## **Girls Speak Out: Finding Your True Self** Andrea Johnston

Founded in 1994 by feminist activists Andrea Johnston and Gloria Steinem, the Girls Speak Out program has inspired thousands of girls to build self-esteem and give voice to their true selves. In a series of workshops, Johnston demonstrates how to facilitate honest discussion about subjects such as self-worth, friendships, gender equality, the media, the power of a girls' movement, and female models throughout history, and shows how each girl can explore and revel in her unique place in the world. In this revised edition of **GIRLS SPEAK OUT**, Johnston brings the wisdom of participants worldwide to a personal level, providing a step-by-step guide to finding and expressing one's individuality. Featuring interactive exercises, poetry and stories from girls, and excerpts from writers such as Alice Walker and Sandra Cisneros, **GIRLS SPEAK OUT** is an empowering source of strength and inspiration for girls of all ages and backgrounds. An interactive guide to self-expression for girls of all ages, based on the Girls Speak Out workshops created by Andrea Johnston and Gloria Steinem. Features exercises for self-discovery and discussion, an annotated bibliography, and the Girls USA Plan of Action, a unique statement of girls' rights. Includes a training guide for parents, teachers, counselors, and other leaders interested in organizing and presenting certified Girls Speak Out workshops in their communities.

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