

SPEAKOUT GROUP DOWNLOAD STARTER KIT

It's easy to make a SpeakOut group, and the benefits all its members can reap are countless. All you need to do is gather other teens who could benefit from having a group to talk and share experiences. Teen girls, Teens of color, LGBTQ+ teens, teens with disabilities, teens at the moment of change. Come with an open mind, ready to listen, ready to share, and ready to learn. You will be heard, and you must hear others. You mustn't fear conflict, or asking questions, or being wrong. You will all grow, together, and go forth feeling lighter, and better equipped on how to make the world around you a better place.

How to Run a SpeakOut group:

1. Pick a time you meet weekly, set aside one hour of time
2. Have one person each meeting be the leader, who helps make sure everyone gets a chance to talk
3. Leader asks each person for ideas of what was going on for that person this week.
4. Topics should focus on sharing experiences that you want to brainstorm with the group
5. Each person has to be committed to really listening, then providing open constructive ideas and solutions to the person who shared
6. There is no one right answer to any problems. These are only ideas and suggestions.
7. The goal is to get support on hard challenges that come up
8. Everything that goes on and is said inside the group is confidential
9. Create safe spaces for everyone to grow and share!
10. Interested in making a SpeakOut group at your school? We're happy to have one of our brand ambassadors help you get started! Email eg@everygirlworld.com
11. Change happens one decision at a time!