

The Girl Path

developed by EMpower—The Emerging Markets Foundation



in her head



at home



in the community



in the program



after program completion

My life path is mine to make!

Using The Girl Path

The purpose of The Girl Path is to identify obstacles that prevent girls from fully participating in youth programs, and then to brainstorm ways that programs can remove, reduce, or otherwise address those barriers.

In four small groups, one for each category below, participants (program staff, girls, or a combination) brainstorm and write up the main obstacles. These are then posted on the Girl Path, which is affixed to a wall. The entire group then discusses any additional obstacles and collectively reflects on the trends they observed. The next step is to brainstorm possible solutions for each of the obstacles.

1. In her head: What self-doubts, fears, or perceptions of herself that come from others keep her from participating? What are the voices inside her head saying?

2. At home: What does she need to do before she can even walk out the door to participate? Whose permission does she need? What responsibilities/chores must she take care of?

3. In the community: How does she get to the program site? Who and what might she meet on her way (is she safe)? How might members of her community react to her participation? Who are the least resistant? Who are the most supportive?

4. In the program: Does she feel welcome? Do the hours and location enable her to attend? Is the curriculum designed with her in mind—is she getting something valuable from her time/effort? Are the trainers/staff members inclusive and supportive?

After program completion: How can you support her once she leaves your program? What are your strategies for keeping in touch to monitor her progress and to offer her support if and when it is needed?

To find illustrations that can be printed and used to create The Girl Path at your organization, please visit: XXXX
To read more about The Girl Path, please visit:
www.empowerweb.org/wp-content/uploads/2015/05/EMpower-NTIG-Resource-Kit_FINAL.pdf pp 25-28