

# Black Girl Rising, Inc.

*Placing Black Girls At Promise*

*Creating a Black Girl Think Tank*

*In Your Community*



*"Placing Black Girls at Promise"*

# Placing Black Girls At Promise

- **For African American adolescents to develop into individuals actively engaged in optimal personal and collective development, they must be placed “at promise” as opposed to “at risk” in order to become contributing members of their families, schools, communities, and the broader society.**
- American Psychological Association, Task Force on Resilience and Strength in Black Children and Adolescents. (2008). *Resilience in African American Children and Adolescents: A Vision for Optimal Development*.

# Goals of the Black Girl Think Tank

- To build in each girl the understanding that she is the locus of her own control.
- To promote self-sufficiency when experiences of daily trauma affects the power of her voice.
  - To make good choices
  - Improve decision-making
  - Control impulses
  - Boost self-esteem and self-image

# BGTT Participation Promotes

## Personal Growth and Development

- \* Academic Achievement and Proficiency
- \* Personal Behavioral Reflection
  - \* Community Participation
- \* Career Planning   \* Volunteerism
- \* Relationship Building and Sisterhood
  - \* Active Parental Involvement

# Protective Factors and Strengths to Build in Black Girls

- **Participation in Sports, Hobbies and Activities**
- **Organizations and Club Involvement**
- **Chores and Job Responsibilities**
- **What Girls Like About Themselves**
- **Girls Coping When Sad or Depressed**
- **Who Has Influence With Girls**

# Protective Factors and Strengths to Build in Black Girls

- Relationship with Siblings, Peers, Parents/Caregivers
- Spirituality and Religious Involvement
- Feelings about Gender and Race
- Developmental Assets
- Thriving Indicators
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# BGTT is a Circle Model of Leadership

- Inspires creativity and critical thinking
- Designed to increase responsibility and accountability to each other
- Builds community and respect
- Enhances leadership skills and promotes self-confidence
- Opportunity to work together for successful outcomes
- Teaches how to create action and sustain change
- Effective conflict management and consensus building

# Creating a Black Girl Think Tank

- **Best recruitment age:** 12 years to 19 years old
- **Must be designed as a safe space**
  - - critically analyze and dialogue about the quality- of- life issues of Black girls in their communities and in their schools.
- **Facilitate girls to give voice to their concerns**
  - - by developing critical thinking skills,
  - - learning to communicate across barriers
  - - building community with each other over class, family relationships, backgrounds and life experiences.

# Creating a Black Girl Think Tank

- Each **Cohort of 12-15 girls**, life cycle of participation is at least two years.
  - - **First Year:** focuses on dialogue among the girls
    - the exploration of sociological, economic, racial and psychological issues that impact how girls see themselves.
  - - **Second Year:** prioritizing those issues
    - selecting an area to develop into a social change project.

# Creating a Black Girl Think Tank

- Girls are taught **small group facilitation skills**
- - community engagement dialogue tools are used to demonstrate deliberative democracy in action.
- - explore their own voice by sharing opinions that come from the core of their own value system.
- - practice active listening, using principles of inclusion, and the acceptance of diverse and differing ideas and experiences.
- - developing action steps to create community-based social change projects and programs.

# What Our Girls Have Told Us

- Adultification of Black girls/Being seen as more mature than we are
- Our feelings are dismissed. Its assumed we are ok even when we are not.
- Not comfortable in my own body. Too much shame. Always sexualized.
- Living that Strong Black Woman stereotype
- Anxiety and Depression – cant talk about it anywhere too much stigma
- Colorism and Textureism /Beauty standards inside the Black community

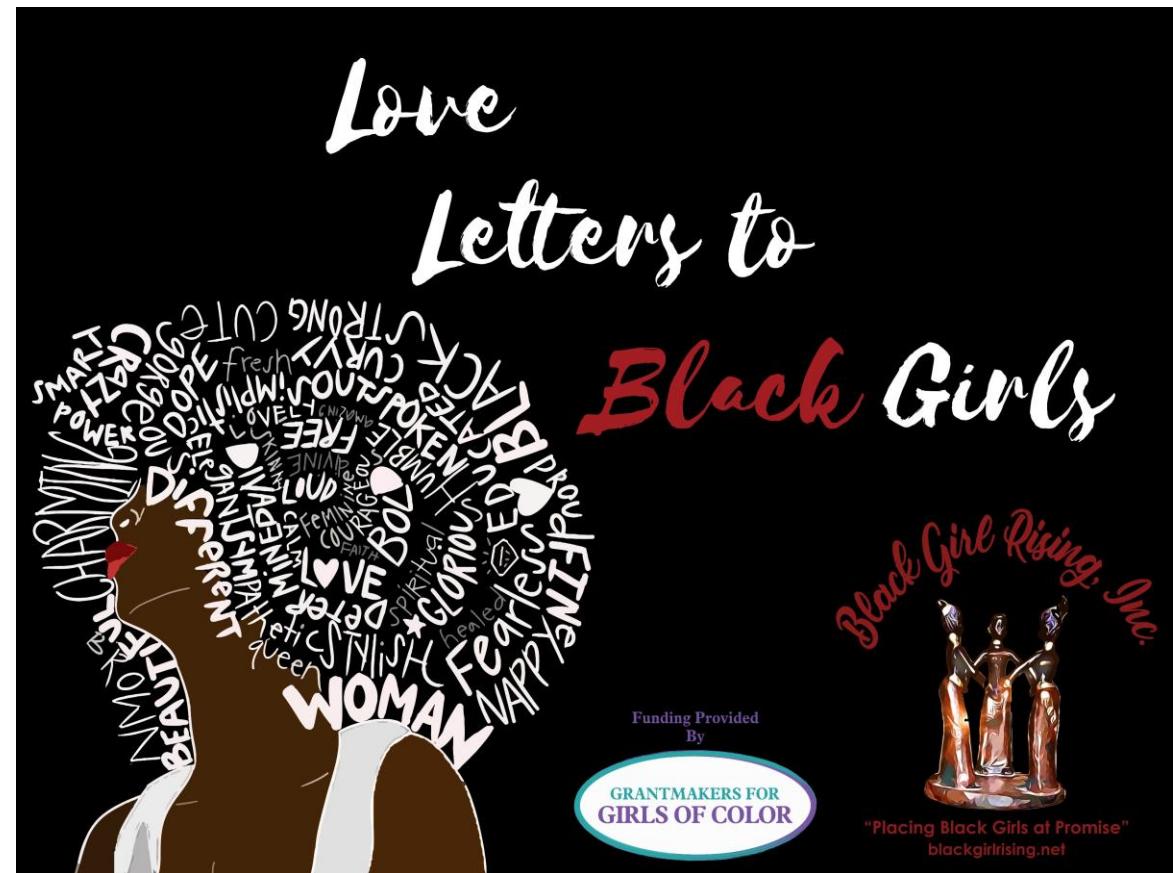
# What Our Girls Have Told Us (cont'd)

- Academic competition in White spaces, always having to prove myself
- Schools do not care about Black girls
- Sexual Assault and Sexual Trafficking are always present
- Black mothers need to talk with their daughters by listening, first.
- Black girls are fetish-ized by boys. Misogyny.
- Black girls can't get a break!

# Black Girl Mental Health Campaign



# BGTT Inspired Events



# More BGTT Inspired Events

  
Black Girl Rising, Inc.  
and TailoredFit  
invite you to  
**Get Woke With Us!**  
A Black Girl/Black Boy Conversation  
Saturday, February 12, 2022  
This is a BGR, Inc. Black Girl Think Tank Event  
For girls and boys ages 13-18, LGBTQ+ friendly



**Ohio Dominican University, Bishop James A. Griffin Student Center  
1191 Sunbury Road, Columbus 43219  
Registration at 9:30, Conversation 10:00 am – 3:30 pm**

- Breakfast, Lunch, and Snacks
- Dialogue with Peers
- Performing Arts
- Respect
- Friendship, Romance, and Relationships
- How sexism affects girl/boy relationships
- Colorism, body shaming, and boundaries
- What do boys really think about girls?

The conversation is free but registration is necessary.  
Please register by February 10<sup>th</sup> at:  
<https://www.eventbrite.com/e/get-woke-with-us-tickets-260456782247>  
OR email [blackgirlrisinginc@gmail.com](mailto:blackgirlrisinginc@gmail.com)  
Event sponsored by Black Girl Rising, Inc. and



BGR, Inc. COVID-19 policy REQUIRES masks to be worn at all times, with the exception of eating.  
Fresh masks will be provided for all attendees. Hand sanitation products will be available, and  
attendees are requested to frequently sanitize their hands.



# Performing Arts and the Voices of Black Girls



# Caring Can Save The Lives of Black Girls



# Presented By

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