



# Just Be You, Girl

## Book Club

### Introduction to Book Club Facilitators

Welcome! Here at Just Be You Girl, we are big believers in Talking. So to help get the conversation going, we have put together the following materials for your use. Because each of the topics covered within the book are considerable, they can be discussed at a number of different levels depending upon the age group of the reader. To this point, the following materials are suggested guidelines, meant only as a starting point for your Book Club.

#### Reading Guide Questions

- A general list of questions, detailed by chapter, which can be used to initiate discussion. This is a great starting point for an informal group chat. However, we strongly encourage that discussion topics be modified based on the particular age and demographic of the girls within the group.

#### Eight Week Program

- An eight week program designed for a more structured Book Club. Although designed with schools in mind, this program can be utilized and adapted to any Club wishing to meet over an extended period of time.
- Each week has been designed around a one hour window and will require modification depending on the time frame allowed or depending on how much time you wish to devote to each segment on a given week.
- As always, we strongly encourage discussion topics, activities and videos are modified based on the particular age and demographic of the girls within the group.

#### Evaluation Form

- This form has been developed primarily for use in a school / organization setting where measureable feedback may be required.

While each Book Club will be as unique as the girls comprising it, a couple of additional thoughts you may consider when developing your Club are:

1. Smaller group sizes work better. The tendency may be, especially within schools or organizations, to include all girls in one session regardless of the size of the group. But too many girls can turn a Club from a chat group to a formal instructional class and inhibit full participation by all the members. It is recommended that there are no more than 10-15 girls per Club and to run additional Clubs if needed to accommodate everyone.
2. A relaxed environment is best in order to promote free flowing conversation. Girls should be facing one another (as opposed to in rows) and offered comfortable seating.
3. Food is a great initiator to talk (no matter the age!). So informal snacks and drinks make for a more relaxed environment.
4. Music also often stimulates a sociable atmosphere and is nice to have playing in the background or at the beginning/end of the session.
5. Setting up an Anonymous Question Box into which the girls can put questions which they may not be comfortable asking in person is a good way to ensure that questions don't go unspoken.
6. Journals are a great compliment to any Book Club which will run over an extended period of time. Purchased cheap from the dollar store, these allow girls to keep track of their thoughts or questions from week to week.
7. Guest Speakers are always an exciting surprise. It can be as simple as having an older girl come in and maybe share her experiences and answer any questions from a slightly older and wiser perspective.
8. With discussion of this type it is important to establish Privacy Guidelines of some sort. Each of the girls must be made comfortable sharing her thoughts and questions by knowing that what is discussed within the group will remain private to the group and respected by all members. This should be discussed up front (Note: Girls should be made aware however, that Teachers and Adults do have a Duty to Report if anything is revealed in which it is felt that outside assistance is required).

Finally, we would love your feedback, suggestions or general experiences which can help us to improve our Book Club materials. So please don't be shy - send me anything! Also, we would love to share any stories or pictures with our Facebook followers so that we can encourage a continuing conversation in support of all of our amazing girls. So if you would like to share with us, we will pass it on.

If you have any questions or would like to discuss anything further, please just contact me direct at [Carolyn@justbeyougirl.com](mailto:Carolyn@justbeyougirl.com).

