



# Working With Young Women: Activities for Exploring Personal, Social and Emotional Issues

*Vanessa Rogers*

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Packed with fun sessions and practical group activities, "Work with Young Women" presents a multitude of opportunities for young women to build self-esteem, confidence and assertiveness. From art activities to life story work, the author offers ideas for a wide range of projects, games, discussions, drama and role-play to engage and motivate. Issues covered include body image, positive relationships, bullying, keeping safe and healthy lifestyles. This second edition has also been updated and includes a new section on gender and stereotyping. The book features guidelines for facilitating effective group work, ideas on how to get started, and evaluation techniques to end on a positive note. The activities are appropriate for all young women aged 13 to 19, and include suggestions for those who have special educational needs and adaptations for one-to-one work. This book will be essential reading for anyone working with young women, including youth workers, PSHE teachers, pupil referral unit workers, Youth Offending Teams and voluntary sector youth leaders.

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