

# Especially Me!

## Self-Esteem for Young Women

Especially Me! Is a series of three classes created by the Junior League of Boise for girls between the ages of 9 & 12. Upon completion of the EM! course, the participants should have an understanding of:

**Self-esteem**

**Their changing bodies**

**Reproduction**

**Nutrition & the food pyramid**

**Eating disorders**

**How to make good decisions**

**How to be assertive & express feelings**

**1** The 1st class focuses on the definition of self-esteem & how society has a major influence on a young woman's self-esteem. Girls will walk away with a clear understanding about what makes them unique.

**2** The 2nd class focuses on health, nutrition & exercise as well as the physical & emotional changes of puberty. The girls will learn that living a healthy lifestyle helps contribute to their self-esteem.

**3** The 3rd class focuses on teaching girls to make good decisions & be assertive when they are challenged by peer pressure. They are given the tools necessary to help them succeed as a young woman in today's society.

The course is taught by trained facilitators on a monthly basis and consists of three consecutive weekly classes. Specially arranged classes with flexible dates & times are available for groups of 6 or more.

Contact the Junior League of Boise at 424-5011 or log on to [www.jlboise.com](http://www.jlboise.com) for more information, to register, or to schedule a class for your daughter's club or group!