

**GIRL Power!**  
**Lesson 7**  
**Power up with Bravery!**

**Meet the GIRL!: Hiba** is 11 years old and has deemed her girl power to be bravery. She used to be afraid of snakes but with a little bit of inquiry and trust she overcame her fear and now loves all things reptile. She is a great student as she studies the language Arabic with her teacher. She also proclaims herself brave daily as she proudly wears her headscarf, also as a part of her religion. She is not afraid to be who she is!

**Name that power:** BRAVERY

**Talk about it:** Hiba shares in her video that she is teased a lot because of her hijab and that she is just an ordinary girl. Everyone has something unique and or different about him or her. Why is it important to learn about and accept differences?

What does it mean to be brave? Have you ever faced a fear? Often the things that are scariest are the things we lack information about. Learning about what scares us can equip us with the knowledge we need to be braver. What do you do when something is scary? How do you react physically (what happens to your body?) and mentally (what do you think about?). How can we overcome fears? How can we face challenges and misconceptions?

**Be about it:**

- List the things that scare you.
- Talk about them with a trusted adult.
- Is there something on the list that you could research? For example, Hiba was afraid of snakes. She learned about them and then overcame her fear.
- What is something that you believe in. Commit to keeping your values even when someone tries to make you feel bad about them.
- Embrace your uniqueness.

**Embrace it: Power Up!** You have the power to overcome your fears. By doing some research and knowing how to stay safe fear disappears. Be confident in who you are. You are strong, smart and brave! **Hiba has the power and you do, too!**

**Note for Parents/Guardians:** Our children often formulate fears out of misunderstandings. Talk to your children about what scares them. Help to clarify misunderstandings. Share with them your fears. Talk to them about how being fearful is our body and mind's way of trying to keep us safe. Then do some research on what scares them as developmentally appropriate. Share that you will keep them safe and that they can help keep themselves safe.

**Note for Educators:** Offering clarifying information to children about new experiences in the classroom will ease fears of the unknown. Often as teachers we jump into a new topic assuming our students will be just fine with it. Connect with your students and be aware of what may scare them. Come up with ways to make transitions to new topics smoother. Encourage

your students to share with you what makes them uncomfortable. Have classroom affirmation chants to build self-confidence in students.

***Additional Resources:***

Sesame Street in Communities: <https://sesamestreetincommunities.org/>

*I Can Feel Safe* <https://sesamestreetincommunities.org/activities/can-feel-safe-2/>

*We are All Different, We are All the Same* <https://sesamestreetincommunities.org/activities/we-are-all-different-we-are-all-the-same/>