



WAYS TO MEET TEEN GIRLS 'WHERE THEY'RE AT':

How to develop effective workshops to meet the developmental needs of teen girls.

WHERE ARE TEENS AT?

COGNITIVE DEVELOPMENT

a. Interested in learning about & finding solutions to world/community issues.



b. Increased ability to think abstractly



c. Practicing "revise and try again" & developing perseverance

a. Prefer 'peer language' but learning to use & understand 'adult speak'



a. Easily 'bored'



PHYSICAL DEVELOPMENT

a. Puberty! Physical changes galore

b. Need opportunities for physical activity.

c. Can be loud! (or super shy...)

d. Can swing between high energy and exhausted (in short time.....)



SOCIAL DEVELOPMENT

a. Focused on fitting in with peers



a. Learning about romance & intimacy

b. Striving towards self reliance



a. Exploring who they want to be in the world.



b. Can feel very anxious about 'messing up' or 'doing it wrong'



WAYS TO SUPPORT THEM IN YOUR WORKSHOP

Share how can this science be of service to the world
(What's the point?)

Provide opportunities for challenges that stretches her thinking and skills. But be ready to provide support.

"Check your language" for words they don't know. Be conscious about defining them. New vocabulary is good!

You've got a 7-8 minute 'lecture window' before you lose your audience.

Be organized

Keep it fun!

Keep it interactive!

Keep it moving and shakin'!

Provide organized structure & opportunities for movement and involvement.

cooperative learning & problem solving activities can be very effective.

Give opportunities for girls to 'solve' and 'figure out' challenges

Build activities that feel 'relevant' to 'real world'

Provide clear instructions (both visual & verbal).

Clearly explain expectations & rules in your lab