Girls Only Club
Flexible Plan
for girls in ninth- through twelfth-grade

**Small Groups**
Allows for quarter/semester study of focus topics (i.e.; Pro Life vs. Pro Choice, Creation vs. Evolution, Time Management, College and Career)

**Sunday School**
A setting which allows study and optional achievement (i.e.; Standing Firm, Preparing for Marriage, Attitude, Women in Ministry)

**Youth Ministry/Breakout Groups**
A guide to open discussion and scriptural insight (i.e.; Witnessing, Will of God, Truth, Standing Firm, Attitude, Competitive Activities)

**After-School Program**
Practical and applicable to unchurched girls (i.e.; Sexual Purity, Addiction, Part-time Job, Fit for Life, Managing Stress, Home Management)

**Home School Co-op**
Provides an opportunity to teach character-building and explore Christian education (i.e.; Time Management, Finances, Pro Life vs. Pro Choice)

**One-on-One Mentoring**
An established and defined discussion guide to open doors for mentoring and training (i.e.; Dating, Family Relationships, Friendship Factor)

**Weekend Retreats**
Allows leaders to delve into specific topics and to invite guest speakers (i.e: Women in Ministry, Sexual Purity, Know Your Talents, Personal Appearance)

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**Girls Only Journal Topics** with accompanying sponsor guide material:

- Addiction
- Attitude
- College and Career
- Competitive Activities
- Creation vs. Evolution
- Dating
- Family Relationships
- Finances
- Fit for Life
- Friendship Factor
- Home Management
- Know Your Talents
- Managing Stress
- Part-time Job
- Personal Appearance
- Preparing for Marriage
- Pro Life vs. Pro Choice
- Sexual Purity
- Standing Firm
- Time Management
- Truth
- Will of God
- Witnessing
- Women in Ministry

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high school
TGMgirls only
**Small Groups**  
**College and Career**

- How do I acknowledge God in all my ways?  
- How does acknowledging God direct my path?  
- Why is training important?  
- Why is attending college important?  
- What if I realize I don’t like my career choice?  
- Will God ever change my career?

**Supplemental Activities:** visit a college campus; send off for college info. to go over together to see what colleges are looking for.

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**Youth Ministry/Breakout Groups**

**Truth**

- What is truth?  
- Why should I believe the Bible?  
- Will the Bible help me choose what to believe?  
- How can I know what’s true and what’s false?  
- Why is tolerance of sin wrong?  
- How will my beliefs be tested?

**Format:** flexible depending on how many weeks to stay on this topic. Can add more weeks with supplemental reading, or for fewer weeks, abbreviate or skip subtopics.

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**One-on-One Mentoring**

**Friendship Factor**

- What’s a friend for?  
- How can I gain and keep friends?  
- How can I be a helper to my friend?  
- What are my responsibilities to my friends?  
- How do I deal with conflict in my friendships?  
- Who is my Best Friend?

**Activities:** go on a friendship outing; watch a movie about friendship; interview a pair of lifelong friends.

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Each topic has six weeks of subtopics. Expand with activities or condense to fit a shorter timeframe.

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**Sunday School:**

**Attitude**

- If I’m doing the right things, does my attitude really matter?  
- What should be my attitude toward God?  
- What should be my attitude toward others?  
- What should be my attitude toward myself?  
- How can I guard my attitude?  
- Can my attitude really change?

**Achievement:** six weeks of topic discussion, completing a group project, and memorization, girls can earn pins or other incentives.

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**After-School Program:**

**Managing Stress**

- What is stress?  
- What causes stress?  
- How can I respond to stressful situations?  
- How can I reduce the stress in my life?  
- How can I set good priorities?  
- How can I improve my self-esteem?

**Activities:** help each girl discover the way she responds to dealing with stress; have a relaxation day; talk about unhealthy reactions to stress (i.e., self medication with drugs) or have a guest speaker share.

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**Weekend Retreats:**

**Personal Appearance**

- How does the outside reflect the inside and vice versa?  
- What is beauty?  
- How do I make an appearance?  
- Do I respond to others based on their appearance?  
- Am I happy with the way I look?  
- How can I improve my appearance? (Tips on personal hygiene and beauty)

**Activities:** invite workshop speakers; have a fashion show with modest apparel; invite a self-defense instructor; have a young male talk about how guys often view women.

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[**tgm.ag.org/fgo/**](http://tgm.ag.org/fgo/)