



North Star Session #10: Popularity, Cliques & Fitting In

Objective: For girls to discuss and share their own experiences of cliques and fitting in. For girls to identify pros and cons of popularity and why some feel it is so important. For girls to identify the people that they feel close to, and whom they can trust.

Materials Needed: Bead Necklaces, North Star Journals, Writing Instruments, Arts and Crafts Materials.

Beginning of Group	Complete Bead Necklace Exercise and check in as needed.
Bead Necklace Question	Describe a talent of yours that not very many people know about.
What Is It Really Like in the Cafeteria at Lunch worksheet	Ask girls to fill out this worksheet. Discuss and share answers. Ask girls to describe the different cliques or groups at school. How do you distinguish between the groups. Is there a group that everyone wants to be a part of? What is your experience at lunch? Do you ever feel like you don't fit in? Where do you fit in the most?
Discussion: Popularity	Make a list on a large piece of paper or on a white board of both the positive and negative sides of being popular. Why do so many people want to be popular? What does being popular guarantee?
Who Do You Really Trust and Feel Close to worksheet	This last exercise is designed for girls to think about who they really trust in their lives – which peers and which adults do they feel close to and why. Who can you be your “true self” with? They should label the center girl on the worksheet with their own name and then write down names of people in the circles – the closer to the center, the more they trust that person and feels close to them. Discuss as time permits.
Journaling	This signals the end of the session. Facilitators should leave 10

minutes at the end of the session for the girls to journal. This includes filling out both the How Am I Feeling Today? scale and their Journal Page.

Journal Page

Write about the group of friends that you feel most connected to and why.

Facilitator Tips:**Begin talking about the group coming to an end**

It is important to take some time during this group to talk about the North Star Group coming to an end. This discussion can be weaved into the discussion about talking how everyone has to go through transitions during their lives – moving, graduating, going to a different school, North Star Group coming to an end. It is important to address these issues and talk about how the girls can say good-bye.

Get Creative:**Girls, Popularity, and the Media**

This would be an interesting discussion to have during this session. Ask girls to describe what they see on TV or in the movies about girls and being popular, and being happy. What are some of the current most popular TV shows? How do they depict girls?

What Is It Really Like in the Cafeteria at Lunch?

Draw a picture or list with words the different cliques that you see at lunch and/or in school.

Have you ever felt left out by a group or clique at school? Describe how you felt.

What does it mean to be popular?



Who Do You Really Trust and Feel Close to?



