| **Blueprint Conference Schedule** |
| --- |
| **Workshop** | **Time** | **Presenter** | **#of Girls/Room** | **Major Topics of Discussion** |
| **Registration & Breakfast** | *8:30 – 9:00am* |  |  |  |
| **Welcome** | *9:00 – 9:20am* | Co-chairsIntroductions of committee members | All*1 large room* |  |
| Transition | *9:20 – 9:30am* |  |  |  |
| **Icebreaker/Sisterhood**  | *9:30 – 10:15am* | Committee members  | Small groups (15)*4 rooms* | What it means to be a friend & sister |
| Each committee member will have a card that describes us without including a name; at the end of the day girls will need to match the card to the committee member |
| Transition | *10:15 – 10:25am* |  |  |  |
| **Self Esteem & Image** | *10:25 – 11:10am* | 2 presenters per session: | Large groups (30)*2 rooms**(Same Room)* | Define inner and outer beauty |
| Starr Harris | Confidence is contagious |
| Veronica Webb | Confidence and bullying (definition of bullying) |
| Jenn Ward | Online identity and image |
| YBWS? |
| Personal Break | *11:10 – 11:20am* |  |  |  |
| **Real Talk: Sex** | *11:20 – 12:05pm* | 2 presenters paired per session: | Large groups (30)*2 rooms* | Clinical aspects of sex |
| 2 representatives from Planned Parenthood (or similar org) | Abstinence and virginity |
| Starr’s Daughter | Peer pressure & sex |
| 1 Younger Person | It’s okay to voice your opinion when others are talking about things you don’t agree with |
| Build on Self Esteem workshop by showing how they are each special enough to wait for sex or not give in to male peer pressure |
| **Lunch/College Fair***Large room for all* *College Fair in hall* | *12:05 – 1:00pm* |  |  |  |
| **Mental Health** | *1:00 – 1:45pm* | 1 presenter per session: social workers, counselors, psychologists | Small groups (15)*4 rooms**(Same Room)* | Provide a space to talk through issues for the first half and leave with strategies in the second half |
| Depression |
| Carolyn’s friend | Anxiety – Test prep/SAT/college |
| Carolyn’s friend | Create a system of looking for college applications; time management; timeline; scheduling |
| 2 presenters |
| Personal Break | *1:45 – 1:55pm* |  |  |  |
| **Guess Who Exercise & Journal Affirmation Exchange** | *1:55 – 2:30pm* | Committee members | Small groups (15)*4 rooms* | Girls will identify who each of the cards they received earlier belongs to |
| Committee members will prep girls for the journal exchange |
| Transition Time | *2:30 – 2:40pm* |  |  |  |
| **Keynote** *Large room for all* | *2:40 – 3:15pm* |  |  |  |
| **Closing***Large room for all* | *3:15 – 3:30pm* |  |  |  |

**To Do:**

* **Create templates & details for committee member led workshops:**
	+ ***Sisterhood Workshop*** *–* Template for committee members to each lead their small group
	+ ***Guess Who Exercise*** – Girls are given cards describing each committee member; we need to coordinate getting that information and possibly matching committee members up with girls who might share interests; also need a template for the closing session at the end of the day in how to lead the discussion when the girls guess which card belongs to who.
	+ ***Journal Affirmation Exchange*** – Girls will choose or create an affirmation at the end of each workshop to write in their Program/Workbook at the end of the day, they will choose from their affirmations the one that resonated with them the most that they would like to share with a big sister (for middle schoolers) or little sister (for high schoolers); they then write the affirmation in the 1st page of the journal with a personal note.
* **Secure speakers:**
	+ Create cover letter to solicit speakers
	+ 1 presenter for Self Esteem & Image
	+ 2 presenters from Planned Parenthood (or similar org) for Real Talk: Sex
	+ 1 youth presenter (college-age or recent grad) for Real Talk: Sex
	+ 2 Mental Health presenters (possibly 3)
* **Determine names for each of the small groups:** the names can have some overarching theme (strong women, characteristics, etc.)
* **Design & Print Program/Workbook:** create a program that includes workshop topics and spaces for girls to write and interact with the workshops