

**BAN  
BOSSY**

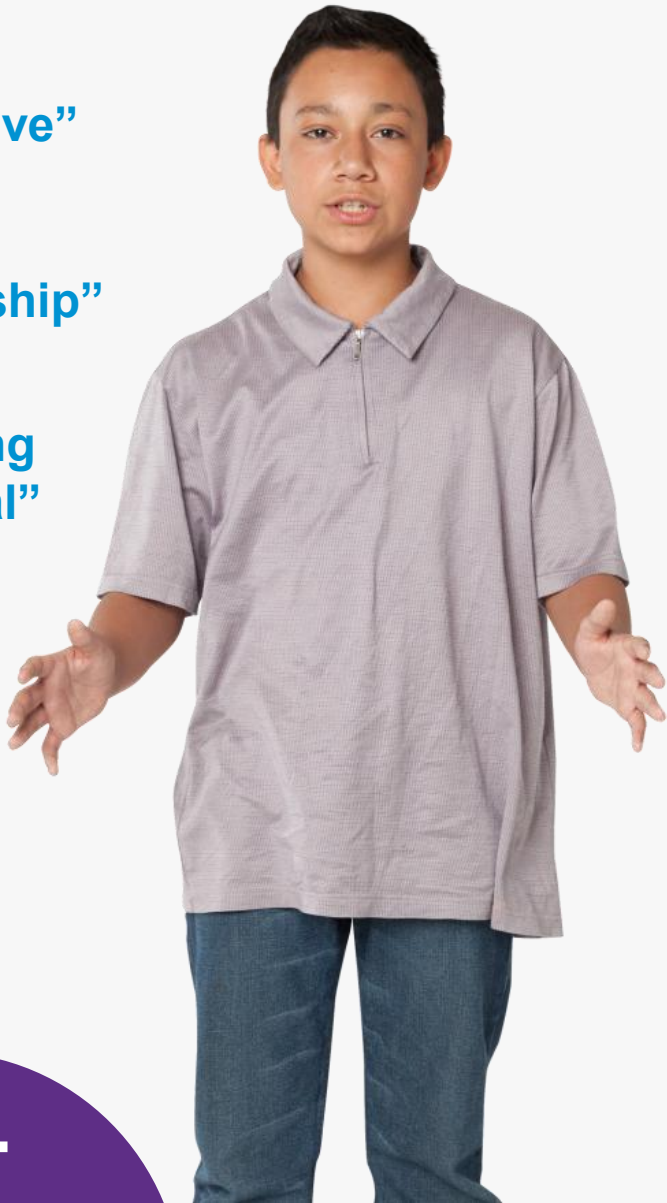
**Meet Olivia**



“Assertive”

“Leadership”

“Showing potential”



“Pushy”

“Bossy”

“Bit--y”

“Showing off”



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# Today

- What is the “Ban Bossy” Campaign?
- What is an activity that can make it concrete and actionable for your girls?
- What resources are available?

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# Context/Background

Relationships  
Tasks

The  Perfect Answer

Confronting  
Peers



“How was your weekend? What’s new in your world?”

“There is no one right answer here.”

“What’s working for you so far?”

“What might you need to change to get better?”

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# “I-Statements” Activity

- 1) Ask questions about their experience to draw them in
- 2) What are “I-Statements”? (from BFF)
- 3) Girls practice writing some and discuss in pairs or triads
- 4) Discuss as a large group
- 5) Discuss how they can use this process in their daily lives

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# “I-Statements” Activity

- 1) Ask questions about their experience to draw them in

“Have you ever tried talking through a conflict with a friend only to have your effort backfire?”

“Does anyone have an example of a time when you decided to let a conflict go – pretend it didn’t happen? How did that feel?”

“Have you ever shifted your point of view on a conflict – really looked at it from the other person’s point of view?”

# Creating “I-Statement’s”

**Scenario:** One of the other girls in your class (Ciara), always rolls her eyes when you offer to take the lead, even when other girls ask you to. You are not seeking it out and when you try to engage Ciara she tends to avoid eye contact with you and just say “whatever” when you ask for her input or try to give her something to do. You can feel some tension now whenever she’s on your team and you want to talk to her about it.

**When you** \_\_\_\_\_ (describe Ciara’s specific behavior)

**I feel** \_\_\_\_\_ (state how that makes you feel)

**Because** \_\_\_\_\_ (explain why you feel that way/why you thought it’s important for the two of you to discuss )

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# Creating “I-Statement’s”

**Scenario:** One of the other girls in your class (Ciara), always rolls her eyes when you offer to take the lead, even when other girls ask you to. You are not seeking it out and when you try to engage Ciara she tends to avoid eye contact with you and just say “whatever” when you ask for her input or try to give her something to do. You can feel some tension now whenever she’s on your team and you want to talk to her about it.

**When you** Ciara, when you roll your eyes and sigh a ‘whatever’ when I ask you to help

**I feel** I get frustrated and distracted

**Because** Because I’m just trying to help get this done and get everyone involved and I start wondering if I did something to upset you.

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# Facilitating The Activity - Discussion

Take :05 or so with a couple people around you:

- What behaviors might we need to model/encourage to help girls with this activity?
- What behaviors do we need to model/discourage when taking girls through this activity?

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# Facilitating The Activity

Help the girls in *two* areas:

1. Describing the concrete behavior that bothers them

***“When you interrupt me before I finish what I’m saying”***

**(vs.)**

***“When you’re being rude”***

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# Facilitating The Activity

Help the girls in two areas:

2. Encouraging and helping them both express and own their emotions

***“I get angry and upset” or “I feel sad” or  
“I am hurt and feel excluded”***

**(vs.)**

***“I feel like screaming at somebody” (too strong)  
or “I guess I shouldn’t feel this way but..” (too weak)***

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# Additional Resources

- March 10: banbossy.com or [www.girlscouts.org/banbossy](http://www.girlscouts.org/banbossy)
- Parade Magazine article – March 9
- Girlscoutshop.com for T-Shirts, Tote bag, patch, etc.
- Girlscouts.org/banbossy (download the “I-Statements” activity)
- Post at “I will #banbossy”
- For more “I-Statements” practice

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# Questions?

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