



WHAT'S GOING ON?

Women's Health Month - May is Women's Health month! We will be sharing tips, resources, and information on our website and social media.

2911 Turns 5! - Keep an eye out for fun things to celebrate 2911 Group turning 5 years old!

2911 Private Virtual Community - We have created a private, virtual Facebook group where young women can connect in a safe environment. There will be activities and interaction. Encourage the young women in your life to join @2911VirtualCommunity.

Our first activity starting in April will be a virtual photo scavenger hunt! Here is our flyer:

Looking to connect with girls your age?

You're invited to join our private Facebook Group!
@2911VirtualCommunity

We are building a community of young women aged 13- 21 to uplift and support each other! Join us to participate in fun and interactive activities!

THERE IS HOPE AND A FUTURE FOR YOU.

FOLLOW YOUR HEART

By Kim Bradley

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." ~ 2 Corinthians 3:17

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" ~ 1 Corinthians 6:19

What if you loved yourself as much as God loves you? What would you do?

The Bible gives us a roadmap to follow our hearts and assures us that the Holy Spirit is with us the whole time. We don't need to live our lives based on peer pressure or cultural dictates. The Holy Spirit resides in our hearts, always and forever. If we quiet our busy lives long enough to listen to the heart, it never fails to lead us in the right direction.

But how do we know what our hearts are saying? Lots of us have internal dialogue, so how do we decipher which thoughts are truly from the heart?

Know this: the heart's only language is love. Any thoughts you have that are fearful, critical, negative, judgmental, fault-finding, harsh, merciless, greedy, unforgiving, resentful, mean, stingy, or belittling – not only to others, but especially to yourself – are not from the heart.

Each of us is unique and magnificent (in millions of different ways) and when we follow our hearts, we are free from others' expectations for us. The heart leads with love, trust, and generosity, and gives us no reason to limit ourselves or our dreams.

Where is your heart leading you? Or in other words, what would you do if you loved yourself as much as God loves you? Whatever it is, go do it!

Want to know more about 2911 Group? You can email us at group2911@aol.com and we will be happy to share information and/or set up time to talk.

Looking for positive messages, helpful resources, and fun activities for you and the young women in your life? Keep up with 2911 Group on social media! We are on Facebook, Instagram, Twitter, and LinkedIn.

Keeping Their Voices

Have you heard of the phenomenon where girls “lose their voice”? A study by psychologist Deborah Cihonski shared that girls receive tremendous pressure from society and media to adhere to a feminine role. The message is to be passive and nice. Work by researchers Carol Gilligan and Lyn Mikel Brown who followed girls from roughly age 9 through age 16 discovered that at a certain point, girls stopped expressing their opinions, shutting down communication.

How can we help them feel more confident?

- **Encourage their pursuits** - whether it's dance, mathematics, soccer, chess, or other areas. Confidence in one area can translate to confidence in other areas.
- **Point out media pressure, including social media** - Talking about unrealistic media images and the pressure on women to look and act in certain ways.
- **Watch your own talk** - When the people around girls and young women talk about themselves, their looks, their weight, or other issues negatively, girls can internalize those messages.
- **Give them a safe space to express themselves** - it's important for young women to have people around them who allow them to speak out so they may feel comfortable doing so.
- **Talk about the phenomenon** - talking about it and helping young women see that this happens at their age—but it doesn't have to—can be a strong antidote

For more detail, check out the [article](#), *How We Can Help Young Girls Stay Assertive*.

*She opens her mouth with
wisdom, and teaching of
kindness is on her tongue
Proverbs 31:26*



How to Be a Great Mentor

- Cultivate trust – Young women need to know that you care about them and have their best interest at heart.
- Be a Role Model - Serve as an example for making positive personal decisions and developing healthy, supportive relationships.
- Communicate Effectively – be an active listener, use reflective statements, and ask open-ended questions.
- Be consistent – set up regular meetings and be on-time, every time.
- Show empathy – show genuine interest and concern for their thoughts and feelings.
- Empower them – encourage them to set goals and steps to achieve them, let them make their own choices, and partner in thinking through solutions to problems vs solving for them.

Resources

[Six Ways You Make a Difference as a Parent](#)

[Healthy Body Image: Tips for Guiding Girls](#)

[How to Empower Young Girls](#)

[Showing Grace to Your Family in Close Quarters](#)

[10 Important Phrases Parents \(or anyone\) Can Use to Empower Their Daughters](#)

[Family Roles in Transition Parenting an Adult Child](#)

How can you support a young women's health?

Don't become overwhelmed by worrying about the health and well-being of the young women in your life. Instead, become educated, talk to them, listen without judgement, and make sure they have other trustworthy adults in their lives if they don't feel comfortable talking to you.

- According to the World Health Organization, half of all mental health disorders in adulthood start by age 14, although most cases go undetected and untreated, and depression is one of the leading causes of illness and disability among adolescents.
- More than one-third of high school girls say they regularly feel sad or hopeless. And anxiety disorders affect about 8% of teens 13 to 18 years old. Untreated mental health problems can have dire consequences, including suicide. Learn to spot the [warning signs of depression](#) and find out how to help.
- One to two out of every 100 teens suffer with an eating disorder, which usually start between 13 and 17 years of age. Learn the [signs](#).
- Females between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner. Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- New research from the American Academy of Dermatology found that rates of melanoma – a lethal form of skin cancer – have increased by nearly 800 percent among women between the ages of 18 and 39. Researchers suspect that tanning bed use causes a whopping 400,000 cases of skin cancer in the United States each year.
- A [recent online survey](#) of 1,394 8- to 18-year-olds and their parents and guardians found that confidence levels drop by 30 percent for girls between ages 8 and 14, and three in four teen girls worry about failing.



What can you do?

Promoting healthy behaviors during teenage years and protecting young women from health risks now can help prevent future health problems in adulthood.

Be their advocate.

Learn how certain illnesses or health conditions, such as anxiety or eating disorders, are more likely to affect younger women. Reminding them to care about their health early on is an important step to managing stress and boosting wellness.

Mental Health Checks

The stigma around mental health is diminishing, with the conversation shifting toward awareness and prevention. Make mental health a regular topic of conversation with female family members or friends by sharing advice, asking how they're feeling, and offering support.

Promote healthy eating

Good nutrition is important for the body and mind, and for supporting growth and development, a healthy weight, as well as positive body image. Experiment with cooking and introduce them to a wide variety of healthy foods so they can find what they like.

Get Active

The Academy of Nutrition and Dietetics recommends 30 minutes of moderate intensity exercise most days a week, and resistance training activities at least two days a week to keep muscles and bones strong. Make it fun! Invite them on a hike. Initiate a push-up contest. Dance party, anyone?

Instill Confidence

You can help young women feel more confident by supporting their talents and interests, giving praise, and being a positive role model for them on a regular basis. Encourage them to try new things, even if it doesn't work out the way they expected.

Help Others

Giving back can boost a young woman's mood and self-esteem, making them feel good about helping others. Have a random acts of kindness day. Ask them who they would most like to help and find a charity that supports that cause or group. Share stories of helping others over dinner and celebrate the experiences.

There is no one size fits all approach to supporting young women. Find what works for you...and them.



[Building a Strong Mother-Daughter Friendship](#)

[How Do You Get Your Daughter to Talk with You](#)

[15 Conversations to Have with Your Teenage Daughter](#)



Joel Brigham 
@joelbrigham

I once read that we should say to our kids, "You must be so proud of yourself," instead of, "I'm so proud of you" because they'll grow up intrinsically motivated rather than motivated only to please others. I've been doing this for 10 years, and I swear it's legit.

Stress Management Video Series

In this [video series](#) teens will find ideas for managing stress and staying healthy. Young people from across the country talk about their personal experiences relating to managing stress, and Center for Parents and Teen Communication youth contributors weigh in with some useful strategies.

The Importance of Father-Daughter Relationships

1. Fathers shape their daughter's self-esteem.
2. Fathers influence their daughters' body images.
3. Father-daughter bonds are correlated with academic abilities.
4. Fathers influence their daughters' behavior.
5. Fathers impact their daughters' social traits.
6. Fathers show their daughters how women deserve to be treated.
7. Fathers can help determine their daughters' persistence.
8. Fathers help define future romantic relationships for their daughters
9. Fathers help define their daughters' non-romantic relationships.
10. Fathers are role models for their daughters whether they like it or not.

Read the [article](#) – 10 Reasons Why Fathers Are So Important to Their Daughters.

[6 Ways to Prep for Your Daughter's Dates](#)

[5 Most Effective Ways for Dads to Communicate with their Teenage Daughters](#)

Back by popular demand:

[2911 Girl Dads](#)

(Hear from three Girl Dads in different phases of their lives sharing their experiences raising girls)

