

EMPOWER HER

MG NEWS

We continue to run our positive relationships programme in secondary schools this year, and are excited to be including a SEN school in 2024. We also have had lots happening since our last newsletter in June, here are some highlights:

Musical Gathering 3

The third year of this great local teenage event, where over 50 local teens came to enjoy watching local bands performed.

Away Day

Our BOA Thursday groups continue to enjoy meeting up & we are now delighted to have a Bath MG Group running with our Mighty Clare at the helm.

Summer Club

We collaborated with Bath University to offer 25 girls a day of STEM Coding fun.

Skate Park Days

Mighty Girls and BOA Youth collaborated to organise 2 free skate days using Camp Rubicon, which included a popular "Girls Only" session.

Self Defence Workshop

We successfully hosted our second sold-out Self Defence Workshop of the year with Helena from Systema during the October Half Term.

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Period Poverty



you can donate period products in the 'All Yours' red box at Bradford On Avon's Sainsburys & Library

St Martin's Gardens Mighty Girls Club in the News!

Newsflash!!

Our Mighty Girls Group at St Martin's Gardens is featured in the Bath Chronicle, highlighting the wonderful work our "Mighty" Clare Brown does with the group.

Photo and article courtesy of Bath Chronicle - to read the full article visit

<https://www.pressreader.com/article/281732684185103>.

We are looking to expand our After School Programme regionally, so watch this space!

Bath Chronicle

Mighty Girls club message proving a hit with pupils

Malala Yousafzai · Sint Maarten
2 Nov 2023

Girls at a school in Bath have been leaving notes of kindness for their classmates as part an afterschool initiative which is sparking friendships and building confidence.

The Mighty Girls afterschool club is held at St Martin's Garden primary in Bath.

The club provides pupils with the opportunity to nurture their love for each other while becoming champions of their community.

The organisation is led by the girls,



Pupils litter picking at The Mighty Girls afterschool club



WEBSITE / LOGO

Hot off the press is our new website, please check it out www.mightygirls.co.uk and new logo. We are very excited by the Mighty Girls new look and hope you agree it's a lovely refreshing update.



Empowering girls to find their inner Mighty.



For girls



For parents/carers



For professionals

BATH HALF MARATHON WE NEED YOU!

For the first time, we have been allocated 5 charity places in the Bath Half in March which we would love to fill - we encourage support from women and men.

Runners will be raising funds for our FREE girls' empowerment groups in Bath and Trowbridge.

You will also be showing girls and young women the benefits of staying active just by doing the race!

So if you are half marathon fit and up for the challenge please get in contact via email at info@mightygirls.co.uk or call Marsha on 07538421494 just - thank you



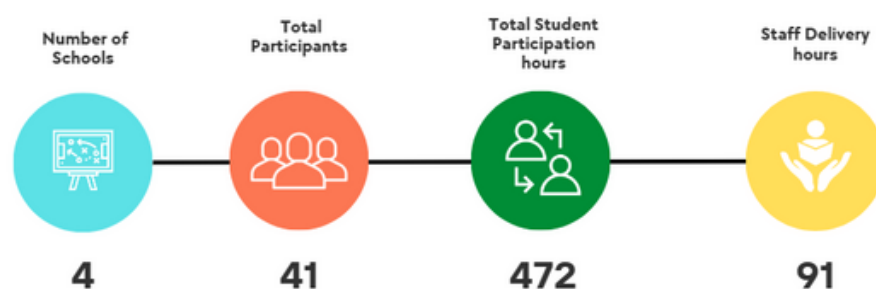
Positive Relationships Project

Our team works with students in secondary schools in Wiltshire and Somerset over 6 sessions.

We gather young people's insights about student safety, gender-based stereotypes, and other issues & abuse they are witnessing or experiencing in their school community.

Our facilitators guide and support the students to plan and deliver social action within their school community to improve friendships and peer relationships.

PROJECT SUMMARY NOVEMBER 2023



Reduce child on child abuse in secondary schools

Raise the voice of lesser-heard groups of the community
- including girls

Create a network of youth advocates

The projects extends and deepens young people's understanding of the key themes of positive relationships, respect, friendships and being safe.

Want your school to be involved? Visit our site and get in touch

<https://www.mightygirls.co.uk/positive-relationships>



Consent Film Launch

by Michaela Sillem



I am Michaela - a Mighty Girls youth leader. Earlier this year we collaborated with Boys in Mind who have made a short film to address the ideas of consent, sex education and negative influences (online and in real life). Ed from Boys In Mind and I developed a set of eight questions to use in the workshops. The 10 participants were between 14-17 years old.

Over several sessions held weekly, the two groups of students met separately. This separation of the girls and boys in groups helped create safe spaces for us to explore these sensitive subjects and discuss what we saw to be gendered differences of experience. Some of these discussions were then filmed.

Each session we focused on two or three of the questions. For example: 'What is consent?' and 'What barriers could be in the way to gaining consent?' and 'Why might some young men be drawn to the views of some misogynistic influencers?'. The conversations, frequently took unexpected turns, revealing short-comings in sex education as well as the damaging impact of porn which is too easily accessed by young people online.

The last session was held at Widcombe Social Club where the two groups met for the first time and talked about the ideas. We also discussed our hopes for the film and the impact it might have.

Though often scary - the topic of consent is one that we don't often talk about to other people. The conversations we had were ultimately solution-focused and even though our experiences were different - there were also a lot of similarities. The consensus amongst both girls and boys was that sex education can be uninformative, and all too often uses scare - mongering and awkwardness which places barriers to young people having healthy and positive sexual relations.

This was an overriding idea in the film: that consent needs to be talked about in a constructive context, and early teaching about relationships needs to remove the idea of 'sex' all together and focus on healthy boundaries in friendships which rely on consent.

We hope that the film inspires you to use this important to work with more young people, and invite BIM and Mighty Girls to help facilitate the discussions in your schools and groups in the community.

Visit our site, click "CONSENT" to watch the film

<https://www.mightygirls.co.uk/positive-relationships>



UPCOMING EVENTS



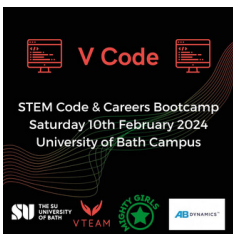
MIGHTY BOOK CLUB

Join our Free Mighty Girls Book Club at BOA library! Our friendly volunteer will host lively discussions. For girls Aged 13+



FUND RAISING MIGHTY QUIZ NIGHT 2nd February 2024

Quiz night is back by popular demand. Reserve your team's spot now for another evening of fun and friendly competition!



V CODING

Saturday 10th February 2024

This FREE day will be hosted by the V Code team at the University of Bath in collaboration with Mighty Girls CIC, funded by AB Dynamics.



WATCH THIS SPACE ART BODY POSITIVE WORKSHOP & EXHIBITION

Register your interest via our website.



BE MIGHTY & GET INVOLVED

- We seek new members of our Steering Group.
- Volunteer at our events, including our weekly youth groups
- Share your experiences in the world of work with younger people
- Support us in the office with administration
- Improve our social media presence
- Help with fundraising
- Advise on our board of directors
- Help on our Positive Relationships Project

Please get in touch via our socials or email info@mightygirls.co.uk

BOOK ONLINE

www.mightygirls.co.uk



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