



MIRROR Project Description

The MIRROR Project (Maintaining Images Reflecting Responsibility, Optimism & Respect) provides opportunities for young girls to evaluate social imagery as it relates to self-esteem. This program is for young girls 17 and under.

The projects goals are to:

1. Build community among girls to strengthen relationships and share appreciations of unique characteristics and talents.
2. Understand and discuss the effects of images in the media targeted on self-worth and self-images of girls.
3. Assist girls with identifying their talents and passion to use them in their life, hobbies, education and future careers.
4. Partner with educators in Social and Emotional Learning (SEL) environments to apply knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

The project is a 4-week program which sessions on:

1. Self-Esteem and Self-Image
 - Purpose: Create a safe space to talk about young girls and self-esteem and self-image.
2. Media
 - Purpose: To discuss the media's impact on girls' self-image and self-esteem as well as identify unrealistic photos of women and girls, while focusing on natural beauty and the unique qualities of each participant.
3. Relationships
 - Purpose: To define healthy and unhealthy relationship characteristics such as peer pressure and bullying as well as provide participants with tips on how to identify and address toxic relationships.
4. Career and Education.
 - Purpose: Expose participants to different careers, as well as, encourage them to set goals and develop a plan to accomplish set goals.

Sessions may be conducted by the executive director, board members or designated volunteers upon the request from community organizations or local schools.