

EVALUATION TOOLS: PRE-TEST KNOWLEDGE TEST

1. List 5 countries.
2. What is self-esteem?
3. List 3 forms of birth control.
4. Name 3 items listed on a nutritional label.
5. What is aerobic exercise?
6. Draw a table setting that includes a salad fork, dinner fork, soup spoon, dessert spoon, butter knife, plate, and glass.
7. List 3 expenses that you would have if you were living on your own.
8. What is a straight stitch? (draw picture)
9. What is the most common baking temperature?
10. What is self-definition?

ANSWER SHEET

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

EVALUATION TOOLS: PRE-TEST

HOW OFTEN HAVE YOU DONE EACH OF THESE THINGS IN THE PAST YEAR? PLACE A CHECK IN THE COLUMN UNDER THE ANSWER YOU THINK IS MOST LIKE YOU.	NEVER	NOT OFTEN	SOME OF THE TIME	MOST OF THE TIME
1. BEEN ARRESTED				
2. HELD A JOB				
3. DRANK BEER, WINE, OR ALCOHOL				
4. SMOKED MARIJUANA				
5. SHOPLIFTED FROM A STORE				
6. HAD A BEST FRIEND				
7. BEEN IN A FIGHT WHERE YOU WERE HIT				
8. BEEN IN A FIGHT WHERE YOU HIT SOMEONE				
9. GOT ALONG WITH YOUR MOTHER				

10. BEEN A MEMBER OF A GANG			
11. ATTENDED CHURCH			
12. SMOKED CIGARETTES			
13. USED DRUGS SUCH AS CRACK, COCAINE, LSD, OR HEROIN			
14. THOUGHT ABOUT KILLING YOURSELF			
15. TRIED TO KILL YOURSELF			
16. DONE WELL IN SCHOOL			
17. HAD SEXUAL INTERCOURSE			
18. HAD SEXUAL INTERCOURSE WITHOUT A CONDOM			
19. PLAYED ON A SPORTS TEAM			
20. BEEN SUSPENDED FROM SCHOOL			

CONFIDENTIALITY PLEDGE

A Journey Toward Womanhood

I, _____, a proud member of *A Journey Toward Womanhood*, fully understand the importance of confidentiality.

I pledge that whatever is discussed by me or my sisters shall not leave the group.

As my sister's keeper, I accept this pledge fully understanding the importance of respect, loyalty, and trust, not only for myself, but also for my sisters.

With each other's help, our *Journey Toward Womanhood* will be successful.

Signature

Date

WHAT IS A SISTER?

By Angela D. Coleman, MBA, CNM
Founder and President,
Sisterhood Agenda

Every so often, something beautiful happens. A woman shows another woman love. It is not love based on any type of physical attraction, but love based on honest commitment, a sense of caring, devotion, and tenderness. What should be a common occurrence sometimes constitutes a miracle due to its rare manifestation.

Over the years, I have learned a lot about sisterhood, mainly that it cannot be judged on a superficial level. Although it would be nice, every female person is not a sister. This realization often breeds distrust among us. However, instead of being emotionally cold or even cruel, we can be wise.

To empower ourselves individually and collectively, we must first recognize who is on our sisterteam and who is an enemy, recognizing the fact that the enemy is often disguised as a sisterfriend. We must choose our company with high standards and specific guidelines. It is not easy, but this awareness can prevent a lot of disappointment based on failed expectations.



What is a sister? What do they do, who are they, and where can I find one? A sister is called a sister because the term implies a bond so strong that it is like that of a blood relative.

Sisterhood is the *warmth and familiarity of family*.

A sister is someone who always has your back and can tell you the truth about yourself. She is someone who can assist you in all aspects of your self-development, even if your goals, aspirations, and accomplishments exceed her own. She is not jealous of you, but feels like your victory is also her victory because she wants the best for you. And she knows that you will share your joy and material wealth with her.

Sisterhood is a privilege, not a right. In this sense, biological sisters are not automatically sisters because it is the spirit that counts, not the lineage. If you have to ask yourself if someone is your sister, chances are, she is not.

Sisters can be found anywhere since we populate the world, but all prejudices must first be eradicated. As with all powerful relationships, we must get ourselves together first before we can interact healthfully with others. Before you judge other females according to physical appearances, incomes, or regional differences, know that the divine exists in everyone and everything.

Our struggles have left scars on our psyches and in our lives, passed down from generation to generation. When we do not love ourselves as women and girls, we cannot smile, compliment, and be kind to other women and girls. When we do not have confidence in our futures, we negate the success of others and secretly desire what they have. When we do not recognize our own natural beauty, we become dependent upon superficial things and external relationships to validate our personal worth. Then, we treat ourselves and those around us in an **“unsisterly”** manner.

Sisterhood is a largely untapped force, a kinship so strong it can threaten the status quo. Sisterhood transcends superficial boundaries of beauty, class, and sometimes, race. Yet, the power remains more potential than actual because we often do not recognize our magical greatness.

Before you point fingers at her, look at yourself. Are you the best sister that you can be? Are you open to developing real relationships with other females based on mutual respect, admiration, love, and trust? Do you treat others as you want and expect to be treated? Only when you are a sister yourself can you define, identify, and bond with other sisters. Only then can women unite to be a positive, life-altering force that can change what we know as reality to positively affect the world.

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SOURCE: GIRLS GUIDE: HOW TO BE A SISTER

- ➔ Do you agree or disagree?
- ➔ What is your definition of sisterhood?
- ➔ Are you a positive sister?



THE POWER OF AFFIRMATIONS

An affirmation is a positive thought directed at yourself, phrased in the present. Affirmations can increase your self-esteem and help you achieve your personal best!

I am worthy of love and respect.

My face is beautiful.

My eyes are beautiful.

My skin color is a wonderful hue with unique coloring.

Understanding the beauty, complexity, and power of my femininity,

I am empowered.

My hair is wonderful.

My body is fantastic.

I am myself.

I am a great person.

I am a beautiful sister, who only grows more beautiful with time.

I accept myself unconditionally.

I am able to be strong and flexible.

I have the courage to be assertive.

I love myself today and every day.
