

# SOCIAL AND LIFE SKILLS

FOR GIRLS 10-13 YEARS OLD

*TRANSFORMING GIRLS INTO YOUNG LADIES*



[WWW.NAUPE.COM](http://WWW.NAUPE.COM)





# WE TRANSFORM GIRLS INTO YOUNG LADIES

The Ladies Club Etiquette, Social, and Life Skills curriculum is a 16-lesson course that engages girls through interactive etiquette exercises, life skills instruction and self-care, developing the "whole" girl.

This presentation will introduce you to the work of the National Association of Urban Etiquette Professionals and the Ladies Club curriculum, its program components and how you can start a Ladies Club in your community.





# ABOUT

# THE NATIONAL ASSOCIATION OF URBAN ETIQUETTE PROFESSIONALS

Founded in 2009 by award-winning author and youth program director, Lady Trenette Wilson, NAUEP is the leading etiquette association in the nation providing etiquette certifications and workshops in underserved communities.

## OUR REACH

- Texas
- Georgia
- Illinois
- Michigan
- California
- New York
- Louisiana
- Florida
- Arkansas
- Tennessee
- Mississippi
- Virginia
- Pennsylvania
- Colorado
- Missouri
- New Hampshire
- North and South Carolina
- Ohio
- New York
- Maryland

## Our Programs

- Ladies and Gentlemen by Design Junior Debutante/Beautillion Course
- Etiquette Ambassador Course (Elementary-Middle School)
- Ladies Club Etiquette and Social Skills Curriculum
- Teen Excellence Leadership Course
- Job Readiness Course (Hospitality Course)

## Our Services

- Etiquette, Debutante, Protocol, and Pageant Certifications
- Basic through Advanced Etiquette Workshops
- Professional Development Workshops
- History of Etiquette Exhibit and Lecture



## Our Countries

- London England
- Bahamas
- Nigeria, Africa

# OUR CLIENTS





# THE LADIES CLUB ETIQUETTE AND SOCIAL SKILLS CURRICULUM

## A Holistic Approach

The NAUEP Etiquette and Social Skills curriculum is designed to build the social competencies, life and and relationship skills of girls 10-13 years old by developing key areas of her life.

## 4 UNITS

Etiquette and Social Graces  
Health and Wellbeing  
Relationship Skills  
Life Skills for Young Idies

## CASEL FRAMEWORK

Self-Awareness  
Self Management  
Social Awareness  
Responsible Decision Making  
Relationship Skills

# A YOUNG LADY'S BODY

STUDENT WORKBOOK

Student Activities

Explain a healthy life begins by respecting their body.

## RESPECTING YOUR BODY

Despite what you may see on television, you should respect yourself and your body. Respect your body by:

- Eating nutritious meals.
- Exercising daily.
- Staying positive.
- Avoiding at-risk behavior.
- Getting enough rest.
- Avoiding stress.
- Relaxing.
- Don't smoke or do drugs.
- Don't drink alcohol.
- Don't let others touch your body.
- Don't let others tell you what to do with your body.



After girls learn ways to respect their body, ask them to use the blanks to describe ways they have disrespected their bodies, if they feel they have.

Use the following blanks to describe ways you feel you may have disrespected your body.

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Student Engagment

## A YOUNG LADY'S PUBERTY



## A YOUNG LADY'S BODY

INSTRUCTOR

After discussion talk with Gems about the importance of stretching.



### STRETCH TO STAY LOOSE!

- Stretching—
- Improves your performance in physical activities.
  - Decreases your risk of injuries.
  - Helps your joints move through their full range of motion.
  - Increases muscle blood flow.
  - Enables your muscles to work most effectively.
  - Improves your ability to do daily activities.
  - When you don't stretch, over time you will become stiff, and it will be harder for you to move.



## IMAGE ETIQUETTE

Image Etiquette

# LADIES CLUB CURRICULUM A PEEK INSIDE

## MY Healthy BODY AND MIND

Daily Steps to Fuel My Health



### start your day off healthy

Begin your Day with a Healthy Breakfast  
Supercharge your day with a healthy start.

Don't get on your mobile device for the first 30 minutes after waking up.  
Allow your mind to be clear and free.

Drink a cup of water to get a clean start to your day.  
Water helps flushes your system from toxins.

Stretch and take your entire body through a full range of motion.  
Make moving easier throughout the day.

Make a daily eating plan.  
Guard yourself from overeating and making poor meal choices.



YOUR HEALTH...  
YOUR CHOICE

### Mental Fitness

Meditate, pray, and center your mind daily.  
Think positive.

Speak positive.  
Speak encouraging words over your life.

Avoid stress.  
Avoid the drama and Let it GO!

Eat a well-balanced diet and MOVE YOUR BODY.

Talk to someone.  
Don't hold the pain in.

Get enough rest.  
Resting restores your mind and body.

Hang out with positive people.  
Surround yourself with happy people.

### My daily nutrients

Calcium: eggs, cheese, leafy green vegetables, almonds, milk  
Strengthens your teeth and bones.

Protein: meat, eggs, walnuts, fish, shrimp, broccoli  
Supports muscle growth.

Fiber: vegetables, fruit, whole grain.  
Helps digestion.



www.nauep.com

### 12 Healthy Super Snacks

- |                                   |  |
|-----------------------------------|--|
| 1. Peanuts, a handful             | 7. Cucumber rounds, any amount                       |
| 2. Red grapes, 20                 | 8. Celery stalk filled with 1 teaspoon peanut butter |
| 3. Air-popped popcorn, 4 cups     | 9. Sugar-free Fudgsicle, 1                           |
| 4. Baby carrots, any amount       | 10. Applesauce, single-serving, unsweetened          |
| 5. Whole-grain crackers           |  |
| 6. Low-fat string cheese, 1 ounce |  |

TIP

Get moving with an exercise you like.  
Call a friend to enjoy the FUN!



### Say No To...

- |   |                      |
|---|----------------------|
| 1. Packaged foods                         | 7. Candy             |
| 2. Sugary-refined grain breakfast cereals | 8. Potato chips      |
| 3. Fast food breakfast                    | 9. Frozen appetizers |
| 4. Soda                                   |                      |
| 5. Sweetened teas                         |                      |
| 6. Full-fat airy products                 |                      |

DRINK WATER EVERY DAY!



# ETIQUETTE AND SOCIAL GRACES

INCLUDES

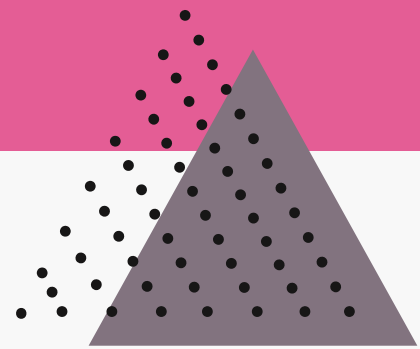
ONLINE TRAINING  
LESSON POWERPOINT  
DIGITAL INSTRUCTOR LESSON GUIDE  
STUDENT LESSON HANDOUT



## UNIT 1



## Etiquette



Teach girls proper etiquette skills and social graces that will give them the confidence to excel in social and professional environments.

### Lessons Include

- Ladylike Behavior
- A Ladylike Image
- Ladylike Dining
- Ladylike Social Graces

## UNIT ONE

## Etiquette and Social Graces



# Health and Wellbeing

## UNIT 2: LESSONS 1-5

### A YOUNG LADY'S HEALTH AND WELLBEING

INCLUDES 5 LESSONS

ONLINE TRAINING

5 POWERPOINTS

DIGITAL INSTRUCTOR

## UNIT TWO

### A Young Lady's Health and Wellbeing

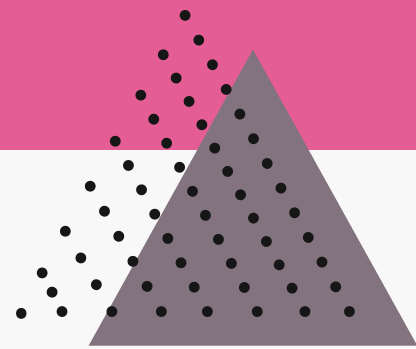
Five Powerful Lessons that lead girls to improved nutrition, body and health awareness, and ways to protect their mental health.

#### Lessons Include

- A Young Lady's Nutrition
- A Young Lady's Body and Exercise
- A Young Lady's Puberty
- A Young's Lady's Safety
- A Young Lady's Mental Health



# *Building Healthy Relationships*



## **UNIT THREE**

### **A Young Lady's Relationships**



## **A YOUNG LADY'S RELATIONSHIPS**

**INCLUDES**  
ONLINE TRAINING  
LESSON POWERPOINT

Help girls learn to recognize and nurture healthy relationships through etiquette, as they learn to deal with boys, friends, classmates, and teammates.

#### **Lessons Include**

- Besties, Frenemies, and Bullies
- Boys..and Ladylike Behavior
- Ladylike at School
- Ladylike Hospitality and Civility



*Life Skills*



## UNIT FOUR

### A Young Lady's Life Skills



### LESSON 4



## A YOUNG LADY'S LIFE SKILLS

INCLUDES  
ONLINE TRAINING  
LESSON POWERPOINT

Help girls learn to walk confidently as they transition from a girl during puberty and beyond with these very important life skills.

#### Lessons Include

- A Young Lady's Public Speaking
- A Young Lady's Confidence
- A Young Lady's Attitude
- A Young's Lady's Future



# BENEFITS OF SOCIAL AND EMOTIONAL LEARNING

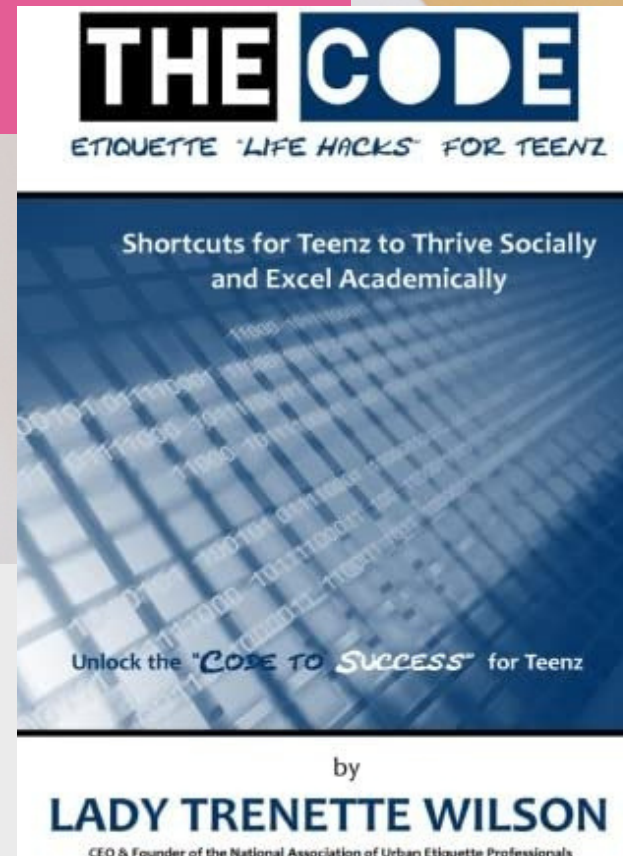
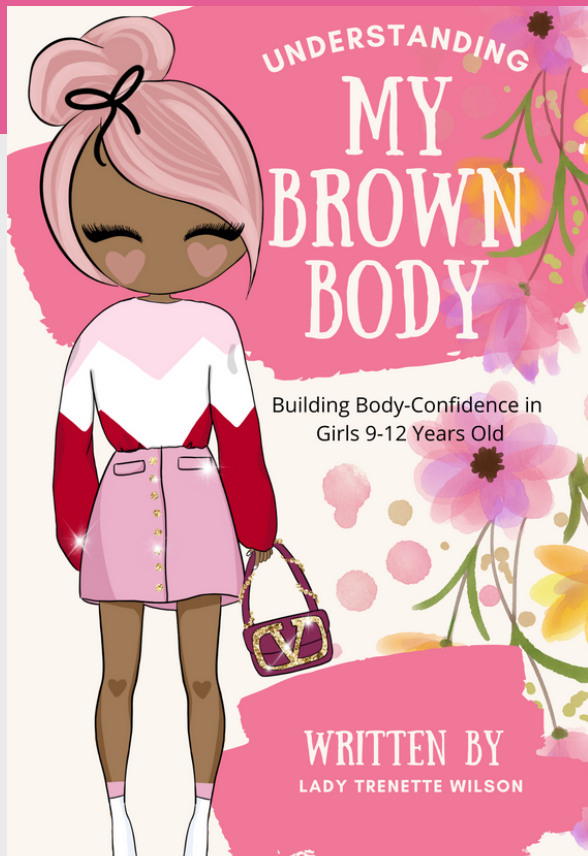
Through social-emotional education, students gain confidence, emotional intelligence, and social skills, which will influence them for the rest of their lives. And those benefits spread from the schools into families and communities.

Elementary schools that have implemented Positive Action have seen:

- A 62% reduction in violence
- 51% fewer bullying incidents
- Absenteeism reduced by 28%
- A 73% shrinkage in suspensions
- 85% fewer disciplinary referrals

# Empowering the "Whole" Girl

## Additional Resources



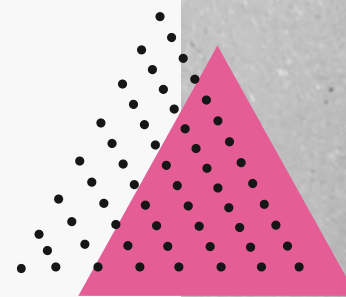


# LET'S GET STARTED

TRANSFORMING GIRLS THROUGH ETIQUETTE

## LADY TRENETTE WILSON CEO AND FOUNDER

Chief Protocol Officer and Certified Etiquette Expert  
Award-Wining Author  
National Speaker and Trainer





# CONTACT US



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