

Curriculum

Diamond Girl Leadership



The following curriculum schedule represents suggested curriculum activities for Diamond Girl Leadership sessions. The Diamond Girl Leadership curriculum is aimed at helping Diamond Girls build leadership skills to share and support positive decision-making with their friends and to be ambassadors for the program at their high school, in the community and to younger girls. The program is intended for four years.

The curriculum is designed for two sessions a month. Each session should be at least 90 minutes of curriculum and one hour of rehearsal for Leadership choir, dance troupe, and/or step team. They may be held on Saturdays, or during the week after or during school. Curriculum sessions represent 2.5 hours of instructional time.

Enthusiasm, dedication and creative energy is the key to a successful Diamond Girl Leadership Program. At the first meeting and at every meeting thereafter, it is very important to us to make each girl feel welcomed, loved and valued.

September

Session One

Welcome to Diamond Girls event
Introduce the Program
Introduce entering 9th graders by Big Sisters or coordinator
Introduce the Leadership Choir Director, Dance Troupe or Step Drill Instructor
Discuss the GEM

Session Two

Administer the Pre-Survey and mail to the Best Friends Foundation by October 30.
Introduce how to use the Diamond Girl Leadership Journal Organizer
Complete *Profile of Me* and discuss
Discuss setting goals for the new school year
Create an icebreaker to form bonding among the girls as a group
Distribute Diamond Girl polo shirts

October

Session One

Election of Officers
Diamond Girl Hostesses
Telephone Tree
Leadership Choir, Dance Troupe or Step Drill rehearsal

Session Two

Topics: Self-Respect and Friendship
Discuss the GEM
Discuss "Twenty Ways To Fight Peer Pressure"
Discuss *The Gossiper*
Complete My Plan To Reach My Goals
Complete and Discuss "My Thoughts About Marriage"

Leadership Choir, Dance Troupe or Step Drill rehearsal

November [View a .pdf file of a portion of the curriculum program guide for this section](#)

Plan a Role Model Presentation

Session One

Topics: Self-Respect, Love and Dating

Discuss the GEM

Discuss Activity: "Healthy Relationships"

Discuss Video: "No Means No"

Discuss Video: "Waiting Teens" PSA Video Clips

Activity: "What Do I Say?"

Discuss: "Qualities of a Healthy Marriage"

Discuss Article: "Hidden World of Dating Violence"

Questionnaire: "Testing Relationships"

Discuss: "Facts About Dating Violence"

Discuss: "Hotlines"

"Food Guidance System"

"Healthy Eating Habits"

"Healthy Exercise Log"

Leadership Choir, Dance Troupe and Step Drill rehearsal

Session Two

Discuss: "Learn More Earn More"

Complete and Discuss "College and Career Planning"

Buffet Lunch

December

Leadership Choir performance community service

Assist with planning Health is Happiness Day

Session One

Self-Respect and Decision-Making

Discuss the GEM

Discuss Video: "Respect: Keep It Real"

Discuss Video: "Can I Borrow The Car"

Activity: Do You Have Self-Respect?

Discuss: Be A Leader in Making Decisions

Discuss: Media Messages

Discuss: Safety Tips for home, school, office and in your car

Leadership Choir, Dance Troupe, or Step Drill rehearsal

Session Two

Diamond Girl Leadership Holiday Party

Plan a Make Music Not Madness School Assembly. Discuss with Program Director or Coordinator

January

Session One

Review Violence and Abuse Protocol

Host "Health Is Happiness Day"

Discuss the GEM

Discuss Video: "Beyond the Looking Glass: Self Esteem and Body Image"

"Smarter Eating Choices"

"Smarter Food Choices"

Plan Workshops for Diamond Girls and their parents or guardians

Session Two

Etiquette Workshop

Review and discuss Social Skills tab section in Leadership Organizer

Luncheon optional

February

Assist with planning for the Family and School Recognition Ceremony

Session One

Topics: Leadership, Love and Dating

Discuss the GEM

Discuss: "Traits of a Leader"

Discuss: "Defining Leadership"

Discussion Video: "Leadership In The Movies"

Activity: Marriage...The Best Choice for the Best Future"

Discuss Video: "This Ain't No Dress Rehearsal"

Discuss: STD Chart

Preparation for National Essay Contest

Leadership Choir, Dance Troupe, or Step Drill rehearsal

Session Two

Career or Entrepreneurship Workshop

Review and complete Resume Worksheet

Discuss Job and Internship Tips

Discuss Interviewing Tips

March

Session One

Topics: Leadership and Alcohol Use

Discuss the GEM

Discuss: Leadership and Alcohol

Discussion Video: "What Is Alcoholism?"

Discussion Video: "Alcohol and Sex: A Prescription for Poor Decision-Making"

Discussion Video: "Real People: Teens, Family, and Stress"

Complete and discuss "Reducing Stress"

Review and discuss "Your Body Needs TLC"

Review and discuss "Vitamins and Minerals"

Leadership Choir, Dance Troupe, or Step Drill rehearsal

Session Two

Discussion Article: "Why Money is Important"

Complete and discuss "Budgeting Your Money"

Complete and discuss "Financial Planning for Your Future"

Review performance tips

Leadership Choir, Dance Troupe, or Step Drill rehearsal

April

Present the Diamond Girl Leadership Program to 8th grade Best Friends girls. Plan a special presentation for eighth graders who will be Diamond Girls next year within your Family and School Recognition Ceremony.

Session One

Topics: Leadership and Drug Use

Discuss the GEM

Discuss: Drugs and the Law

Discuss: Do You Know the Facts?

Discussion Video: "Busted: What You Need to Know About Drugs and the Law"

Discussion Video: "Dying High: Teens In The ER"

Discuss: Specific Drugs and Their Effects Chart

Leadership Choir, Dance Troupe, or Step Drill rehearsal

Session Two

Prepare for Family and School Recognition Ceremony

Review "My Plan To Reach My Goals"

Review and complete "My Thoughts About Marriage"
Leadership Choir rehearsal

May/June

Collect information on eighth grade girls and high school girls (Use the Diamond Girl Profile Sheet). Contact the Principals of the high school(s) that your girls will attend next school year.

Session One and Two

Discuss the GEM
Leadership Choir rehearsal

Last Session

Administer the Post-Survey and mail to the Best Friends Foundation by June 30.
Discuss the GEM
Farewell Party for graduating seniors