

<p>Goal By using Salvaging Sisterhood, we hoped to increase students' awareness about relational aggression, help girls develop empathy, increase conflict resolution skills, lesson incidents of gossip, and help girls develop a strong sense of self.</p>	
<p>ASCA Standards Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others PS:A1 Acquire self-knowledge PS:A2 Acquire interpersonal skills Standard B: Students will make decisions, set goals and take necessary action to achieve goals PS:B1 Self-knowledge application Standard C: Students will understand safety and survival skills PS:C1 Acquire personal safety skills</p>	<p>VA 5th Grade English SOLs Communication: Speaking, Listening, Media Literacy 5.1 The student will listen, draw conclusions, and share responses in subject-related group learning activities. c) Summarize information gathered in group activities. Writing 5.7 The student will write for a variety of purposes: to describe, to inform, to entertain, to explain, and to persuade. c) Organize information to convey a central idea. i) Include supporting details that elaborate the main idea.</p>
<p>VA School Counseling Standards Grades 4-5 Students will: EP8. Understand change as a part of growth, EP9. Understand decision making and problem solving strategies, EP11. Use strategies for managing peer pressure, and EP12. Use strategies for handling conflict in a peaceful way.</p>	<p>VA 5th Grade Health SOLs Knowledge and Skills 5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include a) the development of positive social skills; b) the use of refusal and conflict-resolution skills; c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.</p>
<p>Results by Question posttest results are students self-reporting about the 5 weeks during the group</p> <ol style="list-style-type: none"> 1. Pretest: 50% of students felt they knew a lot of "little details" about their friends. Posttest: 67% 2. Pretest: 33% said their friends know a lot about them. Posttest: 67% 3. Pretest: 50% of students said they would say something kind of mean to their friend and then say "just kidding" but really mean it. Posttest: 0% 4. Pretest: 83% of students said that if they hear gossip about a friend they would tell their best friend. Posttest: 33% 5. Pretest: 33% of students said that they would not stay home from a sleepover, party, movies, etc. if their friend was having a bad day and needed to talk. Posttest: 0% 	<p>Impact Statements: 100% of students said they learned something from Salvaging Sisterhood, including information on: gossip, being a good friend, getting along with others, and expressing feelings. 100% of students felt the group topics were useful. They found lessons on telling the truth, not gossiping, and helping others to be the most helpful. 100% of students reported being comfortable in the group 83% of students said they liked journaling. The remaining 17% said it was "okay." 100% of students would recommend this group to friends</p>
<p>Program Implications This group provided students the space to self-reflect on their relationships, their roles in those friendships, and what they like or would like to change. Students reported gossiping less on the 5th and final group meeting than before the group began. Students were given tools to manage conflicts with peers, increase positive self-talk, and skills to have healthier friendships.</p>	