

# Black Girls Rock



Created by: Catina Burries and Erica Childress

*“They don’t see me”.*

*“She thinks I’m wrong because I say nawh  
and she say no but that’s just how I say it”.*

*“They think I act too Black in class”.*

*“The black kids always get in trouble”.*

*“I hate my hair”.*

## **Class Purpose**

In this class participants engaged in a variety of activities intended to cultivate a strong self-image and foster an appreciation for African-American poetry.

# Planting Seeds

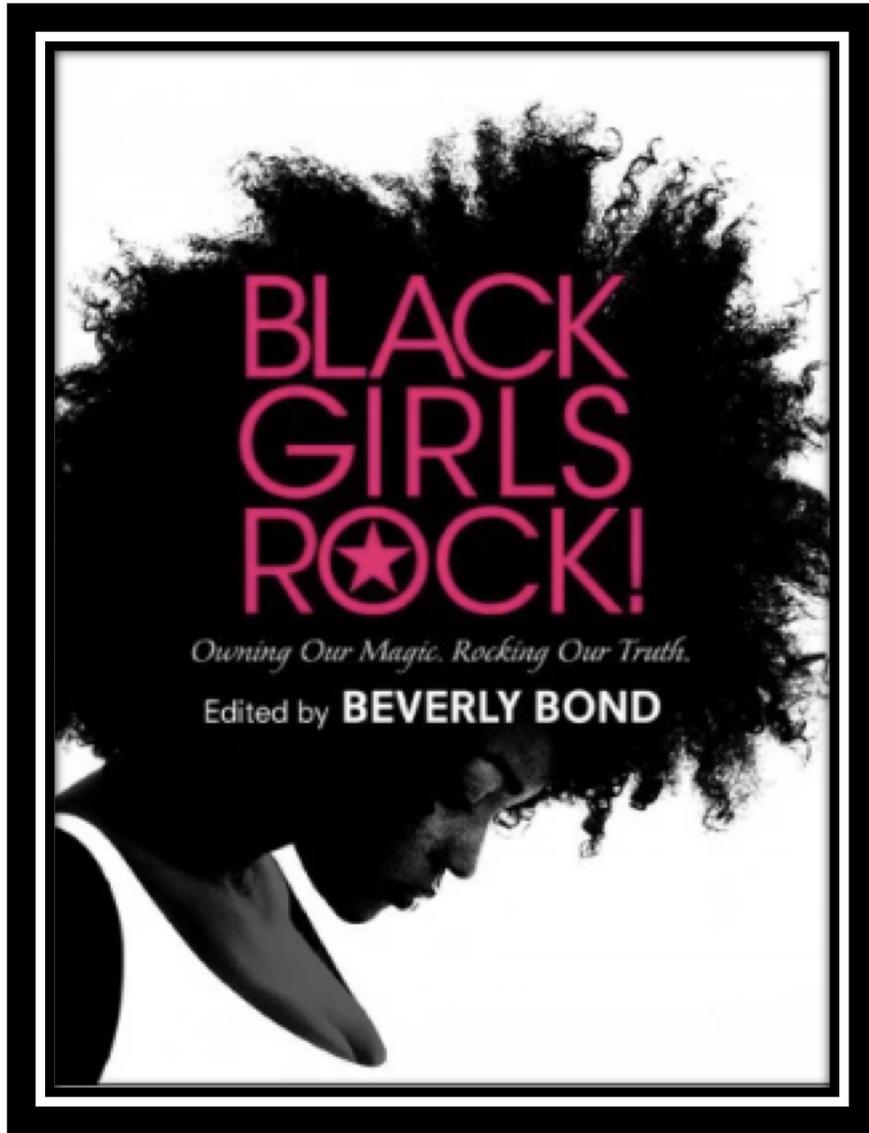
“But there may be a hidden cause of exhaustion for Black teenagers: racial discrimination. According to scientists at Northwestern University, perceiving discrimination during adolescence leads to lower levels of cortisol, a hormone that helps keep you energized during the day. This hormone imbalance can also lead to more serious health problems later on.”

How Racial Discrimination Can Affect a Person's Health

NPR Morning Shift 2018

# How

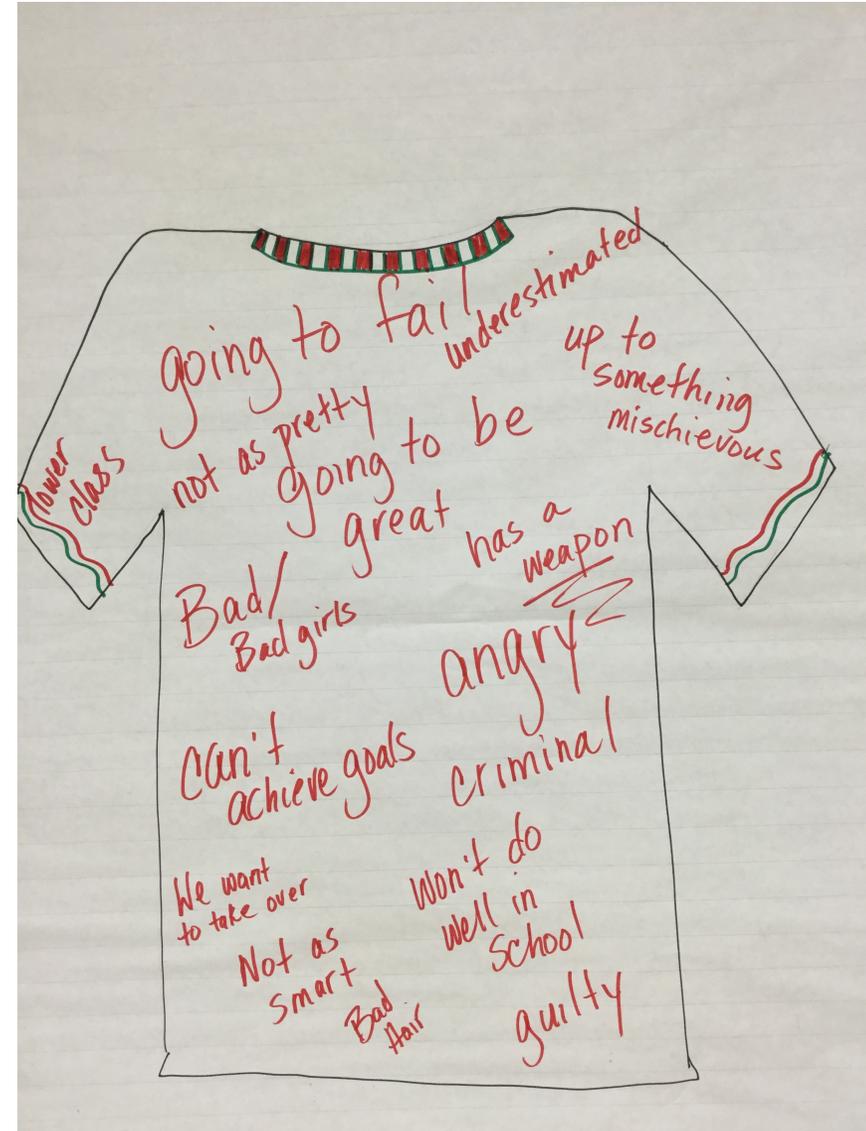
- **Reading and analyzing poems that celebrate the black female.**
- **Writing their own self-love poems.**
- **Goal setting**



I am a Black girl. I have a voice, I say the important things that need to be said. I do not waste my voice on gossip, slander, or disrespect of myself, my sisters, or other people. I know the power of the spoken word, and I use my words wisely.

--excerpt from Pledge: I Am by Iyanla Vanzant

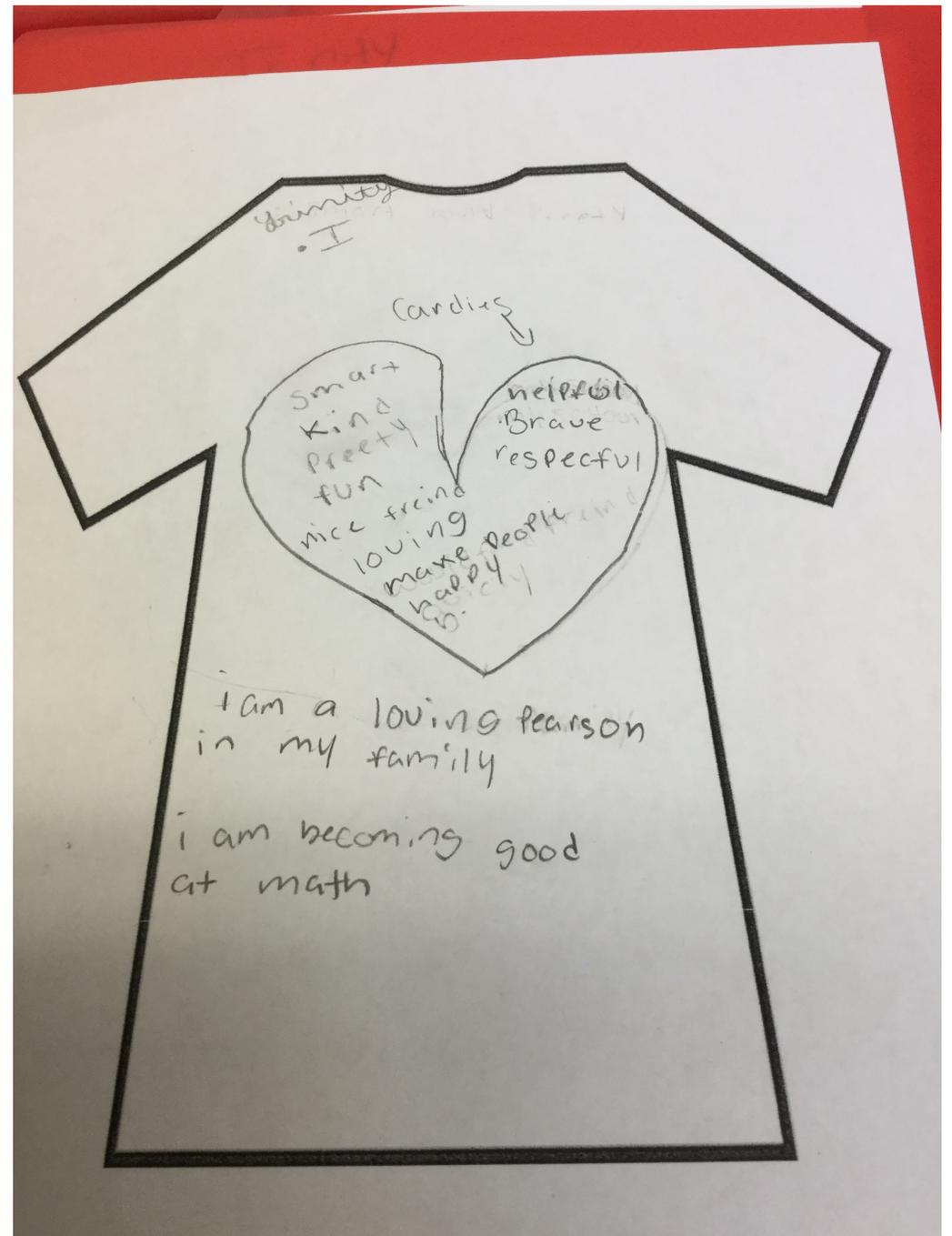
Invisible T-Shirt: For this activity the girls shared societal stereotypes people have for black people.



Lesson adapted from Ms. Jessica Stovall  
-America To Me (2018)

Students responded by writing words/phrases that describes their true self.

We have to overcome this by making the invisible, visible. How do I make my real t-shirt, my real sense of self, show through?





“For me, becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn’t end.”

Michelle  
Obama

Students reflected on they are and who they want to become.

I am.....

*“Good at math”*

I am becoming.....

*“A beautiful black girl”*

*“More confident”*

*“heard”*

*“Deserving”*

*“Responsible”*

*“strong”*