

BOLD

B: Believe in yourself
O: Own your worth
L: Let go of negative talk
D: Determine your value

The **BOLD** program includes six self-compassion lessons developed for girls ages 11 to 18.

Self-compassion is defined as the practice of quieting our inner critic and replacing it with a voice of understanding, care, and support of ourselves. Each lesson involves a unique combination of coaching, teaching & mentoring in a round table format. Lessons are interactive and involve thought provoking discussion & eye-opening activities.

PROGRAM OBJECTIVES

1. Develop self-awareness and self-management skills essential in school and in life
2. Resilience in the face of obstacles
3. Recognize personal qualities
4. Development of a growth mindset
5. Demonstrate skills related to achieving personal and academic goals



SOCIAL EMOTIONAL LEARNING STANDARDS

1. Self-Awareness
2. Self-Management
3. Responsible Decision Making

PROGRAM SECTIONS: The Three S's

1. Strengths
2. Strategy
3. Self-Worth

Across almost all measures of substance use, experiences of violence, mental health, and suicidal thoughts and behaviors, female students are faring more poorly than male students. These differences, and the rates at which female students are reporting such negative experiences, are stark.

FORMAT & ACTIVITIES

- Mindfulness
- Guided Journaling
- Workpages
- Round Table Discussion

Lesson 1:

The Who, What, Why of Strengths

Lesson 2:

Developing the BOLD Mindset

Lesson 3:

Uprooting Negative Self-talk & What to Replace it With

Lesson 4:

Setting up SMART Goals

Lesson 5:

Understanding Your Worth & Owning Who You Are

Lesson 6:

Decision Making & Handling Obstacles

Self-compassion helps protect teenagers against mental health problems like anxiety or depression.

Bluth, K. (2023). How Self-Compassion Can Help Improve Teen Mental Health *Psychology Today*



Ammrose Souza
asouza@nnyymca.org
315.755.9622
www.watertownymca.org

**NEARLY 3 IN 5 (57%) U.S.
TEEN GIRLS FELT
PERSISTENTLY SAD OR
HOPELESS IN 2021**

Center for Disease Control and Prevention (2023).
Youth Risk Behavior Survey Data Summary &
Trends Report 2011-2021

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**Watertown Family YMCA
585 Rand Drive
Watertown, New York 13601**

**For program questions contact :
Ammrose Souza
Email: asouza@nnyymca.org
Phone: 315.755.9622**

www.watertownymca.org

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FOR HEALTHY LIVING
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**UNITED STATES ARMY
CHILD & YOUTH SERVICES**



BOLD

**AUGUST 14TH - 17TH
GIRLS 7TH - 9TH GRADE
9:30-11:00 AM**