







# WOMEN'S SPORTS FOUNDATION



**EMPOWERING GIRLS  
THROUGH BOOKS AND SPORTS**  
FOR MIDDLE AND HIGH SCHOOL GIRLS



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# About this Discussion Guide

## Why a discussion guide to empower girls?

An empowered girl is confident, compassionate, and makes positive choices for herself. However, sometimes there are obstacles and roadblocks that can impact girls and challenge the development of their self-esteem and beliefs about their own abilities. The messages they absorb from media, their peers, and even family and cultural pressure can be powerful influences in how girls see themselves. Thoughtful, safe discussions about topics such as body image, diversity, strength, and more, encourage girls to identify and challenge messages from external sources and discover their own internal beliefs. This discussion guide, when paired with great books and other stories\*, can help girls clear a path to realize their potential.

\*Stories can be told across many platforms (digital, written, spoken, etc.) and in many ways (literature, film, blog, short story, poem, TV show, etc.). The girls that you serve may be inspired by many types of stories and media. All of these stories can be linked to the themes and the discussions that follow.

## How to use this guide

Each theme is divided into sections that are designed to help you engage girls in conversation around a particular topic. Depending on the resources and time you have available, you can choose which sections work best for you. Framing your discussions around storylines and characters allows girls to participate in conversations where they feel comfortable sharing if they wish. Using books as a tool to talk about real life challenges can also help girls develop compassion for themselves and others. Please keep in mind that the books you discuss can be books that the girls have previously read, books they are currently reading, or other stories that they have consumed on digital platforms. Girls can even read different books from one another, yet still take part in the same conversation. This discussion guide begins with “Facilitator Tips” and “The Power of Books.” These pages are followed by six breakout themes.

## Each theme page will include the following sections:

- Each **Theme** begins by highlighting the theme and introducing its importance.
- **Real Talk** presents a quote from a female athlete who has faced the theme in her personal journey. Feel free to use the quote as you see fit, perhaps to prompt a discussion or individual reflection.
- **Special Considerations for Discussions** help facilitators to select books related to each theme.
- **Discussion Prompts** offer questions to help girls use storylines and characters to dig deeper into the lives and actions of characters, and to consider different perspectives related to the theme.
- **Self-Reflection** is an activity, a more personal and private exercise, to help girls connect their personal experiences with the topic. Use this prompt for journal writing or small group conversation.
- **Supporting Myself** is an opportunity for girls to apply what they have learned from the discussions directly to their own lives. For example: What are my goals in terms of how I treat myself? How will I take actions based on what I’ve explored through this theme? Encourage girls to make commitments simple and actionable. Allow them to choose whether to keep it private or to share with the group.
- **Supporting My Team** is an opportunity for girls to apply what they’ve discussed about each topic to their relationship and interactions with their teammates (if they participate on a team). How does what I’ve learned influence or change how I interact with my teammates? What goals will we make as a team as a result of our discussion to empower each other? This activity can be done in a small or large group.

## WITH THIS DISCUSSION GUIDE YOU’LL BE ABLE TO:

- 1 Create a comfortable space for girls to engage with these themes and share their experiences.
- 2 Learn how to use stories to aid your discussions.
- 3 Obtain conversation starters and prompts to help you use books as a springboard for discussions.
- 4 Offer girls individual and group activities that come out of these discussions to explore thoughts, feelings, and beliefs.
- 5 Help girls identify the connections between various characters and storylines and their own attitudes, beliefs, and experiences with peers and/or teammates.

# Facilitator Tips

Helping girls develop an empowered view of themselves can be rewarding to you, as the facilitator, and deeply meaningful to the girls. Before you begin your discussion, please note the tips below to ensure you are prepared and ready to lead an engaging conversation.

## 1 Create a safe space.

This means: having a calm demeanor, facilitating an open dialogue, and having a deep focus on listening with the goal of understanding. When girls feel safe and comfortable, they are more willing to share their thoughts, feelings, and ideas. Creating a safe space includes making sure that: your discussion takes place free from distractions and interruptions; each person is enthusiastically invited; and everyone has a chance to be seen and heard. Sitting in a circle in chairs or on the floor helps to create this environment; everyone can see each other and feel equal with everyone else.

## 2 Use examples from literature or other stories to launch an engaging discussion.

Adolescence is a challenging time when concerns about what others think are particularly heightened. This may cause girls to feel nervous about sharing their personal thoughts and experiences until they feel more comfortable in the group. Stories are invaluable tools to help girls overcome this challenge. By discussing the challenges, beliefs, and experiences of characters, girls can talk about the issues affecting their lives without having to share their personal experiences.

## 3 Be prepared.

Be sure to review and reflect on the discussion questions you're planning to ask in advance. To help launch discussion, review some examples of characters or scenes from books or digital stories/movies with which the girls may be familiar.

## 4 Look for connections.

Read about experiences and/or characters that girls might find relatable. This can help girls feel like they are not alone.

## 5 Have a plan in place to address crises.

Some of the themes you discuss may trigger emotions, memories, or more for participants. It's not necessary to be an expert on all of life's challenges in order to start these important conversations, but it is a good idea to know how to offer support should a girl need professional or community-based assistance. Get to know the professional partners in your community that specialize in the theme you are discussing. Connect with your organization's director if you need guidance for referrals and consult our "Safety Resource Guide for Facilitators."

## 6 Get to know the culture and language resources within your organization.

It can be difficult to facilitate discussions when group leaders and girls face language or cultural differences. Know who and what resources are available within your organization to help you communicate effectively with the girls you serve and seek out their help when needed.

## 7 Recognize the influence you have.

As the facilitator and adult leading these discussions, remember that your words, actions, and behavior have great impact on the girls you support. Be mindful of the influence that you have as a role model and mentor.

## 8 Review the "Safety Resource Guide for Facilitators" included in the Appendix.

This guide offers helpful tips for connecting with national organizations for support.

# The Power of Books

## The Power of Books

Reading great books helps young people build empathy toward others, broaden their own perspectives, and safely explore sensitive topics. Remember that the girls will have many different reading levels and access to books. Connecting digital stories (films, TV shows, etc.) can also be helpful and will keep all girls included in the discussion. Reading and discussing great books and other forms of storytelling can:

- Provide girls with opportunities to discuss the feelings, choices, and attitudes of characters in the story
- Help girls see that they are not alone in the feelings and challenges they experience
- Help girls develop empathy for the experiences of others
- Provide girls with a framework for exploring and sharing their own thoughts about a topic without having to reveal personal information
- Model empowering and disempowering ways to handle situations
- Offer a pathway to discuss important, sensitive topics

## How to Select Books about the Six Themes

You have the opportunity to help girls find great books related to the themes explored in this guide. When you select books that girls connect with, they can use the story as a springboard to share their own views and beliefs, leading to meaningful and insightful discussions. Follow these tips for selecting great titles:

- Look for books that feature characters, life experiences, and a plot that your girls can relate to.
- Look for books that portray a wide variety of girls, diverse in race, ethnicity, culture, religion, socioeconomic status, sexuality, personality, geography, and other characteristics. Encountering diverse characters in books helps girls not only relate to the story through characters who are like them, but also helps develop empathy for others who are different from them.
- Look for stories that are interesting and avoid books that strive too heavily to teach a lesson or can be perceived as “preachy.”

Resources for Finding Great Books for Girls

BODY IMAGE  
POWER  
FUEL  
JOY  
DIVERSITY  
LEADERSHIP



THE FIRST BOOK  
MARKETPLACE  
WWW.FBMARKETPLACE.ORG



CLICK HERE  
for more great  
books for girls.

# BODY IMAGE

## Strong is the New Beautiful



Body image is how you see and feel about yourself when you look in the mirror or picture yourself in your mind. It includes your beliefs about your appearance, as well as how you feel physically in your body.

### WHY IS BODY IMAGE IMPORTANT?

Having a positive body image, or having positive emotional attitudes, beliefs, or perceptions of your own body, helps you develop strong self-esteem and confidence. When you value your body and yourself as a person, you will have courage to try new things, believe in yourself, and strive for your dreams. When you embrace your body and have a positive body image, you will also take better care of your body.

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

- Examine how stories include, portray, and celebrate different bodies, cultures, and abilities versus those that conform to the idea that there is only one ideal body type or appearance.
- Consider how characters talk about or describe their bodies. If characters' feelings about their bodies change over time, is the change positive or negative?
- Reflect on characters' relationships with media, adult role models, and friends, and how those relationships support or hinder the development of a healthy body image.
- Seek out books in which characters value health, strength, and fitness.

### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of body image:

- What do you remember about the characters' beliefs about their body? How do they see themselves? Why?
- What external factors contribute to characters' beliefs about their body?
- What are some ways that the characters' beliefs about their body influenced their actions and decisions?
- If you could communicate directly with them, what advice would you give the characters? Why?

### REAL TALK

Swimmer Jessica Long has won 23 Paralympic medals and is the second-most decorated Paralympian in U.S. history. As an infant, both of her lower legs had to be amputated, so she learned to walk with prostheses. Having this physical challenge led Jessica to struggle with body image until she was able to embrace and accept her body the way that it was. In her book, *Unsinkable*, Jessica speaks about that journey:

*"It has taken me years to realize it was my own insecurities that caused people to treat me differently."*

### SELF-REFLECTION

Use the following questions to promote self-reflection that can be a part of a journal entry:

- Are there characters you remember reading about who you can relate to or identify with?
- What external factors or pressures shape the way you feel about your body?
- Can you think of a time when something that you believed about your body influenced your decisions, either positively or negatively?

Suggested activity: Make a list of five things that you value about your body, as it is right now.

### SUPPORTING MYSELF

Reflect on your discussion of the characters in the books you've read and the topic of body image. What can you focus on in your own life that will support you in the development of a positive, healthy body image? Maybe it's choosing to say one kind thing to yourself about your body every day, writing an encouraging note to yourself where you'll see it daily, being more selective about the way you use social media, or something else that speaks to you.

### SUPPORTING MY TEAM

Consider how body image can be supported or harmed by friends, family, and others. Identify actions you can take to positively support and encourage your teammates as it relates to body image. Think about language you use about yourself or others in public spaces (locker room, class, recess, etc.). Is this language helpful or harmful?



# POWER

## Developing Strength through Sports



**Strength is both physical and mental: it is having the energy and endurance to perform at the highest levels, as well as the courage and commitment to work hard and recover from setbacks.**

### WHY IS STRENGTH IMPORTANT?

All bodies and minds have the ability to be strong in different ways. When our bodies are strong and healthy, they feel good and can help us reach our goals. When our minds are strong, we know how to find creative solutions to challenges and how to bounce back from adversity. Strong bodies and strong minds are truly powerful!

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

- Look for examples of stories where girls are able to use their physical and mental power to solve their own problems. Avoid books that show girls as needing to be rescued by others.
- Consider the resilience of the characters. Talk about books in which the characters show mental strength by staying calm and confident in tough situations.
- Seek out books and storylines in which characters value health, strength, and fitness.

### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of power:

- How are the characters strong physically and mentally? Is their strength something that comes naturally, or do they have to work to develop it? How does their strength change over time?
- How do characters use their strengths together in a group or with others to meet their common goals? Are the characters' individual strengths different from one another? How does this help the group as a whole?
- How do the characters use their mental strength to persist when things get tough? Are there things they tell themselves or goals they reflect on that help keep them from giving up?
- What makes the female characters in the books you've read powerful? What powerful female characters can you most relate to?

### REAL TALK

Five-time Olympian and three-time Olympic medalist Kelly Clark is a trailblazer in halfpipe snowboarding. Despite being the winningest athlete in snowboarding history, male or female, Kelly says she has struggled at times and that asking for help is a sign of strength, not weakness. In her book, *Inspired*, Kelly shares that she has a strong support system to help her push through the hard days:

*"I have developed a structure around me to make me as successful as possible. It starts with my family and close friends and I build it out from there. No matter where I am in the world, my friends and family are only a text or a call away."*

### SELF-REFLECTION

Write a letter to yourself celebrating your strength. Be proud of your power! Try to include at least three ways that you are physically strong and three ways that you are mentally strong. Once you finish, read it out loud to yourself. Keep this letter somewhere safe so you can read it anytime you need a reminder of how powerful and strong you truly are.

### SUPPORTING MYSELF

Feeling powerful can come about by working a little every day toward a goal, such as being able to run a mile in a certain amount of time or helping out at home with a chore that makes you feel strong. Maybe you experience power by standing up for friends when you witness a bullying incident. Maybe there is something else that really expresses how you own your power. As an exercise, finish this sentence:

"I feel powerful when..."

### SUPPORTING MY TEAM

Consider how everyone on your team has different areas of strength and how those strengths help everyone as a group. How can you feel inspired by others' strengths rather than jealous or intimidated? As a group, how can you celebrate each other's physical and mental strengths?

# FUEL



## Boosting Body and Mind through Physical Activity and Sports

Physical activity and sports can fuel overall wellness throughout life by providing fun ways to exercise regularly, care for your body, experience cooperation and teamwork, build resilience, and so much more. You don't have to be involved in an organized sport to engage in fun physical activity and experience the body and mind benefits that come with it.

### WHY IS FUEL IMPORTANT?

How we care for our bodies and minds affects our overall wellness. From having safe spaces and opportunities for physical activity, to understanding the importance of healthy eating to interacting with healthy role models, sport participation is enormously beneficial. Being physically active and playing sports is a sure way for all girls to fuel their bodies and minds.

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

- Be aware that economic disparity can greatly influence girls' access to fitness activities, structured sport activities, high-quality food, and other resources that positively fuel body and mind. Look for books with characters whose lives are relatable.
- Consider broad ways in which characters positively fuel their bodies and minds, including (but not limited to) playing sports.
- Seek out books and storylines that show characters valuing health, strength, and fitness.
- Eating disorders and disordered eating are all too common today as a result of body image pressures from media and society. Discuss the importance of eating when hungry, eating a balanced diet, and approaching food as fuel.

### REAL TALK

Auto Racer Shea Holbrook is always focused on **fuel**, whether that's the fuel she puts in her car before a race or the food that she puts into her body. Shea says:

*"As a race car driver, I'm always striving to be stronger physically, mentally, and faster. So, I think of my body as a finely-tuned machine, like a race car. Our bodies are capable of amazing feats of strength, intelligence, and balance. Like a race car, we always need fuel."*

*As athletes our fuel comes in the form of protein, carbs, minerals, and more. If we don't take care of our machine, we'll perform poorly. Let your food fuel you!"*

### SELF-REFLECTION

There are aspects of everyone's physical and mental health that are both within and outside of their control. Make a list of ten things related to your physical and mental wellbeing that you feel you can positively impact. What are some creative ways that you can get active?

### SUPPORTING MYSELF

Looking at the list you created, pick one thing that you can commit to using to positively fuel your body and mind every day for the next week. Notice how you feel in your body and about yourself as a person when you commit to doing something positive and then you follow through.

### SUPPORTING MY TEAM

Sports are excellent fuel for body and mind because they bring out both physical and mental strength. What can you commit to in order to support your team in being its best? Maybe it's committing to working hard at every practice, encouraging your teammates when you see them struggling, or letting go of disappointments in order to move on to the next goals.

### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of physical and mental wellness:

- How do sports or the physical activities characters participate in affect their physical bodies? Do the characters' health, strength, or abilities change over time?
- Are the characters' physical and mental well-being connected in any way? How?
- How do characters take charge of their physical and mental health? Are there certain choices they make to take charge of their health and fitness?
- What techniques do the characters use to positively fuel their bodies and minds?



# JOY



## Discovering Fun and Confidence through Sports

Sports can be competitive, and a great way to stay active, but they are also fun! Playing sports that you enjoy allows you to connect with a passion, build solid friendships, and discover new strengths within yourself. Tap into the joy that can come from learning new skills, exerting energy, releasing stress, and other positive experiences through sport.

### WHY IS JOY IMPORTANT?

You have the right to have fun! Life can often feel serious and stressful and playing sports that bring you joy can help you relax, build confidence, and connect with others in ways that will help you better navigate the tough times.

Sometimes in sports, pressure is placed on you from others (coaches, family) and even from yourself. Be kind to yourself and remember that sports are fun games that we play with others. Relax and have fun when you are on the field, at the track, or in the pool!

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

- Look for books where girls pursue their passions, even if those passions are not specific to sports.
- Consider if the characters who play sports value the fun of the activity at least as much as winning.
- Consider how sports or other group activities depicted in books facilitate the development of close friendships and connections with positive role models.

### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of joy:

- What brings joy to the characters in the story? How is this connected to sports, or their other activities? Be as specific as you can.
- What are the relationships between winning and the characters' feelings about their sports? Do these relationships change over time?
- What are examples of healthy competition in the book(s) that you remember?

### REAL TALK

Milie, a 15-year old participant in an urban lacrosse program, has found joy and self-confidence through her sport! Milie says:

*"Since I started playing sports, I have more confidence than I ever thought I had. Before I played lacrosse, I never really talked to anyone in the school or wanted to participate in anything. But after lacrosse I found myself being open to meeting new people, and making new friends. It really made me come out of my shell and become a new more confident and independent person."*

### SELF-REFLECTION

Think about the sport or physical activity that you most enjoy. What do you like about it? Maybe it's the way it makes your body feel, the time you spend with friends at practice, or traveling to new places for games. Make a list of five things about your sport that bring you joy and keep it with your uniform or sports equipment.

### SUPPORTING MYSELF

Playing sports should be enjoyable and fun, even though it's tough work. Focus on the joy you find in your sport. Think of what you like most about your sport and talk to someone you trust about those things, like a teammate or coach. If you ever feel like you are forgetting what you like about your sport, ask them to remind you. Keep learning!

### SUPPORTING MY TEAM

As a team, how can you support each other in keeping your sport fun? Maybe you can make up a slogan that reminds you that sports are fun and not just about winning. Think about incorporating something just for fun into your practice time. Talk with each other and your coaches and see what happens if you give your ideas a try.

# DIVERSITY

## Embracing Differences through Sports



**Diversity refers to the many differences that exist among human beings, including our race, culture, religion, gender, sexual identity, physical, and intellectual abilities.**

### WHY IS DIVERSITY IMPORTANT?

We are each limited in what we know about the world by what we have experienced. When we know others who are different from us, and listen to their stories and perspectives, we develop a better and broader understanding of our world. Seeking out and embracing diversity can help us better understand ourselves and others.

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

- Remember that diversity encompasses a broad spectrum of variances, including racial and ethnic identity, cultural identity, sexual orientation, physical abilities, intellectual abilities, geographical origin, socioeconomic status, religion, gender, and more.
- Try to highlight books in which diverse characters are protagonists or leading characters in the stories, rather than supporting characters.
- Be critical of books and storylines in which diverse characters are portrayed as needing characters from the dominant group to rescue them or solve their problems.

### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of diversity:

- How do the diverse backgrounds and life experiences of the characters in the book impact or influence the story?
- How do the interactions of characters in the story empower or disempower each other?
- If you could talk to one of the characters, who would it be and what would you say?
- What feelings did the characters have throughout the story? Are these feelings that others might share?

### REAL TALK

Aleeyah, an 18-year-old freshman in college, discovered rowing when she was in high school. Even though rowing is not known for being very diverse, she did not feel discouraged and instead felt motivated to get involved with the sport. Aleeyah says:

*"Rowing is primarily known for being a white-dominated sport, so for me, initially, and my Hispanic family — they were like, 'Rowing... what is that? We don't do that.' That made me want to do rowing even more."*

### SELF-REFLECTION

We are all a part of many communities — from our family to our school to our circle of friends, our sports teams, religious groups, and more. Take a moment to reflect on the diversity of all the people with whom you interact. For example, maybe you have friends of many different ethnic backgrounds, but you all practice the same religion. Reflect on your close friends and acquaintances. How are they diverse? Are there some characteristics in which your friends are similar to you? How could you get to know people who have different backgrounds than you?

### SUPPORTING MYSELF

In your life, you may encounter people who have limited views of what you can be or do based on a stereotype or misinformation. How could you remind yourself in such situations that those beliefs are not true?

### SUPPORTING MY TEAM

Everyone in your group or on your team has a skill or talent that makes them unique. Celebrate these differences! You could have a talent show, create fun awards for each other, or simply tell each other what unique qualities you admire.

# LEADERSHIP

## Building Sportsmanship and Character through Sports



**Leaders motivate and inspire others through their actions. Sports and athletics provide many opportunities to develop your own leadership qualities and to be encouraged by the leadership of others.**

Leaders demonstrate sportsmanship and strong character through their own actions and by encouraging these qualities from others around them and on their team. Being a leader through good sportsmanship and character means showing, expecting, and celebrating fairness, kindness, fellowship, and respect with your peers, teammates and competitors.

### WHY IS LEADERSHIP IMPORTANT?

There are many types and styles of leaders, but all have an inner confidence that allows them to stand up for what they believe, resist the negativity of others, and be their best. Leaders set a positive example in the way that they speak and behave toward others. Everyone has the ability to be a leader in some capacity.

### SPECIAL CONSIDERATIONS FOR DISCUSSIONS

Women have historically lacked equal access to leadership titles or positions of authority, yet they continued to achieve. Consider examples of female leaders that you can reference as examples that will resonate with the girls you serve. What barriers were in place that made it challenging for these women to become leaders? How did they overcome these barriers? What lessons can their stories teach girls today?

#### DISCUSSION PROMPTS

Use the prompts below to discuss stories through the lens of leadership:

- How did the characters' hard work and dedication help them to become leaders over time?
- Describe the characters' leadership styles. Were different leaders better able to handle different situations? Which leadership style do you most relate to?
- How would you describe the mindset of the female leaders you've read about? How do they respond when they face setbacks? Do they focus mostly on themselves or on the group or team as a whole?
- Who are the leaders that you look to as role models? What do you admire about them?

### REAL TALK

Tennis legend and Women's Sports Foundation founder Billie Jean King is a trailblazer. Not only has Billie Jean won 39 Grand Slam titles and held the world number one ranking but she has been leading the fight for women's equality and social justice for decades. She truly believes that sports can help build leadership skills and strong character. Billie says:

*"Pressure is a privilege –  
it only comes to those who earn it."*

Billie Jean King believes that everyone is a leader because everyone can inspire someone else. That includes you!

### SELF-REFLECTION

Consider this statement: "Be the leader you want to follow." What does this mean to you? What leadership qualities inspire you to be your best? How can you live those qualities every day? What does sportsmanship mean to you and what are some examples of great sportsmanship? What about strong character? Can you think of people who consistently demonstrate these skills and what makes them effective?

### SUPPORTING MYSELF

Think of three leadership qualities that you look to embrace. How can you develop them? Who are you inspired by in your own life? How does this affect how you feel?

### SUPPORTING MY TEAM

Every member of a team has an opportunity to be a role model to someone else. The captain is not the only leader on the team. Leaders can lead by quiet example or through actions. Leadership can be shown by supporting and encouraging others. What skill, position, or role do you contribute to your team? What is one goal that you could work toward this season that would not only help you as an individual, but would also help your team as a whole? If you feel comfortable, share your goals out loud with each other, or write them on a group bulletin board.



# Appendix

## Safety Resource Guide for Facilitators

The safety of the girls that you serve is a top priority. While each organization has its own policies around the safety of participants, response/reporting of incidents, and the certification of coaches, staff, and/or volunteers, we encourage you to equip yourself with helpful resources.

The resources below provide useful information for individuals working with youth.\* Please also be aware of local organizations and institutions in your area that specialize in social work, mental health, women's health, and in other key areas of wellness, prevention, and intervention.

### U.S. Center for SafeSport

The U.S. Center for SafeSport is a nonprofit organization which creates resources, best practices, and trainings focused on ending all forms of abuse in sports, including: bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct.

- **SafeSport Training (\$20 fee):**  
<https://safesport.org/training>
- **Sexual Misconduct Incident Reporting Form:**  
[https://cm.maxient.com/reportingform.php?SafeSport&layout\\_id=0](https://cm.maxient.com/reportingform.php?SafeSport&layout_id=0)
- **Resource site for parents and non-NGB (National Governing Body) organizations:**  
[www.athletesafety.org](http://www.athletesafety.org)

### Child Abuse Hotline

1-800-4-A-CHILD (422-4453)

### Suicide Prevention Lifeline

1-800-273-8255

### National Domestic Violence Hotline

1-800-799-7233

### National Eating Disorders Association

<https://www.nationaleatingdisorders.org/help-support>

### Stopbullying.gov

<https://www.stopbullying.gov/>

\*Please note that there are many resources available and these are just a few suggestions.



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Washington, DC 20004  
(866) READ-NOW | [firstbook.org](http://firstbook.org)



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New York, NY 10001  
(646) 845-0273 | [womenssportsfoundation.org](http://womenssportsfoundation.org)