

Growing Girls Program: Internship Opportunity for Graduate & Undergraduate Students

Organization Name:

University of Arizona Zuckerman Family Center for Prevention and Health Promotion
Program Name: *Growing Girls*

Internship Site:

Estes Elementary & Quail Run Elementary Schools in Marana, AZ

Organization Background:

Designed in 2011, *Growing Girls* is an after-school psychosocial intervention that aims to reduce bullying, promote positive relationships, and enhance confidence among fifth and sixth grade girls through education and skill-building opportunities. Drawing on Bronfenbrenner's Socioecological Theory and Bandura's Social Cognitive Theory, *Growing Girls* utilizes an evidence-based curriculum, *Go Grrrls* by LeCroy & Daley. The content was expanded to include bullying, body image, decision making skills, friendship and rejection, assertive communication, managing negative thoughts and coping skills, identifying resourceful people when help is needed, media influence on self-perception, self-care (food & movement), during adolescence, and visions for the future.

Growing Girls takes place during the school year, with approximately 22 sessions covering the above topics including an annual field trip to the University of Arizona. *Growing Girls* occasionally merges with its partner program, *GAME! (Guys After-School Mentorship & Education)*, for co-educational sessions where similar topics are discussed.

Please see more information here <https://zfcphp.arizona.edu/growing-girls>

Internship Project Title

***Growing Girls* Group Leader**

Project & Internship Description:

We are requesting FOUR female Group Leaders to facilitate the program for the 2023-2024 school year. We request that interns provide 2 semesters of leadership for continuity.

Group Leaders will be asked to facilitate provided *Growing Girls* curriculum over the course of the 2023-2024 school year (September 2023 – May 2024). Weekly lessons will take place on Wednesday afternoons, 2-4 pm, at Quail Run Elementary and Thursday afternoons, 2-4 pm, at Estes Elementary, thus students should have availability on either day. Immediately following each lesson, Group Leaders will meet with the Program Director to de-brief and prepare for the following lesson.

Prior to on-site work, Group Leaders will be trained in the Nurtured Heart Approach and classroom facilitation techniques. As Group Leaders will be working directly with minors, they will receive training in mandated reporting and will undergo a UArizona background check process, to be compensated by UA. (Fingerprints not reimbursed.) Group Leaders will receive an orientation at the school, including meeting staff and safety training.

Students must take initiative when preparing for and leading lessons. We expect students to be creative, adaptable, and patient as these programs evolve from year to year. Most importantly,

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students must enjoy working with adolescents and be comfortable with weekly leadership and speaking opportunities, especially about abstract or sensitive topics!

Level of Expertise Needed:

We are looking for both graduate and undergraduate (junior- or senior-level) student interns.

Supervision

Supervision will be provided by Lindsay Bingham, MPH, CHES (Program Director).

Compensation/Benefits

A small stipend (\$30/hour) will be provided for on-site work at schools. Carpooling (or travel reimbursement) will be provided.

Application Contact Information & Interview Process

Please email your resume (including at least 2 references) to Lindsay Bingham at lbingham@arizona.edu to apply. Internship applicants will be interviewed by the Program Director to determine appropriate fit for the program. For additional questions about the process, please contact Lindsay.