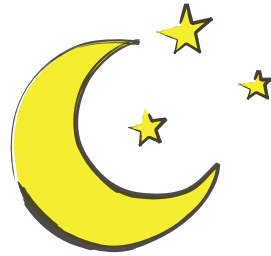


G R O W I N G

Great Jewish Girls



IT'S A HADASSAH
FOUNDATION THING!

THE HADASSAH FOUNDATION

Social change for women and girls

Our Mission

The Hadassah Foundation is dedicated to refocusing the priorities of the Jewish community through innovative and creative funding for women and girls in the United States and Israel. Its mission is to improve the status, health, and well-being of women and girls; bring their contributions, issues, and needs from the margins to the center of Jewish concern; and encourage and facilitate their active participation in decision-making and leadership in all spheres of life.

Our Philanthropy

The Hadassah Foundation is the largest Jewish women's philanthropic fund in the U.S. and among the largest secular women's funds internationally. Established in 1998 by HWZOA, the Foundation enables Hadassah to engage in cutting-edge initiatives outside the framework of its existing projects. The Foundation has provided grants to more than 50 organizations, funding social change for women and girls by supporting programs that address the underlying obstacles that impede their full participation in society. The Foundation has a track record of supporting groundbreaking, replicable initiatives in the field of economic security for Israeli women. It is also a leader in funding many new national programs that focus on self-esteem and leadership skills for Jewish girls in the United States.

In Israel, the Hadassah Foundation supports programs that help low-income gain the confidence and skills they need to work toward financial self-sufficiency. Through the establishment of microenterprise programs, financial training courses, legal aid, and cooperative businesses, the Foundation is helping Israeli women help themselves. A similar philosophy applies to the Foundation's projects in the United States, which encourage girls to become empowered decision makers by building their confidence, resiliency, and connection to Jewish values.

**Bringing the issues of women and girls from the margins
to the center of Jewish concern**

Introduction



The program you are about to explore, *Growing Great Jewish Girls: It's a Hadassah Foundation Thing!*, was developed by The Hadassah Foundation for HWZOA chapters. Specifically designed for adult women, it is an interactive, experiential workshop to acquaint you with issues facing adolescent Jewish girls today and to provide an introduction to the work of the Foundation.



This Hadassah Foundation program is adapted from one chapter of a curriculum for young teens created by the organization Moving Traditions. That program, *Rosh Hodesh: It's a Girl Thing!*, along with its companion curriculum for older teens, *Rosh Hodesh: It's a Girl Thing! Leadership Stage*, enable adolescent girls to draw on Jewish wisdom and heritage in a fun and engaging way and to explore and master the challenges they face as they approach adult life. The Hadassah Foundation is proud to have provided a series of grants for the development and national distribution of these innovative curricula.



We invite you now to discover some of the challenges and opportunities presented to Jewish girls as they grow up, to get a glimpse of how The Hadassah Foundation and Moving Traditions are helping to enrich their lives, and to learn how you, too, can make a difference in the lives of young women.



If you would like to know more about The Hadassah Foundation, or if you would like to share your comments about this program, please contact the Foundation at hadassahfoundation@hadassah.org or visit www.hadassahfoundation.org.

At a Glance

This interactive workshop introduces adult women to some of the issues Jewish girls face as they navigate adolescence in a world dominated by harmful media messages. The workshop is based on the nationally acclaimed program for teen girls, *Rosh Hodesh: It's a Girl Thing!* — a program funded by The Hadassah Foundation. You will learn to identify and discuss the unhealthy messages about women's bodies and appearance that are present in popular culture, and how Jewish traditions and teachings can help girls build self-esteem, resilience and leadership skills to withstand these negative messages. In this workshop, you will discover how you can be a mentor and make a difference in the lives of Jewish girls.

GOALS

- **To understand** the mission of The Hadassah Foundation
- **To explore** the purpose of Moving Traditions' *Rosh Hodesh: It's a Girl Thing!* program and experience sample activities
- **To enhance** the ability of participants to recognize and analyze images of girls and women in daily life and in popular culture
- **To promote** participants' appreciation of Jewish views regarding true beauty and self-worth
- **To encourage** participants to articulate their personal beliefs about cultural images of women and beauty
- **To empower** participants to take action on behalf of their beliefs

ACTIVITIES

- **Opening Ritual and Warm-Up**
Introductions and reciting the "Creative Prayer for the Month" or the "Traditional Prayer for the Month"
- **Reflection on Media Messages**
Discussion of images of girls and women in the media
- **Closing Ritual**
Identifying ways to support young women in celebrating their inner and outer beauty

ADDITIONAL ACTIVITY OPTIONS

- **Matrilineage**
Reciting our names and those of our foremothers
- **Social Action**
"Girlcotting" activity to empower participants to make change.

Before the Gathering



PREPARE

- ☾ Determine who will lead this program and how much time you will have
- ☾ Read all materials and make yourself comfortable with the content and flow
- ☾ Decide whether to include the optional activities
- ☾ Identify any *Rosh Hodesh: It's a Girl Thing!* groups in your area by visiting: www.roshhodesh.org



COPY HANDOUTS

One copy per participant:

- ☾ Prayer for the New Month with Creative and Traditional Prayers, p. 18-19
- ☾ Matrilineage Introduction Ritual (optional), p. 20
- ☾ Judaism, Beauty, and Self-Worth, p. 21
- ☾ *Rosh Hodesh: It's a Girl Thing!* Fact Sheet, p. 22
- ☾ *Rosh Hodesh: It's a Girl Thing!* Information Request Form, p. 23
- ☾ The Hadassah Foundation Information Sheet and Guide to Additional Resources, p. 24-25



ASSEMBLE MATERIALS

For *Opening and Closing Rituals*:

Rosh Hodesh candle, candleholder, matches

For the *Reflection on Media Images*:

Purchase magazines that appeal to teens, including fashion, sports and health, such as: *Teen Cosmo*, *Teen Elle*, *Teen Vogue*, *Teen People*, *Seventeen*, *Self*, *Sports Illustrated*

For (optional) *Girlcotting*:

Pens, stationery, envelopes, stamps

For *Still To Do*:

Rosh Hodesh: It's a Girl Thing! Fact Sheets and Information Request Forms
The Hadassah Foundation Information Sheet and Guide to Additional Resources



Tips & Timing for Facilitators

FACILITATOR TIPS are found throughout the script for the facilitator. The tips offer guidance on the pacing of the meeting and ways to manage different activities.



TIME REQUIREMENTS for the meeting:

- ☾ The amount of time needed for each section of the meeting is noted under a Facilitator's Tip for that section.
- ☾ The time estimate for this meeting is 43 minutes.
- ☾ If you choose to use the Optional Activities, you will need additional time, based on the Facilitator's Tips.
- ☾ Please keep in mind that the size of your group will influence the amount of time needed for each section.

Gather

ברוכות הבאות **Berukhot Haba'ot:**
Coming Together, Creating Sacred Space

Getting to Know Rosh Hodesh: It's a Girl Thing!

FACILITATOR'S TIP

The **Gather** section will require approximately 7 minutes if participants do not recite their matrilineage.

If you choose to have each woman recite her matrilineage, allow at least 15 minutes total for the Gather section.



Welcome the members of your Hadassah chapter or group.

Say: We are about to get a “taste” of *Rosh Hodesh: It's a Girl Thing!*, Moving Traditions' innovative program for young women that The Hadassah Foundation has helped make possible. This section is from the month of Adar.

Moving Traditions is a partner in helping The Hadassah Foundation fulfill its mission to affect social change for girls and women. Moving Traditions' program, *Rosh Hodesh: It's a Girl Thing!*:

- › Uses Jewish traditions and teachings
- › Helps adolescent girls build self-esteem and skills to withstand the often dangerous messages from popular culture
- › Is the only proactive, multi-year program of its kind

Rosh Hodesh: It's a Girl Thing! is an excellent example of the kind of programs funded by The Hadassah Foundation, which was established in 1998 and is dedicated to social change for women and girls. The Foundation focuses on:

- › Bringing the contributions, issues, and needs of women and girls from the margins to the center of Jewish concern
- › Programs in the United States that help adolescent girls build self-esteem and make healthy lifestyle choices, and programs that provide awareness and training for parents and mentors
- › Economic security for low-income women in Israel

At the end of the program I will distribute more information about The Hadassah Foundation and *Rosh Hodesh: It's a Girl Thing!*

Let's begin.

Ask: Does anyone know what “Rosh Hodesh” means and how it relates to Jewish women?

Invite responses from participants.

Clarify that “Rosh Hodesh”

- ☾ literally means “**head of the month**”
- ☾ refers to the start of the new month on the Jewish calendar
- ☾ is celebrated in Jewish tradition as a **woman’s holiday**
- ☾ is a time when women all around the world meet to share, learn, and connect with each other and Judaism in celebration of the new month

Say: At the monthly *Rosh Hodesh: It’s a Girl Thing!* meetings led by trained adult leaders, the girls learn how to make healthy choices concerning such issues as body image, friendship, relationships, assertiveness, family, and stress. In the process, the girls build their individual Jewish identities.

We will begin today’s program as the girls do, by lighting a candle and saying a blessing to welcome the new month and create a safe and sacred space.

Distribute the handout, *Prayer for the New Month* with Creative and Traditional Prayers, p. 18-19.

FACILITATOR’S TIP

Select the prayer that feels most appropriate for your group.

Invite someone to light the candle as you lead the group in reciting either the Creative Prayer or the Traditional Prayer.

Thank the group for reciting the blessing together.

OPTIONAL ACTIVITY

Distribute the handout, *Matrilineage Introduction Ritual*, p. 20.

FACILITATOR'S TIP

This option will add 8-12 minutes, depending on the size of your group.

Offer participants the option of saying the names in English, Hebrew, or Yiddish.

If your group has 10 women or fewer, do the activity by going around the circle.

If the group is larger, ask participants to form pairs and to introduce themselves to one another.

Explain that we will introduce ourselves by reciting our matrilineage (the names of your mother, grandmother, great-grandmother going back as far as you can).

Introduce yourself in the following way:

“ . _____ בת _____ בת _____ אני ”

“Ani _____ bat _____ bat _____.”

["I am _____ daughter of _____ daughter of _____."]]

(This is included on the *Matrilineage Introduction Ritual* handout, p. 20.)

Ask each member of your Hadassah chapter or group to introduce herself by reciting her matrilineage.

Say: Our theme today is beauty and we will draw on Jewish teachings as we move through this experience.

Please keep in mind this quotation from Psalms as we explore issues that teens face today.

*I am awesomely and wondrously made. Marvelous are your works;
my soul knows it well.*

(Psalms 139:14)

Explore

נַחֲלַתֵינוּ, קוֹלוֹתֵינוּ **Nahalateinu, Koloteinu:**
Our Inheritance, Our Voices



Teen Time

FACILITATOR'S TIP

The **Explore** section will require approximately 5-7 minutes.



Explain to the group:

We're going to take a few minutes to think back to when we were 13 years old. Close your eyes, relax, and remember your room, your friends, where you used to hang out.

Try to remember how it felt to be in a 13-year-old body.

Say: Think about what you enjoyed about being 13.

Allow a moment of silence for everyone to reflect on this.

Say: Now think of the challenges you experienced. What was most wonderful about being 13? What was most difficult?

Allow a moment of silence for everyone to reflect on this.

Say: Please open your eyes. What were some of the happy memories you recall?

Ask for one or two people to share their positive experiences.

If you need to spark the conversation, you could suggest these examples:

Laughing with your friends
Being good at a sport or hobby
Being noticed by boys
Trying on make-up or clothes

Say: Some of you may have unpleasant memories.

Ask for one or two people to share their negative experiences.

If you need to add to the conversation, you could suggest these examples:

Not being popular
Feeling self-conscious of a changing body
Being ignored by boys
Having acne

Say: Being a teenager is difficult. We remember exciting, yet scary, challenges. We had more freedom but not more wisdom or life experience to handle that freedom. Being a teenager today is even more challenging than when we were that age.

Teens today are faced with challenges we did not experience.

Ask for a few volunteers to suggest new challenges facing today's girls.

If you need to add to the conversation, you could suggest these examples:

- ♪ *There is earlier and increased exposure to sexuality.*
- ♪ *The Internet offers more access to dangerous individuals and information about risky behaviors.*
- ♪ *E-mail distorts interpersonal communication and offers opportunities for bullying and harassment.*
- ♪ *It is more difficult for parents to chaperone interaction (e-mail, Internet access, cell phones).*
- ♪ *Media is much more prevalent, intense, and influential.*
- ♪ *There is an increased focus on status and beauty as a measure of self-worth.*

Thank the group for their insights in highlighting the many struggles of today's teens.

Explain that as the group moves into the next activity, it will begin to explore one of the challenges faced by today's teens—media messages.

Reflect

נִדְרוֹשׁ *Nidrosh: Seeking Meaning*

Media Messages:

FACILITATOR'S TIP

The **Reflect** section will require approximately 17 minutes.



Invite the group to examine media messages, exactly as the girls do in the *Rosh Hodesh: It's a Girl Thing!* program.

Divide the participants into pairs or groups.

FACILITATOR'S TIP

Be sure to have enough magazines on hand. See the list in “Before the Gathering: Prepare.”

You'll need one magazine for every two people or break up into groups of three to five.

Distribute one magazine per pair or group.

Instruct participants to find one positive and one negative example regarding standards of beauty and body image in the publications.

Allow approximately **five minutes** for participants to make their selections.

FACILITATOR'S TIP

Please remember to call on a variety of participants during the discussion period so everyone feels included.

Keep in mind that some quieter participants may need to be “invited” into the discussion, while others will want to volunteer again and again. Keep a lively balance!

Ask for a few volunteers to share their images and their reactions with the full group, responding to these questions.

- Why have you selected these images?
- What messages do these images send?

Examples may include:

Girls can be:

Strong
Active and Healthy
Powerful
Multi-cultural

AND

Girls should be:

Perfect
Sexualized
Extremely thin
Objects (for themselves and/or boys)
Fixing every part of their bodies and faces even at younger ages
Spending a lot of money in order to be "OK"

After you share and discuss examples, **ask the full group:**

- ☾ How do you think the average Jewish girl responds to these images and messages about beauty?
- ☾ How do they affect her image of herself?

Take responses from three to four participants.

Say: You may feel worried and even outraged by these images.

Issues regarding beauty and self-image are complex. We want to be attractive and to look our most beautiful and we want to take care of ourselves.

However, these images put a lot of pressure on girls and women to be perfect. The message they send is that probably you and most of your various parts – face, hair, and body – are **not** good enough.

We need to remember and to remind girls that it is normal to have conflicting feelings about standards of beauty.

Invite responses from participants about messages we want to give to girls to counter-balance messages from the media.

If you need to add to the conversation, you could suggest these examples:

We all want to feel attractive and that's okay.

The pictures in the magazines can be depressing.

The images do not always reflect real women, Jewish or not.

We should resist measuring ourselves against these unrealistic and often computer-altered images.

We do not have to be perfect in order to be loved and loveable.

We all deserve to be valued for our inner qualities.

The bottom line is:

We are loveable and loving ourselves makes us beautiful. Our true worth lies in who we are and how we express ourselves in the world. Our outer appearance is only one aspect of that expression.

Say: When preteen and teenage girls participate in *Rosh Hodesh: It's a Girl Thing!*, they place their selected images on two scrolls or *megillot* named for scrolls from our biblical tradition. The first, "Song of Songs," a celebratory love song, holds their positive images. A "Lamentations" scroll captures their negative images.

In discussing these images, they wrestle with complex issues and think critically about popular culture and media messages. The program fosters their ability **to separate healthy and unhealthy messages.**

Explain that in the *Rosh Hodesh: It's a Girl Thing!* groups, the leaders follow this critique by asking the girls to participate in a "**girlcotting**" activity. The girls write letters to advertisers or publishers to protest the images that upset them.

In this way, the girls are not left feeling upset and hopeless. Instead, they learn to move from knowledge to action. This is in accordance with Jewish values and helps instill self-confidence.

If time allows, you may choose to add this optional activity. If not, skip to page 14.

FACILITATOR'S TIP

"**Girlcotting**" takes 15-25 minutes. Directions are on p. 13. If your meeting is not long enough, you may suggest that the group consider doing this activity in a separate meeting.

Still To Do!

FACILITATOR'S TIP

The **Still To Do** section will require approximately 7 minutes.

Say: Moving Traditions partners with synagogues, Jewish Community Centers, and other organizations to bring the *Rosh Hodesh: It's a Girl Thing!* program to girls in grades 6-12.

The Hadassah Foundation provided the seed funds to create and implicate *Rosh Hodesh: It's a Girl Thing!* across the country, and has continued to fund the program's growth.

We should be proud that The Hadassah Foundation makes it possible for adolescent girls of all Jewish denominations to stay healthy and build their Jewish identity.

Distribute the handouts, *Rosh Hodesh: It's a Girl Thing!* Fact Sheet and Information Request Form and The Hadassah Foundation Information Sheet and Guide to Additional Resources.

Say: Think about some steps that you can take in your own life to carry on the work we did today.

Perhaps the next time you watch a movie or look through a magazine with a daughter, granddaughter, or other young woman in your life, you will talk with them about the images presented of girls and women.

Explain that if participants are interested in learning more about *Rosh Hodesh: It's a Girl Thing!*, they can read the *Fact Sheet*.

Perhaps you'd like to learn more about a *Rosh Hodesh: It's a Girl Thing!* group in your area or would like to support the start of a new group. If so, please complete the *Rosh Hodesh: It's a Girl Thing!* Information Request Form that I am distributing and return it to Moving Traditions. A staff member will then follow up with you.

Explain that if participants are interested in learning more about The Hadassah Foundation and the programs it supports, they can refer to the Information Sheet and Guide to Additional Resources.

Closing Ritual

ברוכה את בצאתך **Berukha At Betzetekh:**
Blessings As You Go On Your Way

FACILITATOR'S TIP

The **Closing Ritual** section takes approximately 5 minutes.

Say: We will close our gathering with a ritual, just as the girls do each month. As you have seen, the heart of the *Rosh Hodesh: It's a Girl Thing!* program is teaching girls to look at and deal with life's challenges from a Jewish perspective.

Honoring that intention, let's listen to some Jewish wisdom regarding beauty and self worth.

Invite participants to stand in a circle and hold hands.

Ask one woman to hold the candle that was lit at the beginning of the meeting.

Distribute the handout, *Judaism, Beauty and Self-Worth*, p. 21.

FACILITATOR'S TIP

The quotes are in the handout, *Judaism, Beauty, and Self-Worth*, p. 21. Make copies for each participant to take with her to share.

Invite three volunteers to each read one quote aloud, allowing for a short pause between each teaching:

FACILITATOR'S TIP

You could also ask the group to read together.

“The body is the soul’s house. Shouldn’t we therefore take care of our house so that it does not fall to ruin?”

Philo, 1st century

“Respect your body as the receptacle, the messenger and the instrument of the spirit.”

Rabbi Samson Rafael Hirsch, The Nineteen Letters of Judaism, New York, N.Y., Feldheim Publishers, 1960

“If I am not for myself, who will be for me? For if I am only for myself who am I? If not now, when?”

Pirkei Avot 1:14

Then say:

As we blow out the candle, let us wish that each of us, the girls and women we love, and all girls and women everywhere will come to appreciate our true beauty.

Thank everyone for their participation and ask them to **blow out** the candle.



Handouts



Please photocopy and distribute

1. Prayer for the New Month with Creative and Traditional Prayers
2. **Optional:** Matrilineage Introduction Ritual
3. Judaism, Beauty, and Self-Worth
4. *Rosh Hodesh: It's a Girl Thing!* Fact Sheet and Information Request Form
5. The Hadassah Foundation Information Sheet and Guide to Additional Resources

Prayer for the New Month

Creative Prayer

... [month**] יְהִי רָצוֹן שְׁפִיתְחֵדֶשׁ עֲלֵינוּ חֹדֶשׁ

*Yehi ratzon she'yithadesh aleinu ḥodesh [month**] ...*

May the month of [month**] be a month of blessings; blessings of goodness, blessings of joy, peace and kindness, friendship and love.

Marcia Falk, *The Book of Blessings*

Traditional Prayer

[day of week*] יְהִיָּה בְּיוֹם [month**] רֵאשׁ חֹדֶשׁ
הַבָּא עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה.

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא עֲלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל,
לְחַיִּים וּלְשָׁלוֹם, לְשִׁשׁוֹן וּלְשִׂמְחָה, לְיִשׁוּעָה וּלְנַחֲמָה.
וְנֹאמַר אָמֵן.

*Rosh Ḥodesh [month**] yiheyeh beyom [day of the week*] haba aleinu
ve'al kol yisrael letovah. Yehadeshehu hakadosh barukh hu aleinu ve'al kol amo beit
yisrael lehayim uleshalom (amen), lesason ulesimḥa (amen), lishu'ah uleneḥamah.
Venomar amen.*

The beginning of the month of [month**] will fall upon [day of the week*].
May it come to us and to all Israel for goodness. May the blessed Holy One
renew this month for us and for all the people of the House of Israel, for life and
for peace (amen), for joy and for happiness (amen), for salvation and for rest.
And let us say: Amen.

**The Hebrew Months with Transliteration

תִּשְׁרֵי	Tishrei
חֶשְׁוֹן	Heshvan
כִּסְלֵו	Kislev
טֵבֵת	Tevet
שֵׁבַט	Shevat
אֲדָר	Adar I
אֲדָר	Adar II
נִיסָן	Nisan
אֵיָר	Iyar
סִיּוֹן	Sivan
תַּמּוּז	Tamuz
אָב	Av
אֱלוּל	Elul

*insert if Rosh Hodesh is on

רֵאשׁוֹן	Sunday
שֵׁנִי	Monday
שְׁלִישִׁי	Tuesday
רְבִיעִי	Wednesday
חֲמִישִׁי	Thursday
שֵׁשִׁי	Friday
שַׁבַּת קָדֵשׁ	Saturday

*insert if Rosh Hodesh is on two days

רֵאשׁוֹן וּבְיָוֵם שֵׁנִי	Sunday, Monday
שֵׁנִי וּבְיָוֵם שְׁלִישִׁי	Monday, Tuesday
שְׁלִישִׁי וּבְיָוֵם רְבִיעִי	Tuesday, Wednesday
רְבִיעִי וּבְיָוֵם חֲמִישִׁי	Wednesday, Thursday
חֲמִישִׁי וּבְיָוֵם שֵׁשִׁי	Thursday, Friday
שֵׁשִׁי וּבְיָוֵם שַׁבַּת קָדֵשׁ	Friday, Sabbath
שַׁבַּת קָדֵשׁ וּלְמַחֲרָתוֹ יוֹם רֵאשׁוֹן	Sabbath, Sunday

"Creative Prayer" is excerpted from Marcia Falk's *The Book of Blessings: New Jewish Prayers for Daily Life, the Sabbath, and the New Moon Festival* (Harper, 1996; Beacon, 1999). ©1996 Marcia Lee Falk. Used by permission of the author.

Matrilineage Introduction Ritual



Hebrew

• _____ בת _____ בת _____ אני

Ani _____ bat _____ bat _____.

OR

English

I am _____ daughter of _____ daughter of _____.

OR

Yiddish

• _____ די טאכטער פון _____ די טאכטער פון _____ איך בין

Ich bin _____ di tohter fun _____ di tohter fun _____.

Judaism, Beauty, and Self-Worth



“The body is the soul’s house. Shouldn’t we therefore take care of our house so that it does not fall to ruin?”

Philo, 1st Century

“Respect your body as the receptacle, the messenger, and the instrument of the spirit.”

Rabbi Samson Rafael Hirsch, The Nineteen Letters of Judaism, New York, N.Y., Feldheim Publishers, 1960

“If I am not for myself, who will be for me? For if I am only for myself who am I? If not now, when?”

Pirkei Avot 1:14

Fact Sheet



Rosh Hodesh: It's a Girl Thing! (www.roshhodesh.org) is a contemporary monthly celebration of the ancient New Moon holiday for girls in grades 6-12 that builds self-esteem, leadership skills, and Jewish identity. The program is offered to preteen and teenage girls across the country by Jewish institutions of all affiliations. *Rosh Hodesh: It's a Girl Thing!* is highlighted as one of 50 of the "most innovative and effective projects in the Jewish community" in *Slingshot*, a publication of the Andrea and Charles Bronfman Philanthropies.

Need

Rosh Hodesh: It's a Girl Thing! is a Jewish communal program that proactively addresses two well-documented trends: many girls drop out of organized Jewish experiences after bat mitzvah and girls' self-esteem plummets as they enter adolescence. According to Dr. Catherine Steiner-Adair of the Harvard Eating Disorders Center:

"In spite of much progress in the move towards gender equality, adolescent girls today must travel in a teen culture that makes risky and dangerous values and behaviors – at ever earlier ages – seem normal."

Program Model

Rosh Hodesh: It's a Girl Thing! works on an intimate model that builds for health. Groups of 7 to 15 girls meet for monthly Rosh Hodesh (new moon) celebrations sponsored by local synagogues, JCCs, and other Jewish institutions of all denominations.

Each monthly meeting focuses on specific "life lessons" that draw on core Jewish values to explore issues such as body image, friendship, relationships, assertiveness, stress, and family. The meetings engage girls with activities they love: arts and crafts, creative writing, role playing and improvisation, and small group discussion. The safe and supportive atmosphere enables each girl to articulate questions and concerns, connect to peers and the adult mentor, and in the process, build self-esteem and Jewish identity.

Ensuring Quality

To ensure the groups' high quality and guarantee the best possible experience for the girls, Moving Traditions:

1. Requires all group leaders to attend our two-day training session before starting a group.
2. Supplies each group with a step-by-step curriculum.
3. Provides ongoing support for group leaders through monthly conference calls, a listserv, one-to-one calls, and e-mails.

Parent Organization

Rosh Hodesh: It's a Girl Thing! is a program of Moving Traditions, which helps people practice Judaism during key lifecycle moments and passages. Our efforts are informed by a consideration of gender, reflecting the changes and opportunities for women and men; a respect for the diversity of Jewish people and practices; and the desire to make Judaism a transformative force for vibrant individual, family, and community experiences and connections.

To start a group or find out more, contact Moving Traditions at info@movingtraditions.org or 215-887-4511 x103, or visit www.roshhodesh.org.

THE HADASSAH FOUNDATION has provided generous support for the creation, implementation, and continuation of this project.



Yes! I'd like Moving Traditions to bring *Rosh Hodesh: It's a Girl Thing!* to:

Name of JCC, synagogue, or other Jewish institution: _____

and help girls I love stay healthy and Jewish.

Please contact me:

Name _____

Email Address _____

Phone _____

Address _____

City/State/Zip _____

Rosh Hodesh: It's a Girl Thing!, a program of Moving Traditions, uses Jewish teachings and traditions to help preteen and teenage girls build the skills they need to stay healthy in the face of dangerous messages from popular culture.

Please mail this form to:

Moving Traditions

Rosh Hodesh: It's a Girl Thing!

115 West Avenue, Suite 102

Jenkintown, PA 19046

www.roshhodesh.org

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FOUNDATION

THE HADASSAH FOUNDATION

Social change for women and girls

Our Mission

The Hadassah Foundation is dedicated to refocusing the priorities of the Jewish community through innovative and creative funding for women and girls in the United States and Israel. Its mission is to improve the status, health, and well-being of women and girls; bring their contributions, issues, and needs from the margins to the center of Jewish concern; and encourage and facilitate their active participation in decision-making and leadership in all spheres of life.

Our Philanthropy

The Hadassah Foundation is the largest Jewish women's philanthropic fund in the U.S. and among the largest secular women's funds internationally. Established in 1998 by HWZOA, the Foundation enables Hadassah to engage in cutting-edge initiatives outside the framework of its existing projects. The Foundation has provided grants to more than 50 organizations, funding social change for women and girls by supporting programs that address the underlying obstacles that impede their full participation in society. The Foundation has a track record of supporting groundbreaking, replicable initiatives in the field of economic security for Israeli women. It is also a leader in funding many new national programs that focus on self-esteem and leadership skills for Jewish girls in the United States.

In Israel, the Hadassah Foundation supports programs that help low income gain the confidence and skills they need to work toward financial self-sufficiency. Through the establishment of microenterprise programs, financial training courses, legal aid, and cooperative businesses, the Foundation is helping Israeli women help themselves. A similar philosophy applies to the Foundation's projects in the United States, which encourage girls to become empowered decision makers by building their confidence, resiliency, and connection to Jewish values.

The Hadassah Foundation
50 West 58th Street
New York, NY 10019
Phone: 212-451-6245
Fax: 212-303-8202
hadassahfoundation@hadassah.org
www.hadassahfoundation.org

Bringing the issues of women and girls from the margins to the center of Jewish concern

Growing Great Jewish Girls

A HADASSAH FOUNDATION GUIDE TO ADDITIONAL RESOURCES

In addition to *Rosh Hodesh: It's A Girl Thing!*, The Hadassah Foundation has funded these innovative projects for girls, parents, and other influential adults in your community.

BISHVILI, FOR ME: A JEWISH GUIDE TO FULL OF OURSELVES

By Dr. Catherine Steiner-Adair

Incorporates Jewish texts and values into a program that boosts girls' self-esteem and promotes their health and well-being.

Visit www.bishviliforme.com

GOGIRLGO!

Developed by Women's Sports Foundation

Encourages girls' participation in athletics as a means to develop self-esteem.

Contact the HWZOA Women's Health Department, womenshealth@hadassah.org

JEWISH GIRLZ

By Elizabeth Swados

This musical calls for a cast of teenage girls and addresses the problems and joys of being a young Jewish female.

To order the book, music, and lyrics, visit www.samuelfrench.com

LOVE SHOULDN'T HURT

Developed by Shalom Bayit

Gives girls the knowledge they need to make healthy relationship choices. For ages 11-21, with units for middle school, high school, and college.

Contact info@shalom-bayit.org, call 510-451-8874, or visit www.shalom-bayit.org

STRONG GIRLS, HEALTHY RELATIONSHIPS

Developed by Jewish Women International

Helps young teen girls make healthy choices in their relationships.

Contact rkaplowitz@jwi.org, call 1-800-343-2823, or visit www.jwi.org

SHALEM EDUCATION PROJECT

Developed by Keshet

Provides resources and trainings for GLBT inclusion in schools and communities across the country, utilizing the documentary film and curriculum *Hineini: Coming Out in a Jewish High School*.

Contact Idit Klein idit@keshetonline.org, call 617.524.9227 x1, or visit www.keshetonline.org/programs/safeschools

ADDRESSING EVADED ISSUES IN JEWISH EDUCATION

Created by Dr. Shira Epstein

Professional development resources and trainings to help Jewish Educators better understand and respond to the needs of adolescent girls.

Visit <http://www.jtsa.edu/X8933.xml>

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