

# GIRLS' ONE DAY PROGRAMMING

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PROMOTING EQUAL OPPORTUNITIES ON AND OFF  
THE FIELD



girls&football SA



## 1 WORKSHOP HEALTHY LIFE STYLE

Performing at your best means having and maintaining a healthy life style. Having a healthy life style means that you are well informed and aware of the choices you make with regard to your eating, drinking, sleeping and hygiene habits. Each of these can have a significant impact on your health. Below, see a few tips on how to make sure you stay healthy!

### EATING

- Fruits have lots of valuable nutrients and provide you with important vitamins.
- (Most) vegetables are low in sugar and in fat, and contain vitamins that are important to your health.
- A good way to make sure you are

eating a variety of foods is by ensuring there are lots of 'colors' on your plate. You can do this by having a piece of meat, with butternut, peas and tomato.

- Dairy (milk and yoghurt) is important for strong and healthy bones.
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## DRINKING

- As a sportswoman, it is important that you drink at least 2 liters of water every day.
- 100% natural fruit juices are good to rehydrate you and provide you with vitamins, but be careful that you don't drink too much of any type of juice as it can be loaded with unhealthy types

of sugar.

- Alcohol is illegal under the age of 18. Alcohol has a negative effect on every part of your body, and affects your ability to participate in sports, and to make smart choices. It can result in an unsafe environment. Be responsible when it comes to alcohol consumption.

## SLEEPING

- Sleep is very important when it comes to you performing at your best. Try and make sure you sleep at least 8 hours every day.
- Try and stick to the same routine of waking up and going to bed every day.

- If you feel tired after lunch or dinner, do something that revives you; go for a walk, wash the dishes, or call a friend.
- Exercise can keep you awake; avoid exercise too close to bed time.

## HYGIENE

- Good hygiene is not only important if you want to smell good and feel clean, but it is also important if you want to avoid catching viruses like the flu.
- Good hygiene includes washing your body every day and using a clean towel

to dry yourself off. It also includes wearing clean clothes and underwear.

- If you have found that your body is going through hormonal changes, make sure you use an anti perspirant under your armpits.



## 2 WORKSHOP SELF-ESTEEM & PEER PRESSURE

To create your own path in life and to succeed in reaching your goals you need to set priorities and to be secure in yourself and in your capabilities. It is important to stay focused and believe in your own talents and strengths. If you are confident and don't allow others to change your focus or your mind, you are able to achieve what is important to you.

## WHAT IS SELF ESTEEM?

- Self-esteem is the term we use to describe how you feel about yourself and your sense of self worth. If you feel good about yourself and what you are capable of, you have a high self-esteem. If you don't feel great about your talents and strengths, you have a low self-esteem.
  - A high self-esteem allows you to make strong choices that help you reach your goals in a safe and healthy way.
  - A low self-esteem can cause you to adapt to other people's expectations of you; even if they are not right for you. This can make you unhappy and create an unsafe environment
- Having a high self-esteem can help you express your self worth, your self regard, your self respect and your self identity. Being strong about what is important to you ensures that other people respect your decisions as much as you do.
  - Anybody can affect your self-esteem; either helping you feel good about yourself, or making you feel down on yourself. It is important to be able to identify whether being with somebody makes you happy or sad, what this means for your self-esteem, and what you can do to make sure you maintain a strong self-esteem and feel good about yourself.

## WHAT IS PEER PRESSURE?

Peer pressure refers to the pressure that your peers, or one of your peers (a friend, classmate or teammate) can put on you in a certain situation. If you find yourself being forced to make a choice you don't want to, you can ask yourself the following questions:

- Can this action hurt me, or somebody else?
- Could this have a negative aspect on my life?
- Will I be disappointed in myself, or will I disappoint others if I go through with this?



## IMPORTANT:

NOBODY SHOULD BE ABLE TO PRESSURE YOU INTO DOING SOMETHING THAT IS DANGEROUS TO YOUR HEALTH OR WELL-BEING. IF THIS HAPPENS, IT IS NOT YOUR FAULT. FIND SOMEBODY YOU TRUST AND EXPLAIN TO THEM WHAT HAPPENED SO THAT THEY CAN HELP YOU DEAL.

## PRIORITIES:

To make sure that you reach your goals and are proud of your achievements, it can help you set your priorities. For example, if you want to go to university, make it a priority to get good grades in school. If you want to be healthy, make sure it is priority for you to eat foods that are good for you, and limit your alcohol intake. Having priorities proves to yourself and to others that you are serious about your success.



## 3 WORKSHOP SKILLS IDENTIFICATION AND DEVELOPMENT

Everybody has a unique skill set that they can identify and develop. By focusing on what you enjoy doing and what you are good at, you are able to get the most out of your talents and capabilities. Your skills are important, and knowing how you can develop them will lead to a satisfied future in which you feel happy with and proud of your accomplishments.

## WHAT ARE SKILLS?

The term 'skills' refers to how you identify certain things that you enjoy doing or that you are good at. This can include things like musical talents (singing, writing songs, playing an instrument), artistic skills (writing poetry, drawing, painting, etc.), or athletic skills (running, jumping, throwing). Skills can include any other ability that comes easily and naturally to you. Some skills and abilities are used in your daily life, while others are more specific to a particular job.

**Skills are most commonly divided into two 'camps':**

### #1 FOUNDATION SKILLS: SKILLS YOU CAN BRING TO A JOB THAT YOU ALREADY HAVE.

This is often divided into three different categories:

- **Basic Skills:** Reading/Writing/ Arithmetic/Speaking/Listening
- **Thinking Skills:** Creative thinking/ Decision-making/Problem Solving/ Knowing How to Learn
- **Personal Qualities:** Responsibility/ Social Skills/Self-management/Integrity & Honesty

### #2 FUNCTIONAL SKILLS: SKILLS SPECIFIC TO THE FUNCTIONS WORKERS PERFORM DOING THEIR JOB.

This is often divided into four different categories:

- **Resources:** Time Management/ Money Management/Material Management
- **Technology:** Understanding and using technology available

- **Informational Skills:** Understanding how to get correct information and how to use it/Can communicate information gathered

member/Helps teammates and co-workers/Serves others when necessary/Shows leadership capabilities/Works well in a culturally diverse team

- **Interpersonal Skills:** Acts as a team

### WHY IS THIS INFORMATION IMPORTANT?

Possessing these skills make you a good teammate and classmate. As you get older, you will want to find a job. By ensuring that you possess the above outlined skills, you are able to find a job that suits your needs.

Below, you can write down things you like about yourself and skills you are proud of!

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## MY “IT’S GOOD TO BE ME” LIST”:

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## 4 WORKSHOP HEALTHY SEXUALITY VS. ABUSE

Healthy sexuality refers to having an accurate and healthy understanding of the different aspects that make up sex, sexual relations and it refers to having a healthy understanding of your own body. When you have an understanding of healthy sexuality and how your choices contribute to being sexually healthy, you are more likely to be able to identify a situation that is not (sexually) healthy, and can therefore be considered abuse.

### HEALTHY SEXUALITY

It might be a bit scary to talk (or think) about sex, but it is important to understand what can happen to your body and mind when you start having sex, or when you feel like you might want to start having sex. There are many ways to enjoy a sexual experience, such as;

- If it is with somebody you like, trust and respect

- If it is with somebody that likes, trusts and respects you

- If you feel like you are in a safe environment, and you are not being pushed to do something that you do not want to do
- The person you are with makes you

- feel comfortable and respects your wishes
- The person you are with respects you when you want to move forward and respects you when you want to stop

## SAFETY:

Your sexual health is important. It is important to use a condom to protect yourself from pregnancy and from sexually transmitted infections (STIs) or sexually transmitted diseases (STDs). One of these is HIV/Aids. **The only way to protect yourself from any STIs/STDs is to use a condom, every time.**

## ABUSE

An abusive (sexual) relationship can happen to anybody, and it is important to remember that if it does happen to you it is not your fault. You do not deserve anything that happens to you that makes you feel scared, unsafe, hurt or disrespected.

### An abusive situation can often make you;

- Feel afraid of your partner much of the time
- Avoid certain topics out of fear of angering your partner
- Feel that you can't do anything right for your partner
- Believe that you deserve to be hurt/mistreated

### Ask yourself, does your partner;

- Humiliate or yell at you? Criticize you?
- Treat you badly making you embarrassed for your friends or family to see?
- Make you feel like you can't do any-
- thing right?
- Ignore or put down your opinions or accomplishments?
- Blame you for their own abusive behavior?

There are more signs to an abusive relationship. If you feel unsafe or unhappy, speak to somebody. You must seek help and leave the situation immediately. You do not deserve an unsafe environment.



## 5 WORKSHOP GIRLS VS BOYS - IDENTITY

As we get older, we notice more physical, emotional and mental differences between women (female) and men (male). "Gender" is how we describe female or male. There are several ways to explain and to understand gender. 1.) Gender refers to our social

and legal status as girls and boys, women and men. 2.) Gender identity is how you feel about and express your gender. 3.) Culture determines gender roles; what is feminine and what is masculine.

When we are little, our family, teachers, friends and society teach us what games we are allowed to play, which clothes we should wear, and what our hobbies should be based on if we are a girl or a boy. These “rules” are also called “gender roles”. Gender roles refer to the things society has identified as okay to do and to enjoy if you are a girl, and the things society has identified as okay to do and enjoy if you are a boy. As a girl, sometimes it is possible that people think you might be weird because you play a sport. They might think that you are too much like a boy, or that it is weird that you enjoy a game like football. It can be hard figuring out what makes you “feel” like a girl, or what makes you “feel” like a boy. There are different traits that are highlighted towards being a girl, and other traits that are highlighted towards being a boy.

Girls and boys should be able to play whatever sport or game they want to. There is a famous South African female football player, Desiree Ellis, who has said that,

“ GIRLS SHOULD PLAY WHAT-  
EVER THEY WANT TO PLAY ”

By sticking to her dream to play football even though people around her might have thought it was a weird thing to do, she was able to become a very successful football player.

Although it might feel scary to do things that others might judge you for, remember that other people will admire you for standing out from the crowd. There are many ways to “be a girl” and to “feel like a girl”, while at the same time playing sports that might typically be associated with boys and with men. As long as you feel good, safe, happy and proud, there is no reason not to play your favorite sport and enjoy your favorite games.

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## WHY I LOVE BEING A GIRL/ WOMAN:



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