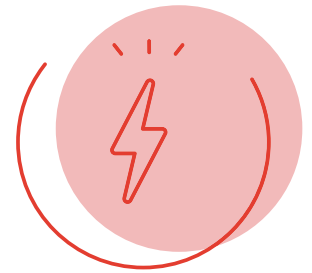




**Let's do  
something  
cool,  
together.**



## Confidence

Where every girl can have a safe place to practice self-compassion and self-love.

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## Just Because Poems

Has anyone ever assumed something about you that's not true? Try this poem that dismantles stereotypes!

# Just Because Poems

Sometimes people make assumptions about us, based on parts of our identities, that just aren't true. A lot of these assumptions are stereotypes. Do you know what stereotype is? A stereotype is a widely held but fixed and oversimplified image or idea of a particular type of person or thing. What are some stereotypes you can think of? Have you ever had someone assume something about you that wasn't true? This is an opportunity to break down those stereotypes and reclaim your truth.

## Materials Needed

Option 1: Writing Utensil, Paper (Copy the template by hand)

Option 2: Computer (Download and type your poem)

Option 3: Printer, Writing Utensil (Download and print the template)

## Write Yours Below

Here are some examples other girls have written

### Example Poem One

Just because I am a shy girl,  
Doesn't mean I don't like to talk to people,  
Doesn't mean I am not cool,  
Doesn't mean I don't open up,  
I am a very interesting person!

### Example Poem Two

Just because I like to learn,  
Doesn't mean I am a nerd,  
Doesn't mean all I do is read,  
Doesn't mean I don't have any friends,  
I am a hilarious person!



# My Just Because Poem

## Poem format

Just because I (one of your identities),  
Doesn't mean (assumption 1 people make about you),  
Doesn't mean (assumption 2 people make about you),  
Doesn't mean (assumption 3 people make about you),  
I (something that is true about you)!

Just because I \_\_\_\_\_ ,

Doesn't mean \_\_\_\_\_ ,

Doesn't mean \_\_\_\_\_ ,

Doesn't mean \_\_\_\_\_ ,

I am \_\_\_\_\_ !

## Share On Social

After you write your Just Because Poem, share it on social media to be re-posted by Girls Empowerment Network! Challenge your friends to dismantle stereotypes by tagging them to share their poems, too!

**#VirtualSpark**



# The 6C's of Self-Efficacy

Click on each picture to view more activities like this one.



## Confidence

Where every girl can have a safe place to practice self-compassion and self-love.



## Coping Skills

Where you can practice self-regulation and mental health awareness.



## Collaboration

Where a "girls support girls" environment with virtual team and group activities.



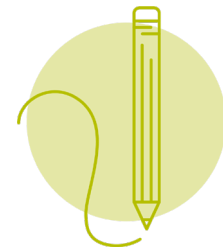
## Communication

Where girls learn to communicate online and in-person and expand their networks.



## Critical Thinking

Where girls form their own opinions and make decisions based on their personal values.



## Creativity

Where girls use their imagination for art and STEM activities.

## View More Resources

Blog

Videos

Impact



**GIRLS**  
Empowerment Network

Girls Empowerment Network knows girls are powerful, and it's our mission to help girls know it too. When girls experience Girls Empowerment Network's self-efficacy curriculum in schools, camps and conferences, they believe in their abilities and become powerful. Learn more at [www.girlsempowermentnetwork.org](http://www.girlsempowermentnetwork.org).

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