

Celebrating Black women & girls.

Sassy | Chic | Geek

PopSlayVibe Sista Girl

Monday, July 22nd - Friday, August 2nd, 2024

10:00AM - 12:00PM EST

Virtual Summer Program



Sista Girl

Pop, Slay, Vibe

July 22nd - August 2nd, 2024

Pop, slay, vibe is what Black girls and their friends do to celebrate their journey. In Sasstopia, we love to center the experiences of diverse women and girls. What better way to do this, than to pop, slay and vibe? Living their best lives in Sasstopia, Adyllide, Baina, and Angelique share what being sassy, chic, geek means to them along with inspiring words that let others know you have the right to be you in a world that oftentimes tries to silence or ignore your voice.

The **Sista Girl Pop, Slay, Vibe** is a 10-day summer program that celebrates the many ways that Black women and girls show up in the world to do amazing things. This is an interactive confidence-building series where we'll have poppin' conversations about the many ways that Black girls can show up as their full selves, unapologetically.

Session Topics

1. Sista Girls Poppin' Vibes
2. How to Pop, Slay, Vibe
3. Define Your Beliefs
4. Love Your Body
5. Poppin' Brown Skin
6. In Hair, We Care
7. Slay Your Geek
8. Affirmations

Details

Who can participate?

Girls Age 13+

Location: Virtual (*via Zoom*)

Time: 10:00AM - 12:00PM

Included in Workshop: *PopSlayVibe Welcome Packet (including workbook)*

Cost: \$250

Questions? Contact:

info@sassy chicgeek.com

Application Deadline: June 15, 2024

For more information and to apply, visit:

www.sassy chicgeek.com/pop-slay-vibe



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Program Overview

Orientation/Sista Girl Poppin' Vibes

During this first session, students will get an overview of the program and take a journey to Sasstopia to meet the Sista Girls. For orientation, students will introduce themselves; review program schedule and topics; review safe space guidelines; and perform team-building activities. Next, students will explore Sasstopia and meet the Sista Girls. They will learn about their passion for helping Black girls discover their voices, express themselves, and learn how to identify their interest, skills and talents.

How to PopSlayVibe

During this session, students will learn what it means to pop, slay and vibe. Pop, slay and vibe is a fun way for Black girls to show up, confidently in the world. They will learn the many different ways that they can pop, slay and vibe. They will also spend time discussing the ways that the Sista Girls use pop, slay, vibe to celebrate themselves. Lastly, students will spend time coming up with different ways that they want to pop, slay and vibe within their own lives.

Define Your Beliefs

During this session, students will learn the importance of identifying their values and beliefs as the foundation to building a full and meaningful life. Students will start to make connections between their values and the decisions that they make. They will discuss the different ways that the Sista Girls define their own beliefs. Lastly, students will begin to identify their core values and discuss the role family, friends and society play in representing the values and ideas of Black girls.

Love Your Body

During this session, students will learn the importance of exploring and celebrating what they love about their bodies. Promoting body positivity is important to building self-confidence. They will have a discussion about the different ways that the Sista Girls promote body positivity within themselves. Lastly, students will spend time reflecting on at least five parts of their body that they love and discuss the role family, friends and society play in promoting body positivity.

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Poppin' Brown Skin

During this session, students will learn the importance of celebrating the many shades of their brown complexion. Being comfortable in our own skin contributes to the way we view ourselves in the world. They will have a discussion about the different ways that the Sista Girls celebrate their beautiful brown skin. Lastly, students will spend time reflecting on at least five ways that they celebrate their poppin' melanin and discuss the role family, friends and society play in celebrating the many shades of Black girls.

In Hair, We Care

During this session, students will learn the importance of embracing their hair. One way that Black women and girls express themselves is through their hair. They will discuss the different ways that the Sista Girls celebrate their own hair. Lastly, students will spend time reflecting on at least five of their favorite hairstyles and discuss the role family, friends and society play in promoting healthy hair care.

Slay Your Geek

During this session, students will explore the many ways that they use their knowledge as power. Promoting lifelong learning and celebrating the many ways that people learn is an important part of planning for college, careers and life. They will discuss the different skills and talents that the Sista Girls have and how it impacts their success. Students will also spend time coming up with at least five things that they want to learn as well as explore their goals for school and the future. Lastly, they will discuss the role family, friends and society play in promoting education as well as lifelong learning.

Lead – Poppin' Affirmations

During this final session, students will learn the power of affirmations as a tool to take on their journey to achieving their goals. They will explore affirmations that Sista Girls created to celebrate Black girls. Lastly, students will learn how to create affirmations that help them pop, slay, vibe. The program will conclude with students sharing the affirmations that they created and reflect on their overall experiences in the program.