

## Helping pre-teen girls cross through adolescence with self-esteem intact.



Creative Crossings was born from a vision of helping girls through the often difficult period of the middle years. Research has shown that girls have a **significant drop in self-esteem** during this transition. According to the National Education Association, more than **3.2 million students are victims of bullying** in the sixth through tenth grade. Kaye Randall, a national speaker on girls issues and the author of the book *Mean Girls: 101 1/2 Strategies for Working with Relational Aggression*, believes that schools should have **frequent speaking events and workshops** focused on the prevention of relational aggression. It is my hope that program by program we can build an emotionally safe culture for our young adolescence.

### The benefits of a Creative Crossing program:

Decreased rates of relational aggression.

Awareness of a broader range of social choices.

Deeper insights into behaviors.

Coping skills in the event that Relational Aggression does occur.

A grab bag of activities, games, and role plays that are very engaging for youth.

New language and strategies to handle incidents of Relational Aggression that girls and staff members can use to change the school culture.

Envisioning and actively creating an emotionally safe classroom culture and setting goals towards achieving that.

Girls and staff members feeling **EMPOWERED!**

*I am committed to and passionate about helping girls emerge from the adolescent years with a strong voice, high self-respect, and a positive relationship with their female elders and peers. My company, Creative Crossings, grew from my eleven years of experience as a school counselor and an outdoor challenge course facilitator, combined with my creative and genuine connection with girls. I enjoy integrating curriculum with arts, movement, experiential education and other thought-provoking activities. I earned a B.A. from Dickinson College and an M.Ed. from Seattle Pacific University in K-12 Guidance Counseling. Recent lecture audiences include the Association of Experiential Education, Washington School Counselor Association, and Pacific Northwest Association of Independent Schools conferences.*



Peggy Rubens, M.Ed.  
Creative Crossings

phone: (206)463-1682  
<http://www.creative-crossings.com>  
email: [creativecrossings@gmail.com](mailto:creativecrossings@gmail.com)

# PROGRAMS

## We Didn't Mean It Helping Girls Work Through Tough Friendship Problems

Using engaging games, role plays, and thought-provoking activities, up to 30 girls will learn about friendship ups and downs, envision a "Hate Free School," and set tangible goals for the future. Team and leadership building will be encouraged and each girl will be honored as an important change agent! The program includes a parent letter, a teacher letter, a follow-up phone call, and a list of ideas for continuing work in this area.

Cost: \$250 for two hour program,  
plus all travel expenses

## We Didn't Mean It Creating a Hate Free Classroom

Creative Crossings can offer a dynamic program, applicable to your entire class. Research has shown that although girls are more likely to be hurt by Relational Aggression, boys experience it also. Issues relevant to both boys and girls will be touched upon including masks we wear, handling anger/stress, and how boy/girl issues relate to friendship problems.

Cost: \$250 for two hour program,  
plus all travel expenses

## We Didn't Mean It Transition Workshop

Are your students transitioning from Elementary School to Middle School? Are two schools merging into one? This *We Didn't Mean It Program* has a focus on beginnings and fresh starts. It allows girls the chance to create and envision an emotionally safe environment for all.

Cost: \$250 for two hour program,  
plus all travel expenses

## We Didn't Mean It Presentations for large groups of girls (50 or more)

This presentation addresses school climate issues and the prevention of relational aggression in a large group setting. It is a perfect complement to other school-wide initiatives such as the Olweus bullying program or Safe and Civil Schools and supports anti-bullying legislation.

Cost: \$175 for one hour speaking  
engagement, plus all travel expenses

## We Hate Sarah

Games, Activities & Discussion to Decrease Incidents  
of Relational Aggression.

In this workshop for educators, counselors and others, we explore active games and role plays that enable girls in the classroom setting to develop a broader range of social choices. We will also discuss what we, as educators, can do to minimize harassment and hurt feelings among girls. Participant will leave with new games and activities and a wealth of ideas for decreasing relational aggression.

Two Hours- \$250    1/2 Day- \$450    Full Day- \$900

*Note: The most effective workshop time is two hours, however these workshops can be longer or shorter depending upon scheduling and available times.*

### Contact:

Peggy Rubens, M.Ed.  
(206)463-1682  
<http://www.creative-crossings.com>  
email: [creativecrossings@gmail.com](mailto:creativecrossings@gmail.com)