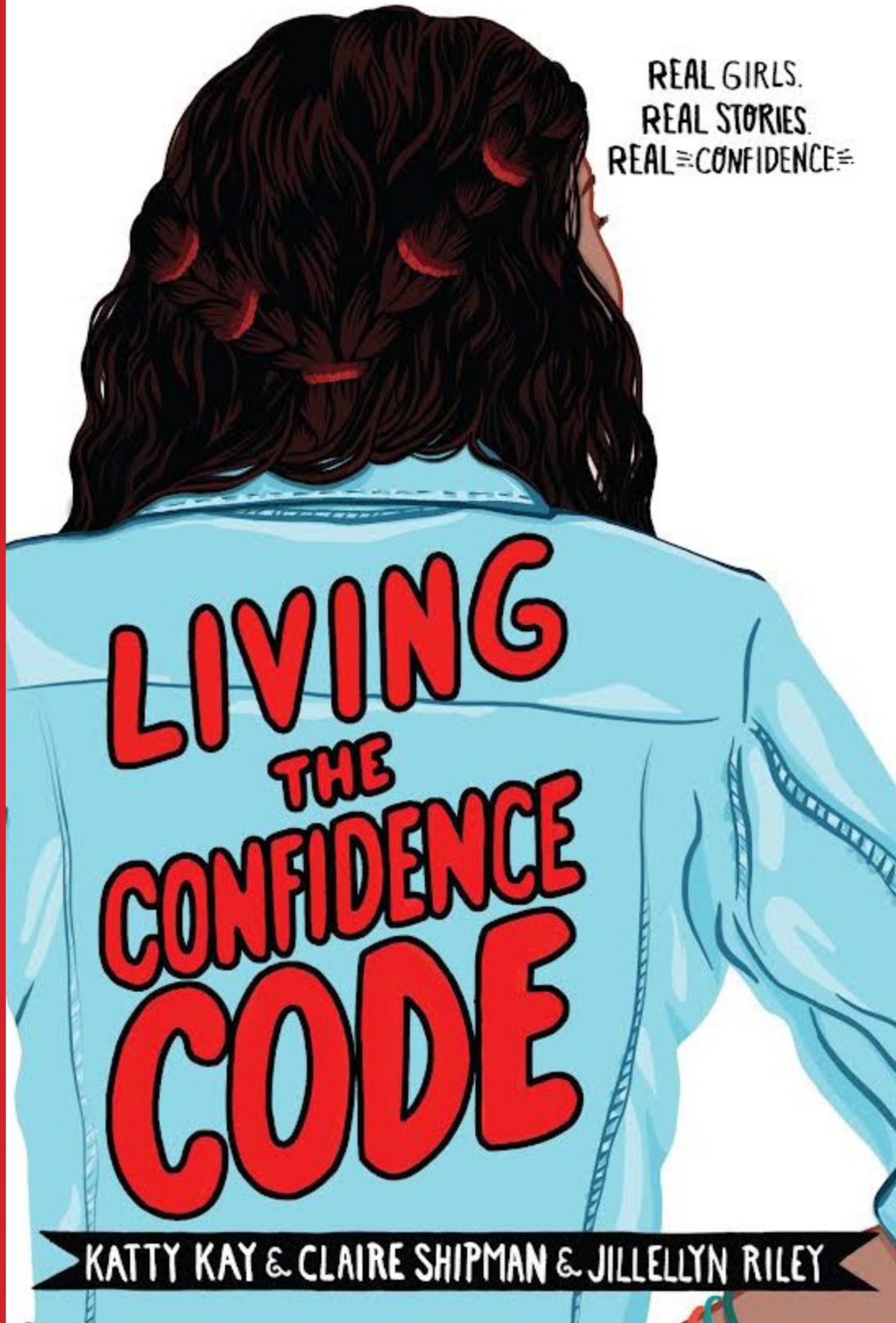


FROM THE AUTHORS OF THE #1 *NEW YORK TIMES* BESTSELLING
THE CONFIDENCE CODE FOR GIRLS

REAL GIRLS.
REAL STORIES.
REAL = CONFIDENCE =



KATTY KAY & CLAIRE SHIPMAN & JILLELYN RILEY

EDUCATORS' GUIDE

ABOUT THE BOOK

LIVING THE CONFIDENCE CODE is a compelling book of real-life, young changemakers who have sprung into action. They are thirty girls from all over the globe, spanning ages, cultures, and causes – all of whom have passionately championed issues and found their voices in the process. In doing so, they tackled fears, failures, self-doubts, and disappointments.

Along the way, they also gained valuable lessons in self-advocacy, resilience, and, most of all, confidence! By delving into each girl's journey, learn how you can translate thoughts into action, try something new or difficult, risk the unexpected, and turn confidence into your ultimate superpower. You'll also see how the tools for confidence-building boost your mental health and protect you from life's bumps, whether pedestrian or pandemic-sized. Be inspired to use your passions and become the voice of change for those around you.



ABOUT THE AUTHORS



Katty Kay, Claire Shipman, and JillEllyn Riley are the bestselling authors of *The Confidence Code for Girls*, *The Confidence Code for Girls Journal*, and *Living the Confidence Code*.

Katty and Claire, longtime friends, have been writing books together for over a decade. They've also cowritten the *New York Times* bestsellers *Womenomics* and *The Confidence Code*. JillEllyn, also a writer and editor, joined forces with them to create the Confidence Code for Girls series.

QUESTIONS FOR GROUP DISCUSSION

Confidence. How is “confidence” defined in the Introduction of the book? Each of the girls’ stories illustrates the different challenges and struggles of building confidence, yet also the different ways confidence can work and look. Why do you think confidence is so important? For example, what does confidence mean to Mari Copeny (Chapter 3)? What does she say it helps her do? What does “confidence” mean to you?

Advocacy. Sometimes it’s easier to focus on a cause, or on others, to summon our inner confidence. When encountering frustration for girl athletes, Riley Morrison expressed her dismay to Stephen Curry by writing a letter (Chapter 2). How do other girls in the book do this kind of thing? And how can you, even during those times when it’s not possible to gather in public? Why is it important to use your voice for the injustices you experience?

The Power of Diversity. What are some ways that diversity exists throughout the book? Can you cite them? How does the diversity represented in these stories also demonstrate equity and inclusion? Even though one girl might live on a faraway continent, or another girl might look totally different than you do, you can still relate to their feelings and reactions. How does having diverse perspectives help model confidence in its many forms and help you to build your own?

Determination. Haven Shepherd lost her lower legs as a baby, but that doesn’t define her. “My dad said you can’t start something and not finish it, so I always work hard to try and try until I do!” (p. 60). What does she learn about defying expectations and what can you take from her experience?

Risk. It is risky to defy your family and community and refuse to cooperate with an arranged marriage. But for twelve-year old Yekaba, the greater risk to her education and her future was too high NOT to take (Chapter 7). How was Yekaba empowered to change her situation? What kind of help did she have? Even if her circumstances are different from yours, what can you learn from how she handled hers?

Role Models. Role models are key, but they are even more inspiring when you know the whole story, including the bumps of the journey. So these girls are role models, and they have their own. Like Taylor Fuentes, who shares the role models who sustained her (Chapter 10). For many of the girls, it’s important that their role models look like them; for others, it’s actions that resonate. Who are yours?

Allyship. Stepping out into the light can be downright scary. It helps to have a friend, classmate, or community member standing with you. For Angelina Tropper, revealing her learning disability was terrifying (Chapter 21). However, Angelina found the courage by sharing her secret, first with a friend, then by writing a blog published by the Malala Fund newsletter. She received an outpouring of support and realized she had plenty of back-up. Who are your allies?

Rebounding. Growing up in rural Guatemala, Celia Suceni Azurdia Sebastian was overwhelmed by the pressures of school and family, so it was hard to stay in school. Her path was never easy, and she took many wrong turns. How did she “put her fears and regret aside” (p. 248) to face and correct her mistakes? Fortunately, nothing is set in stone. When have you had to rebound like Celia?

Resilience. Anna Zhang developed a strong sense of resilience, but only after hearing a series of “no’s” as she was launching her magazine for kids (Chapter 24). How did she respond when things didn’t go according to plan? How did other girls when failure struck? How did many of these girls face down their doubts? How does doing that build resilience? How do you work on yours?

Mental Health. Protecting your mental health is essential. The Confidence Building Blocks (Glossary/Key) also support a healthy mindset. Where do you see evidence of this in the stories? Have you noticed that many of the ways the girls challenge themselves — online campaigns, STEM inventions — can happen even in a pandemic? Many of the girls detail their coping mechanisms for anxiety, bullying, or other hard situations. Which ones appeal to you? What strategies do you use?

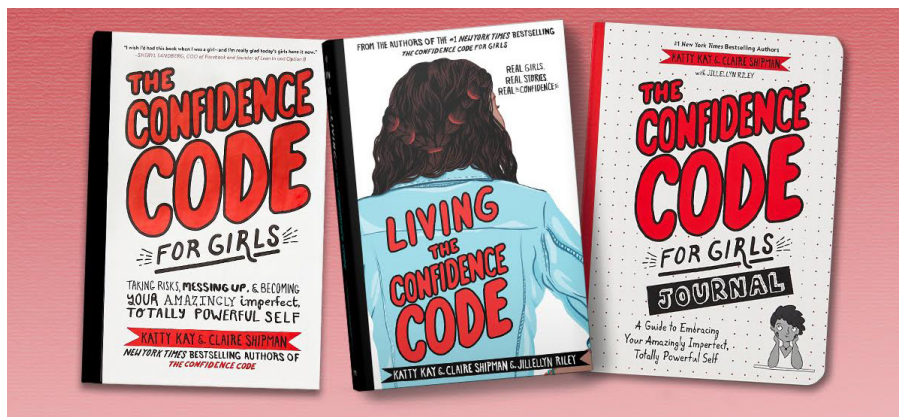
EXTENSION ACTIVITIES

Hooked on Books. Though Mena and Zena Nasiri loved to read, they rarely saw themselves represented in the books they devoured. Create a reading list of books with characters you feel represent you. Start with books you've read, then research both fiction and nonfiction to find more, considering multiple aspects of representation, like similar advocacy interests, race and ethnicity, and life circumstances. For an example, check out the reading list Mena and Zena shared on p. 150.

Speaking Up is Powering Up. Melati and Isabel Wijsen are passionate about protecting their Bali home from plastic bag pollution (Chapter 1). Is there a cause you are similarly passionate about? Find your local congresspeople. Craft a letter. Outline what the problems are and the solutions you want to see. Be bold, be confident, and be assertive. Use your voice for change!

Run a Race. Does your school have a student council? Run for it, or, if not, start one! Is there a school policy you would like to see changed? Is there a population of students with an issue you can address? If so, consider founding a necessary organization, like Thandiwe Abdullah (Chapter 16) and/or creating a clothing donation drive to fulfill a need like Anahi Molano (Chapter 15).

From Compassion to Action. Find out what the needs are in your community that intersect with your interests. [Here](#) is a list of national organizations that also welcome and empower young, female voices. Volunteer for a cause that is near and dear to your heart. Is there a fundraising campaign you could join? Is there an event you could help organize? You are never too young to explore your passions, develop your voice, and build your confidence!



confidencecodegirls.com

 HarperCollins Publishers



@theconfidencecode
@harperkidsbooks
@theshelfstuff



@confidencecodegirls
@harperkids
@theshelfstuff

Guide written by Esther H. Ra, Ed.D., M.A., teacher educator, university career advisor, literacy specialist, and certified teacher.

Designed by June Lei. Illustrations by Nan Lawson.