

Guided Discussion (Sample)

Today we going to be reading a bit from the book **Our Bodies Ourselves**, and also viewing the work of artists **Karen Arp Sandel** and **Suzie Banks Baum** who created the **FeMail** postcard-making workshop. We will use both of these things to introduce ourselves to each other and to our partners in America and Venezuela.

First a bit about **Our Bodies Ourselves** which is a book that was written to help empower girls to “understand evidence-based, culturally appropriate information on health, sexuality and reproduction.” What does that even mean?

How many of you have even thought about your body? How many of you have a boyfriend or have thought about having a family someday?

Let’s begin by taking the piece of construction paper in front of you and writing down one word that describes something about

