



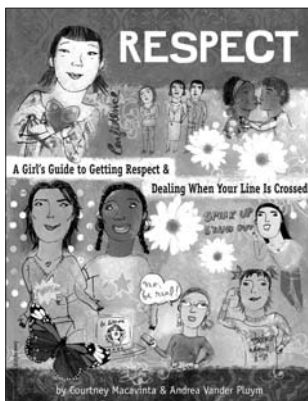
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Be a girl on a Mission Trust your gut, stand up for yourself, be the real you, and make the world a better place

Throughout history, women and girls around the world have bravely fought for respect—taking both small and gigantic risks—so that females everywhere could live more freely, safely, and equally. Every girl can be a respect activist in her home, school, hallways, community, and around the world.

Part of spreading respect is being a girl on a mission. You find your mission by keeping your eyes wide open. When you see a problem, take notice. Imagine what you can do about it, then take a stand by speaking your mind. Here's how:



Respect

**A Girl's Guide to Getting
Respect and Dealing
When your
Line Is Crossed**

by
**Courtney Macavinta &
Andrea Vander Pluym**

- * Write a letter to a company if you find fault with its products or practices. Express your opinion and suggest changes.
- * Send an email or letter to your congressperson to fight a law that's unjust or lobby for legislation to better protect girls' rights.
- * Call a meeting with your principal to discuss disrespectful behavior going on at school, what needs to change, and how you might help.
- * Speak up if you've been sexually harassed, bullied, or abused, or if other girls you know have been harmed by violence. Seek the help of adults you trust or start by calling a crisis helpline.
- * Write an editorial for your school or local newspaper about a problem in your community (like if funding has been cut for girls' after-school programs). Or contact reporters who have written articles about related topics and suggest they explore the problem further.
- * Create artwork, poems, stories, or essays that express your views about what's happening to girls in your community or the world. You might even sell your work to raise money for a cause that supports girls.
- * Give a speech at school, attend a local political event, or run for student government to spread the word about respect or other causes you care about.

Courtney Macavinta and Andrea Vander Pluym are award-winning writers committed to making a difference in the lives of teen girls.

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