

A Girl Is a Girl

PRO TIP
Check out the
similar booklet for
boys!

CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 371-372

MATERIALS

- ▶ [A Girl Is a Girl](#) (foldable booklet)

NOTE

For a similar lesson for boys, see
A Boy Is a Boy!

CHRISTIAN ANTHROPOLOGY STANDARDS

2.3.2 TOB Discuss reasons why
God made man male and fe-
male in Gen. 1:27 and Gen. 2:18-
22a.
(cf. TOB 2-3; 13:2; CCC 371-372)

SUGGESTED TIME

10 minutes

STUDENT PAGES 1-2

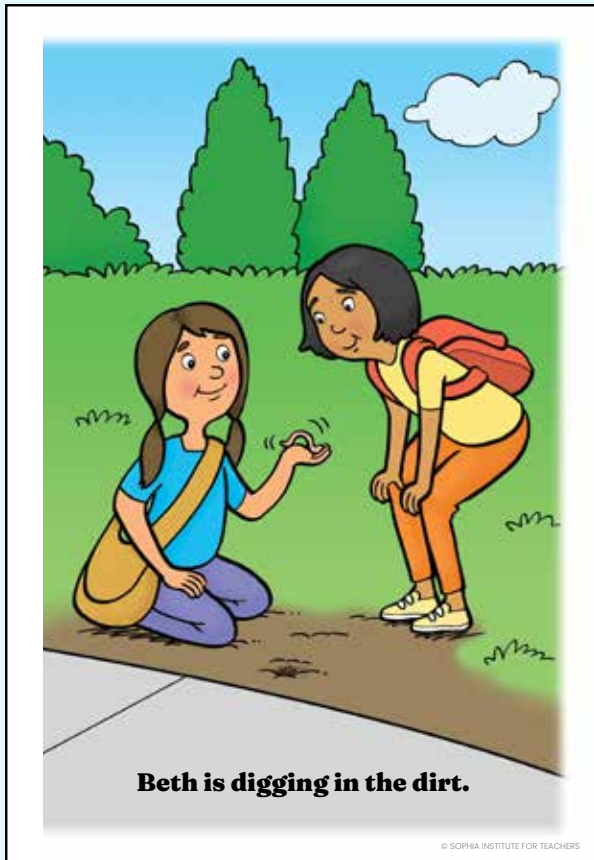
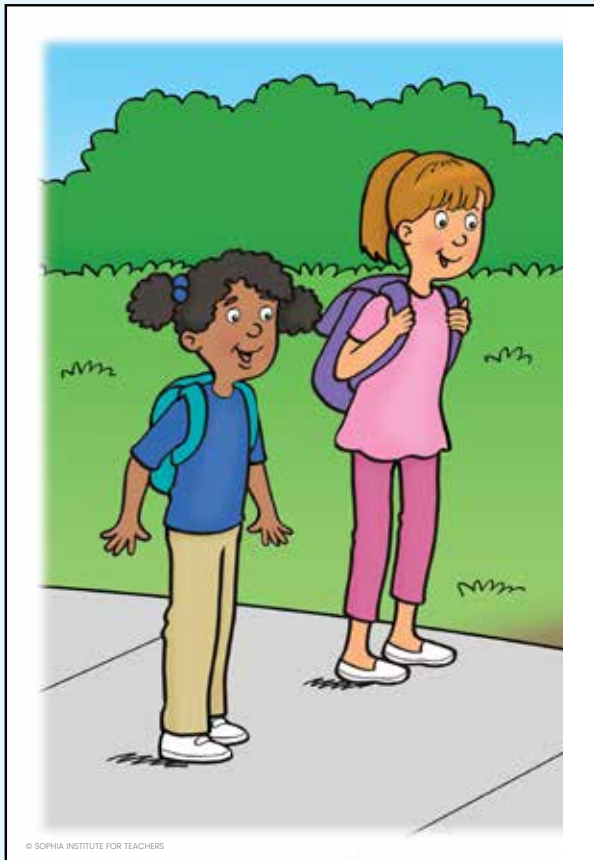
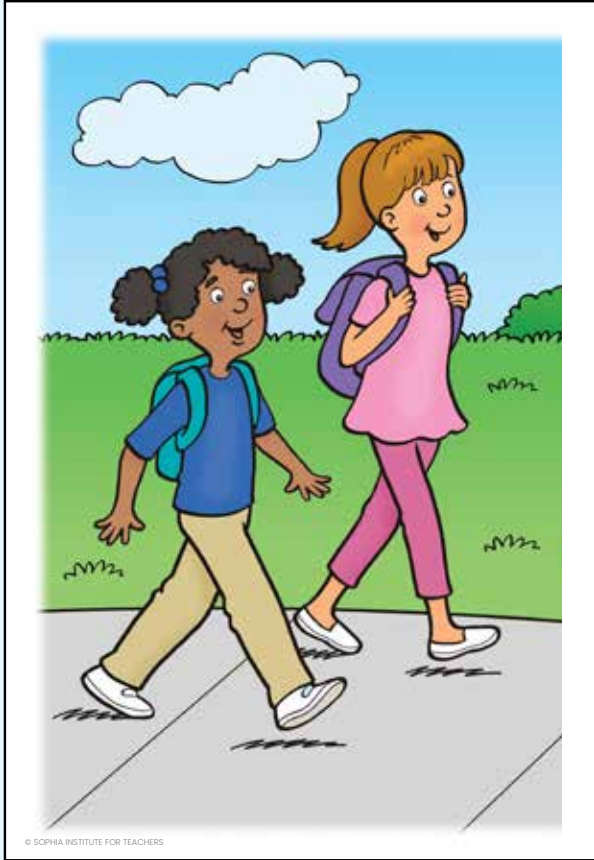


Activity

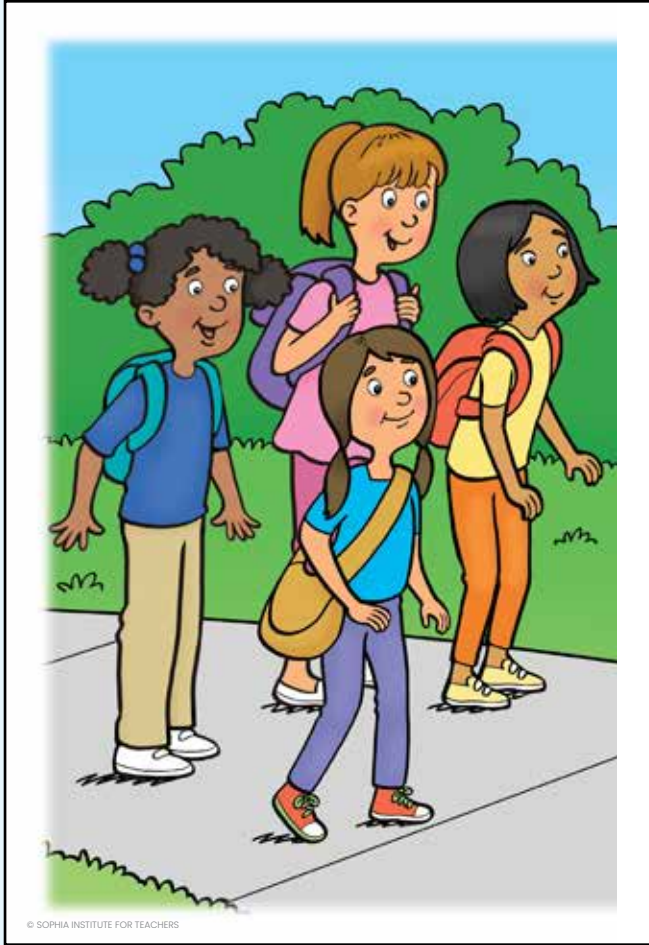
- A. Prepare a booklet for each child by printing them out double-sided and folding, or you may also make just one for yourself to hold up as you read.
- B. Hold up the first pages and read aloud the words on the page.
- C. Ask students to share different things they like to do before school, or on the way to school.
- D. Point out how we all have different favorite activities and interests, and these can be things that make us uniquely ourselves.

ACTIVITY CONTINUES

STUDENT PAGES 3-4



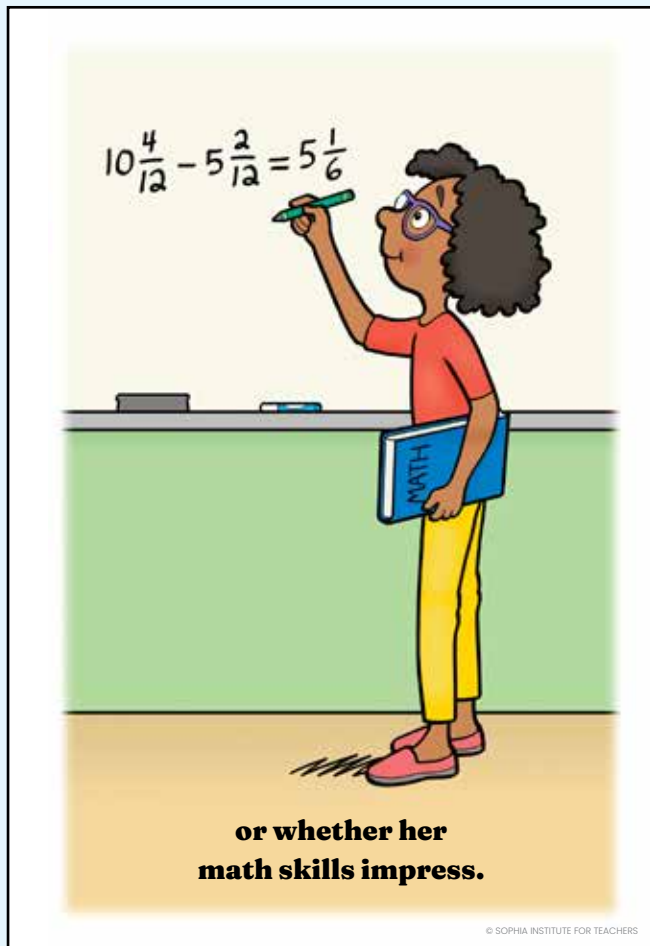
STUDENT PAGES 5-6



- E. As you close out this section, explain that we can sometimes associate certain activities, such as dancing, with girls. But not every girl likes dancing, and that is okay! Some girls like digging in the dirt, which might be something a lot of boys like to do, too!
- F. Continue to explain that girls can like things boys like to do, and boys can like things girls like to do. Our interests and activities make us uniquely ourselves.

ACTIVITY CONTINUES

STUDENT PAGES 7-8



- G.** Continue to point out that a girl is still a girl even if she wears tomboy-ish clothes, plays sports, wants a career in STEM, or does other things that could be associated with boys. It is good for girls to love math, it is good for girls to play sports, or love twirling in their full skirts. Being a girl is a wonderful thing!

ACTIVITY CONTINUES

STUDENT PAGES 9-10

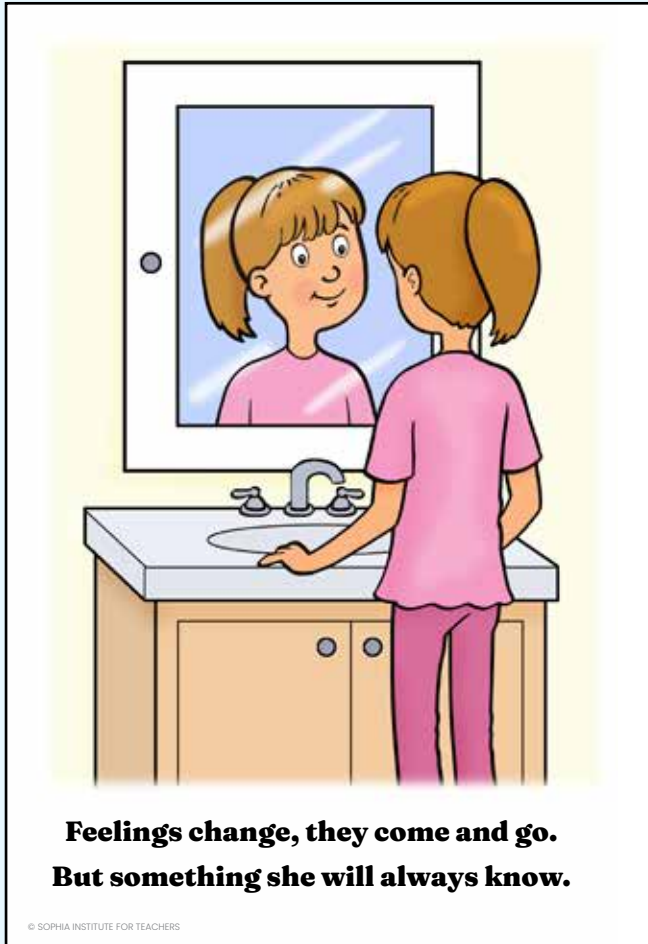


- H. Here you may say that sometimes people feel unhappy about being a girl or a boy, and we want to help them with those feelings, so that they can realize they are wonderful just as God made them.

For help discussing these topics, see the videos at SophiaOnline.org/Transgender.

ACTIVITY CONTINUES

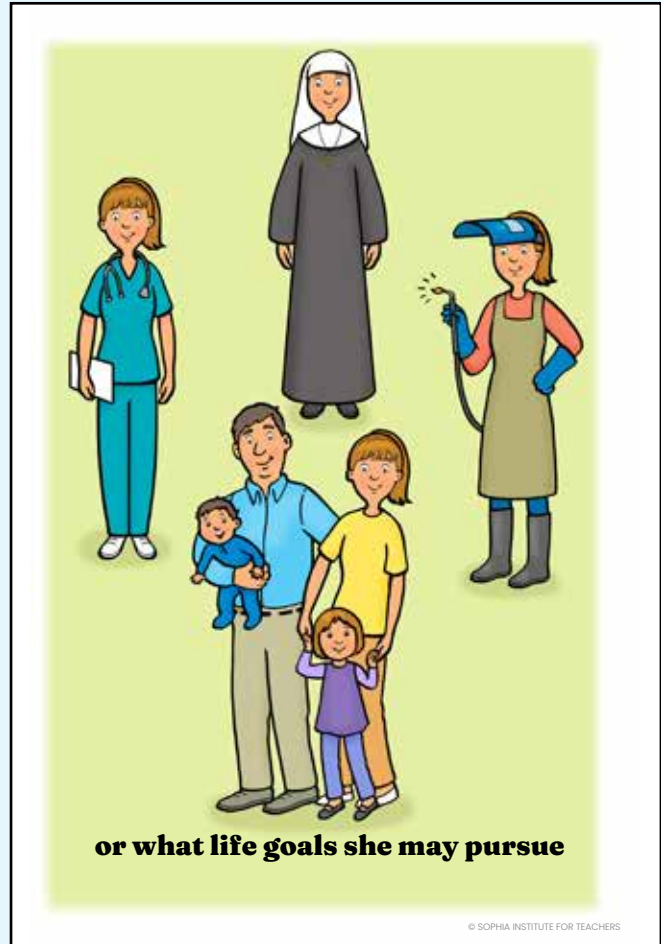
STUDENT PAGES 11-12



- I. Invite students to share the difference between a feeling and a fact. For example, it could be a fact that I am going to have to eat liver and onions for dinner. Yuck! My feeling that this meal is unappetizing is just that—a feeling. After I try liver and onions a few times, I might feel better about eating it! (Or I might not).
- J. Use additional examples to help students understand that facts are things that are true about the world around us. Our feelings are neither good or bad. And since they change often, we should not base important decisions on feelings!
- K. Explain that no matter how we feel, God loves us. His love for us never, ever changes!

ACTIVITY CONTINUES

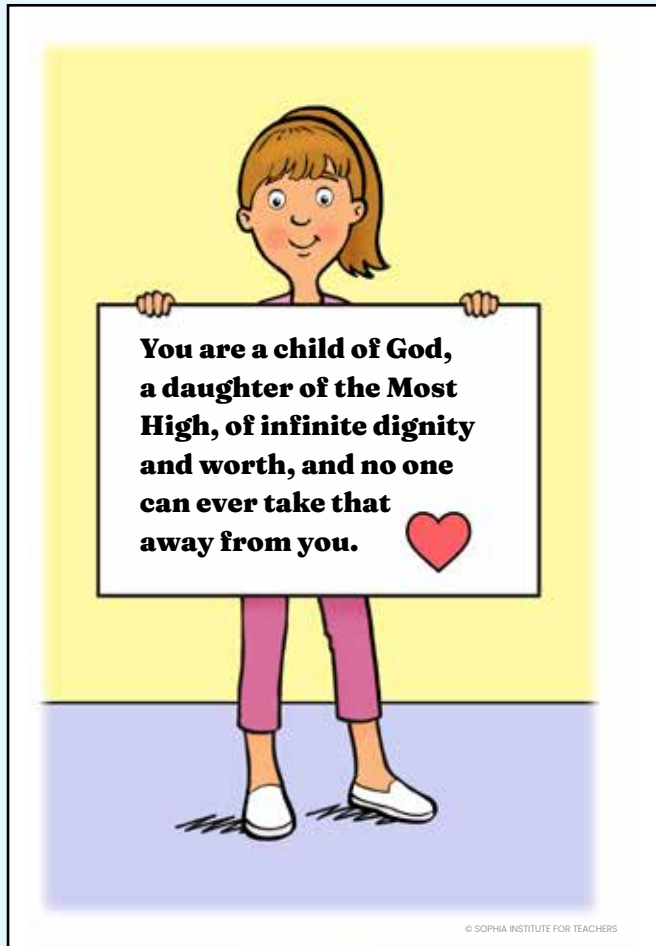
STUDENT PAGES 13-14



- L. Point out all the different vocations and avocations on this page. Girls can do so many different, wonderful things in life!

ACTIVITY CONTINUES

STUDENT PAGES 15-16



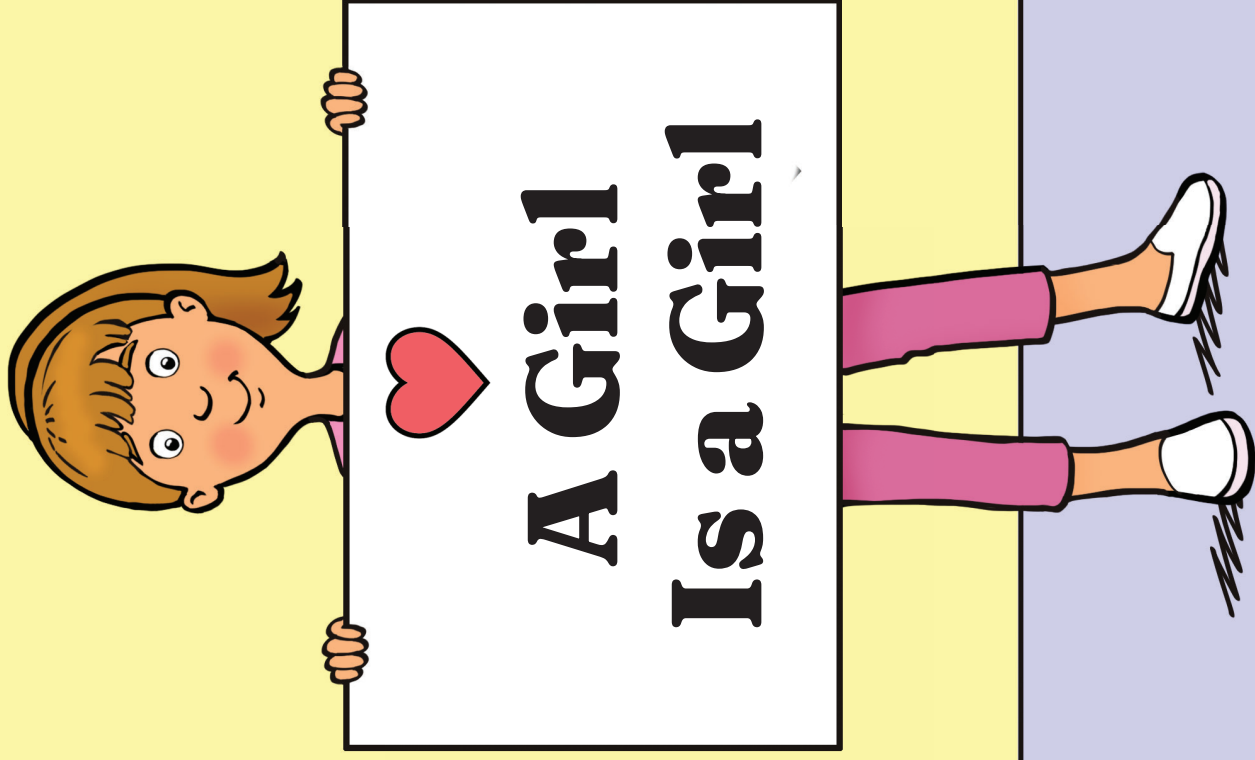
- M.** Ask if anyone knows what dignity means. Explain that dignity means we are valuable and good. Every human being has dignity. Why? Because we are made in the image and likeness of God. Our dignity does not depend on other people to affirm us, or even to like us! It does not depend on what we do, how smart we are, how many friends we have, how good at sports we are, or anything else. It comes from being made in God's image.
- N.** Continue to explain that as baptized Christians, we have the very special dignity of being adopted sons and daughters of God. This is our identity! This can never be taken away from us!
- O.** Close by naming each of your students, and sharing something you admire about them one by one. Emphasize that God loves them as He made them to be, and nothing can ever change that.

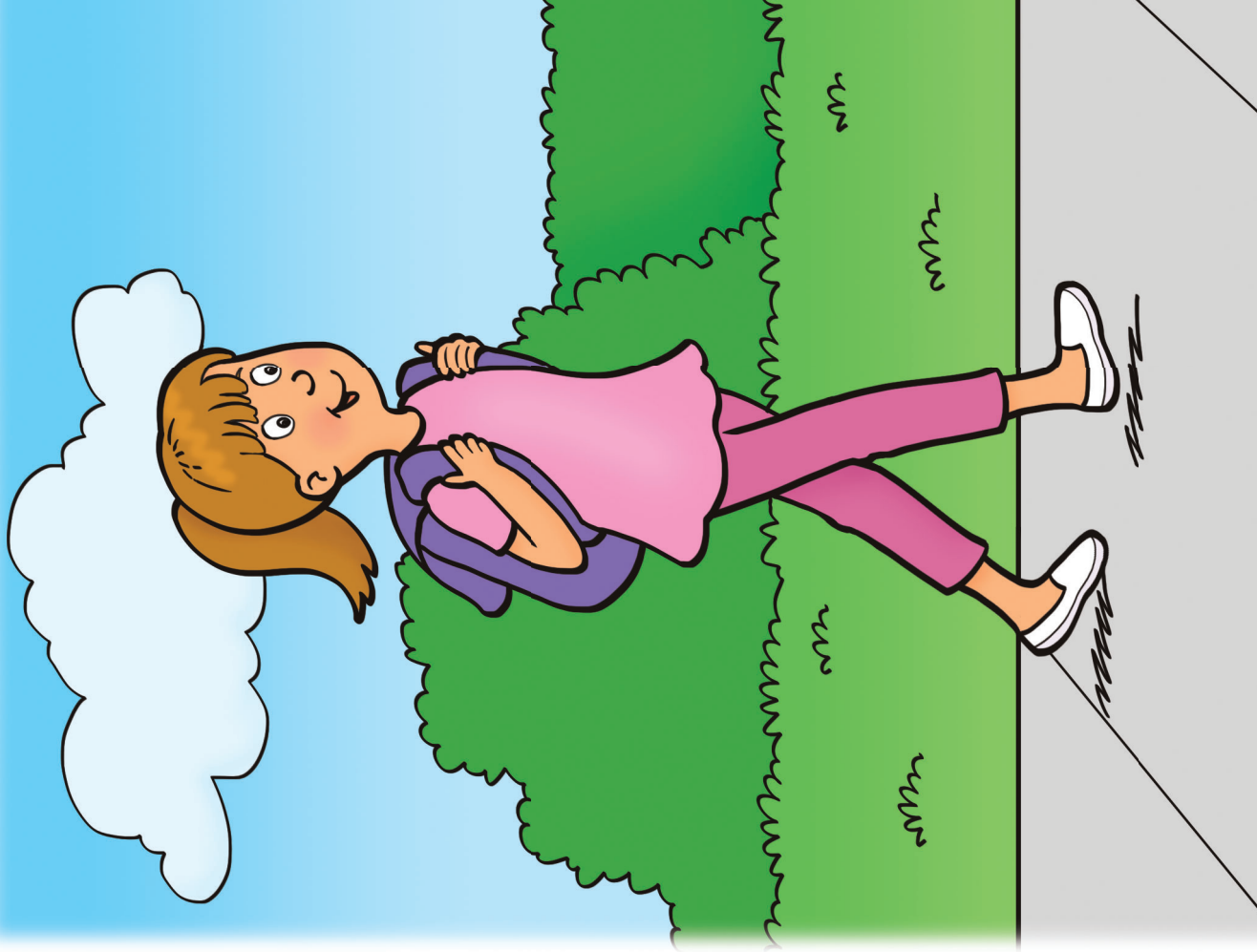
A Girl Is a Girl



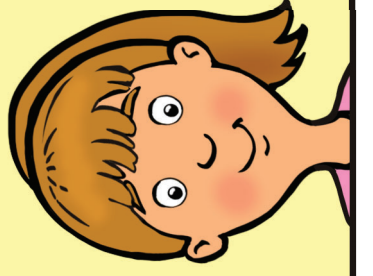
SOPHIA
Teachers

SophiaTeachers.org

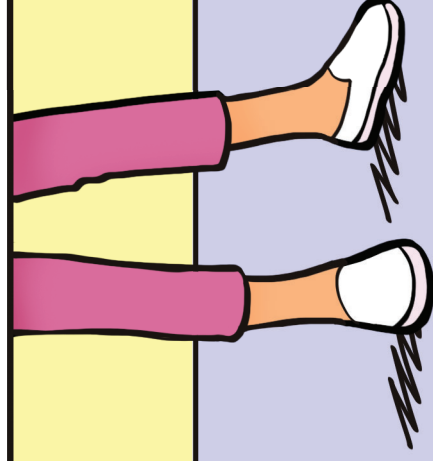


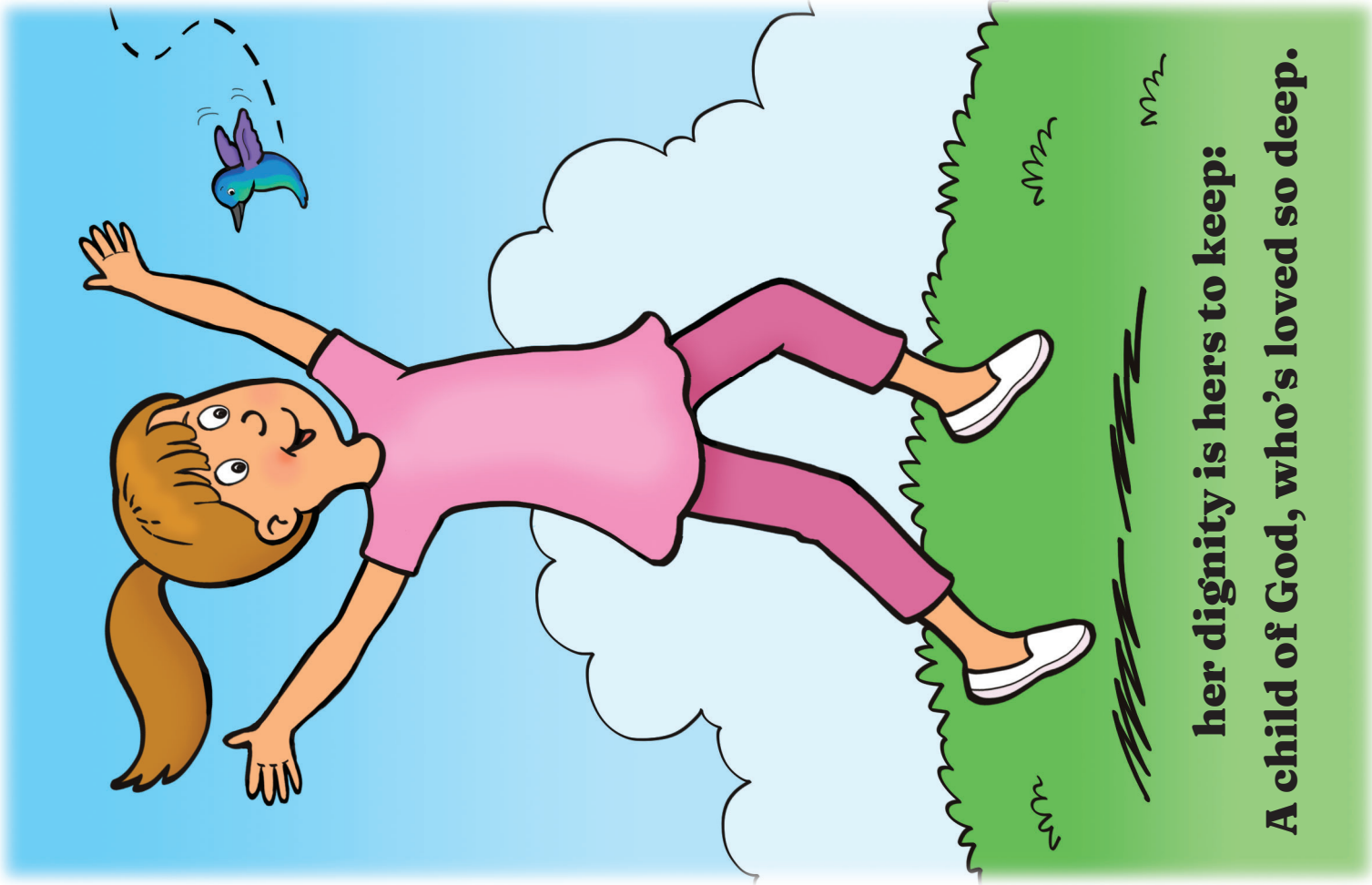


**Marie walks to school
with her friends.**

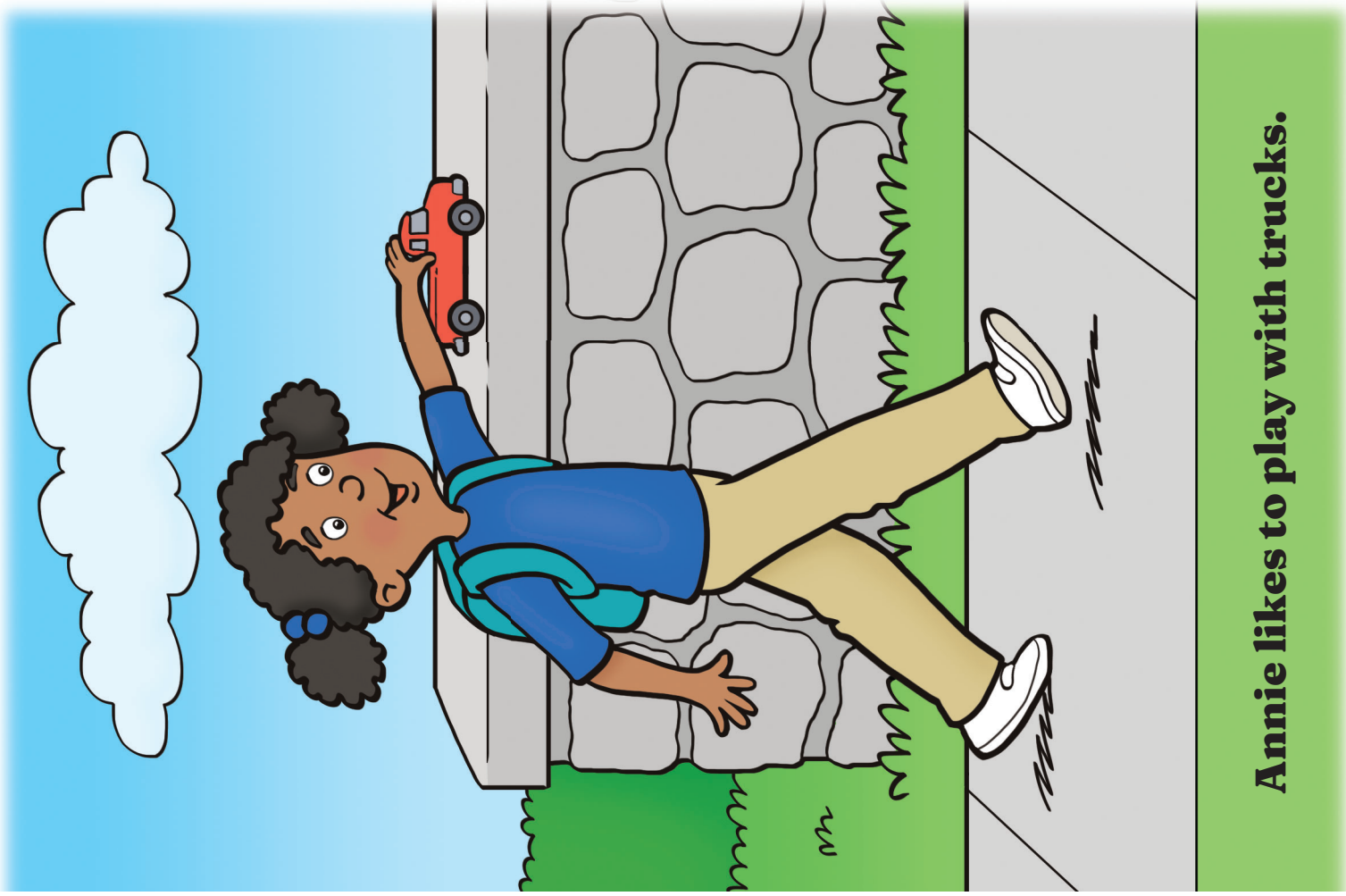


**You are a child of God,
a daughter of the Most
High, of infinite dignity
and worth, and no one
can ever take that
away from you.**

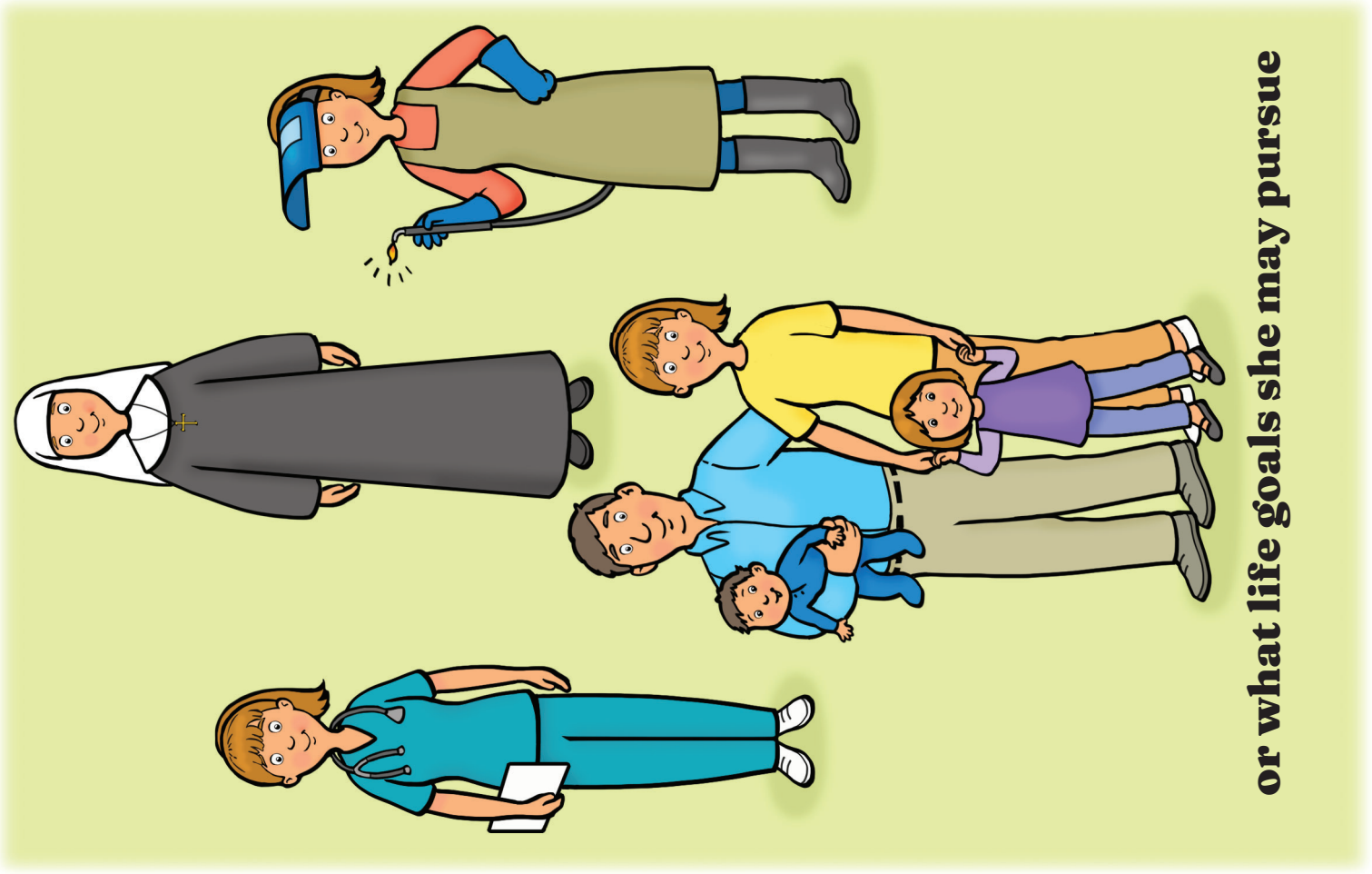
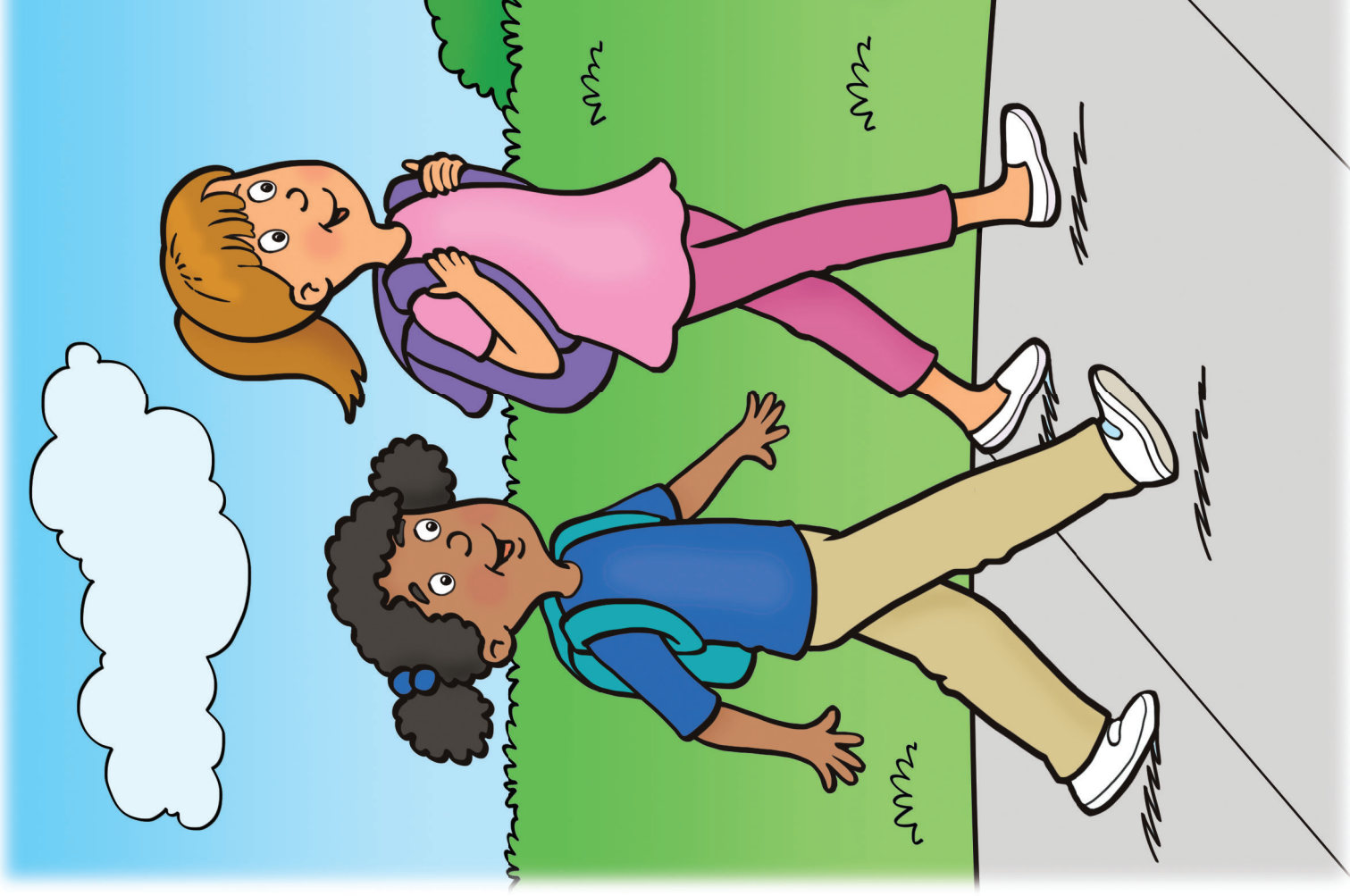




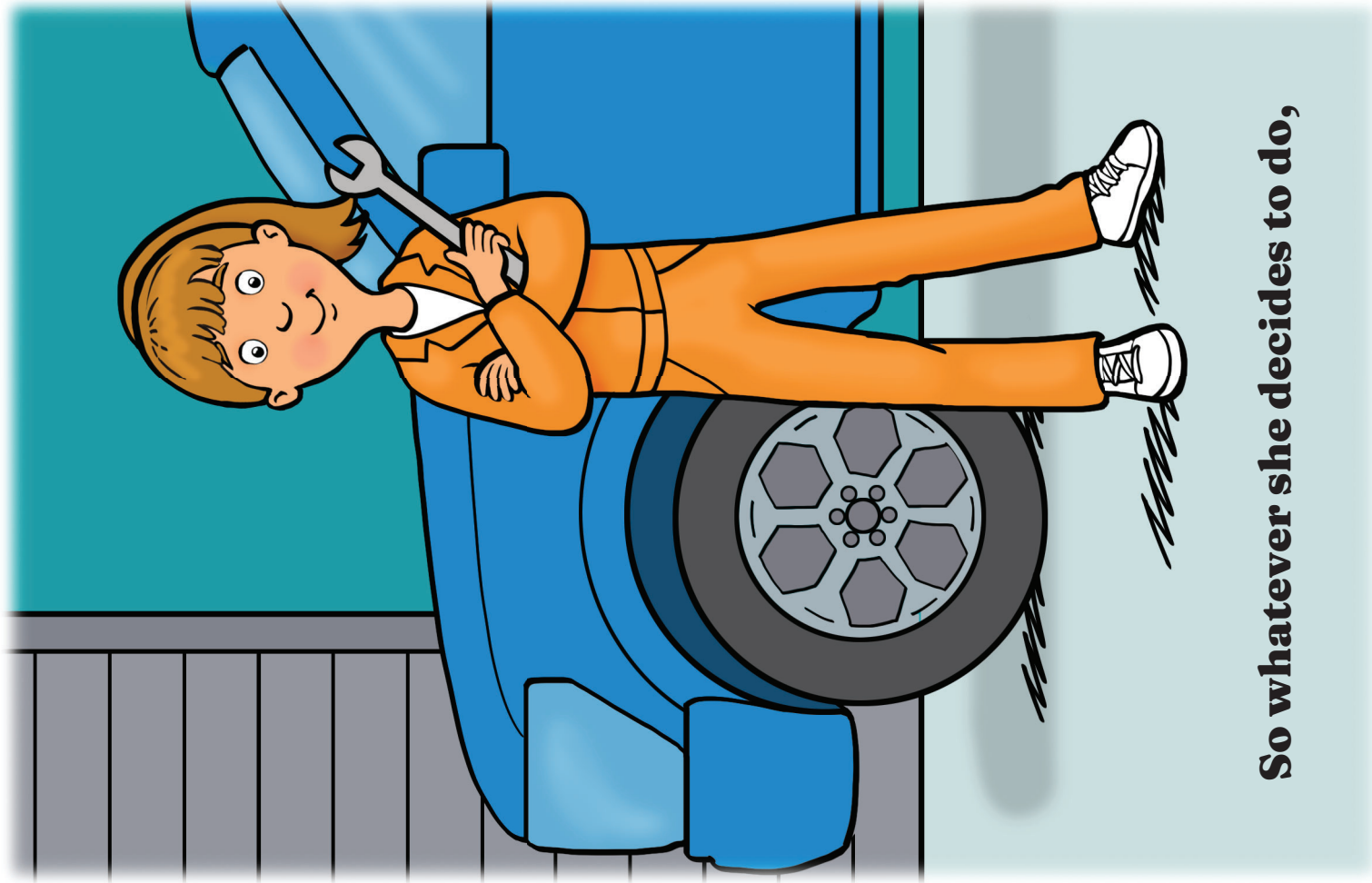
**her dignity is hers to keep:
A child of God, who's loved so deep.**



Annie likes to play with trucks.



or what life goals she may pursue



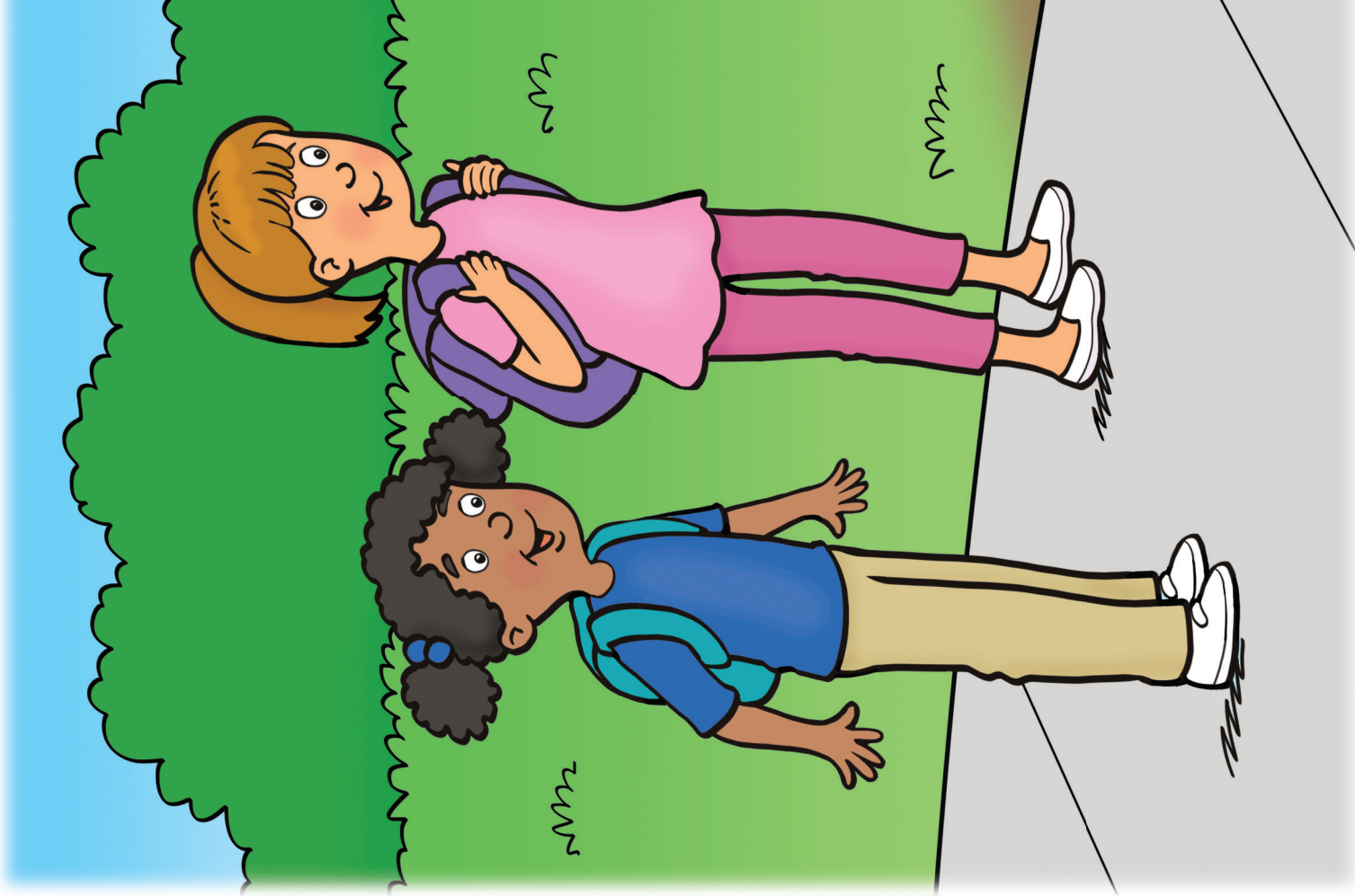
So whatever she decides to do,

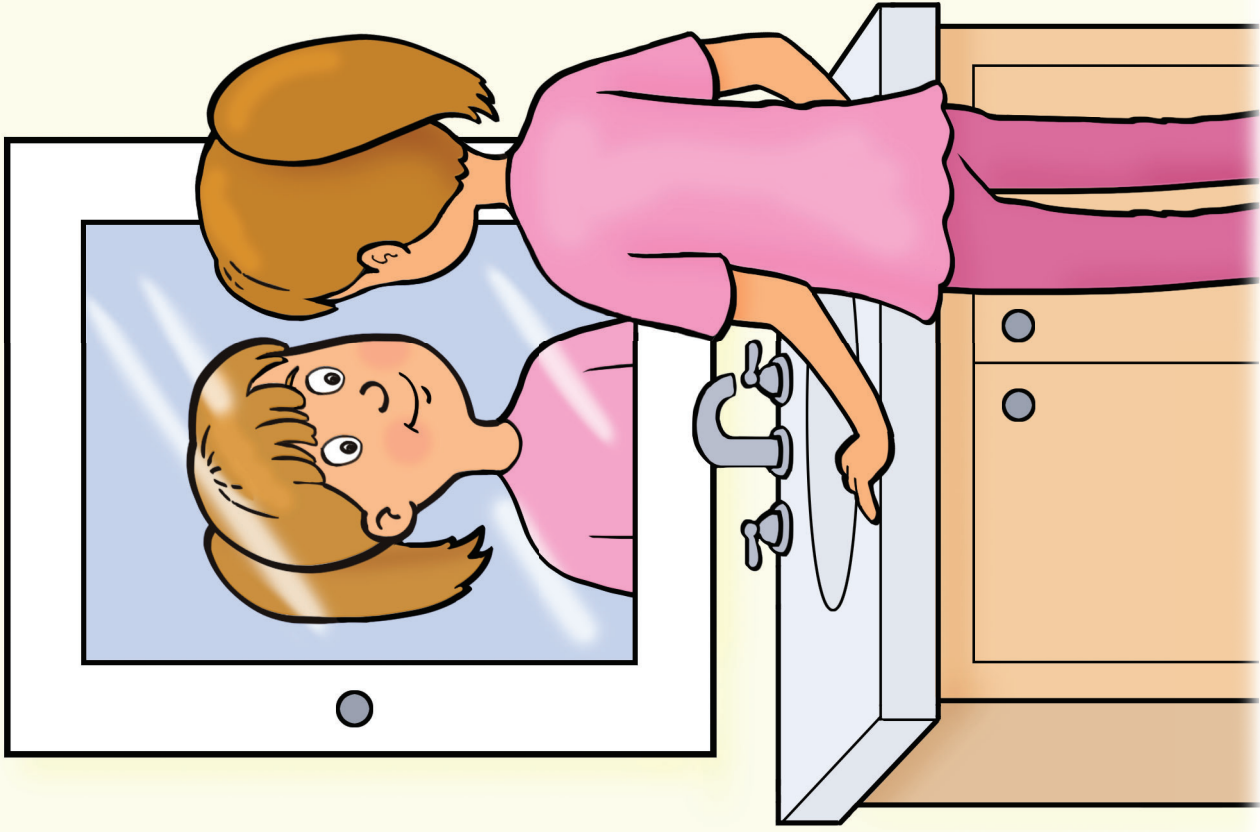


Lily likes to feed the ducks.

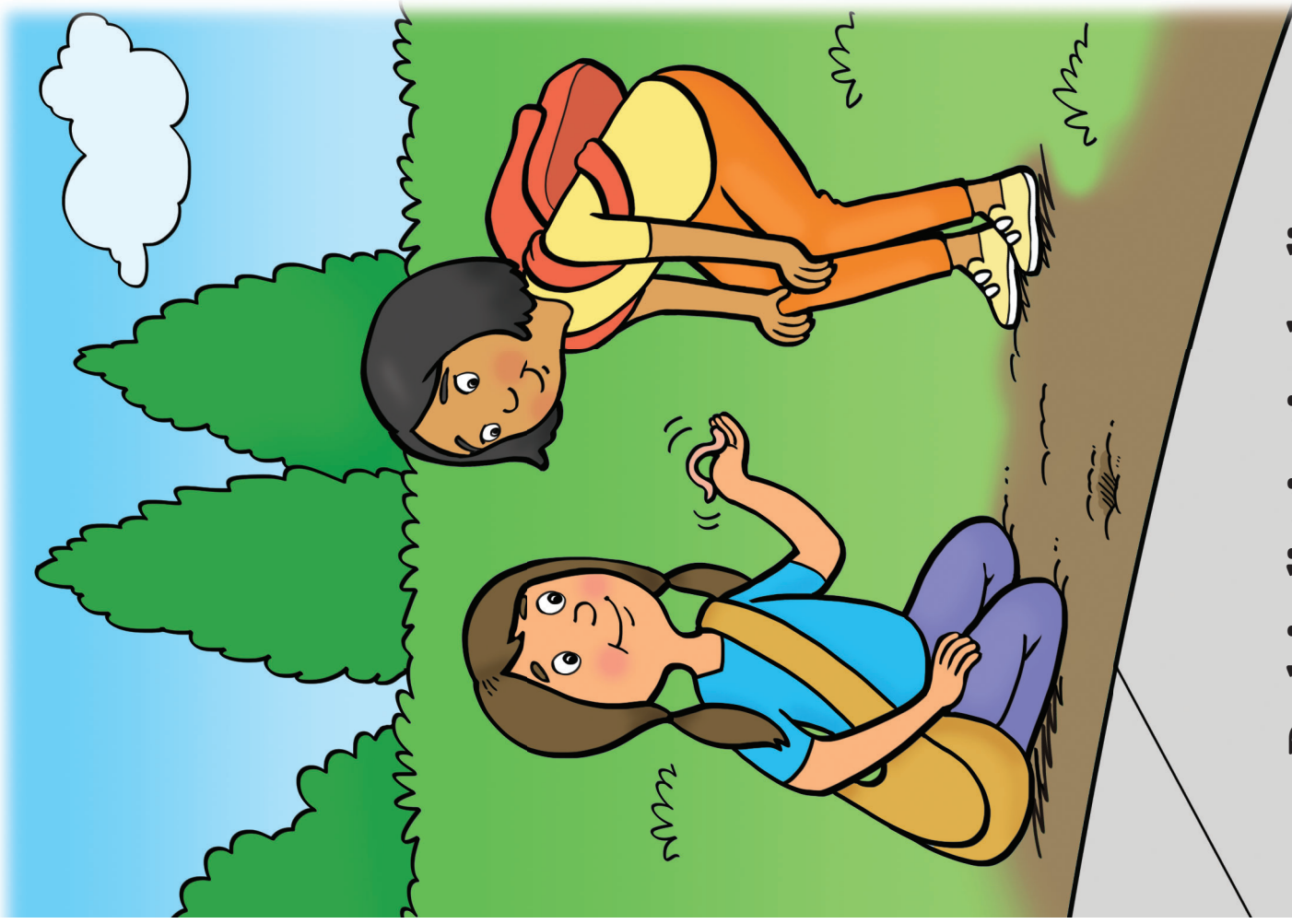


**Is that God loves the girl she is.
And will be as long as she lives.**

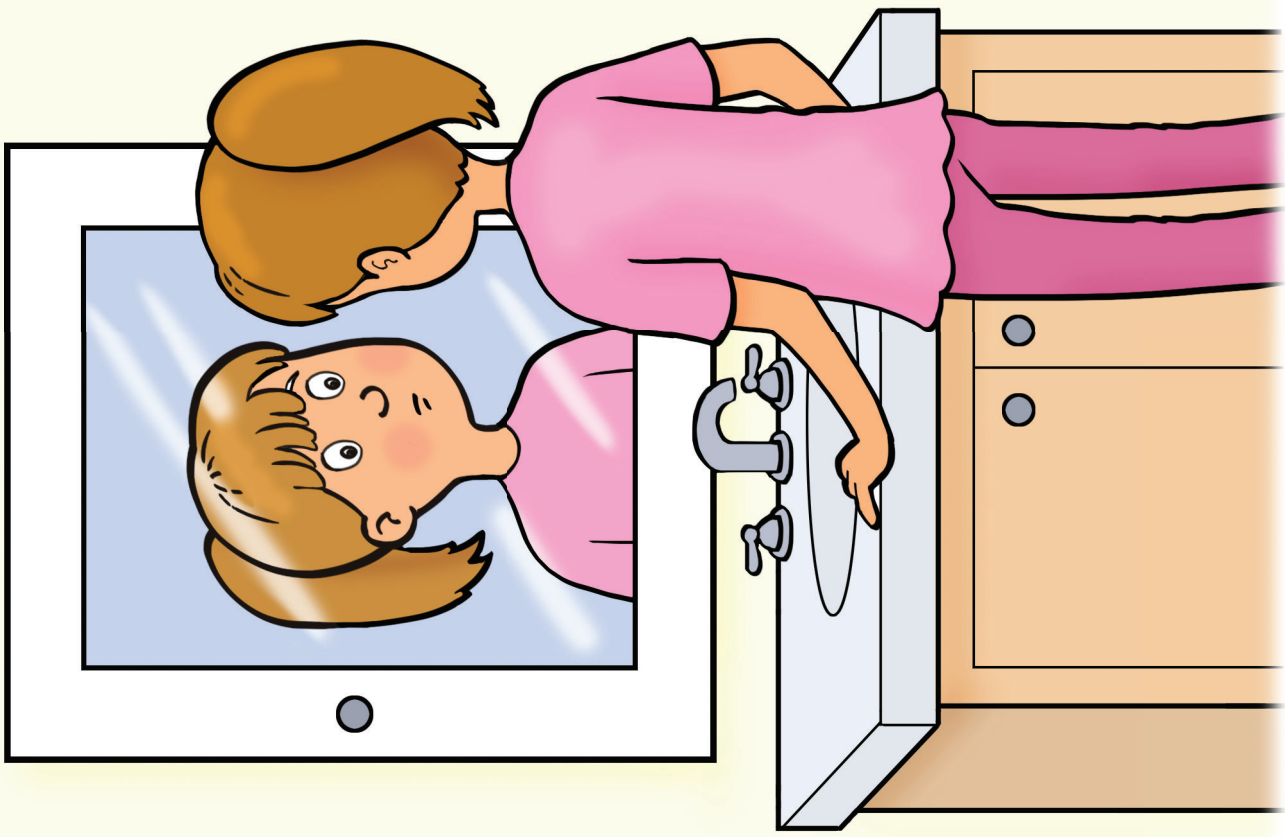




**Feelings change, they come and go.
But something she will always know.**



Beth is digging in the dirt.



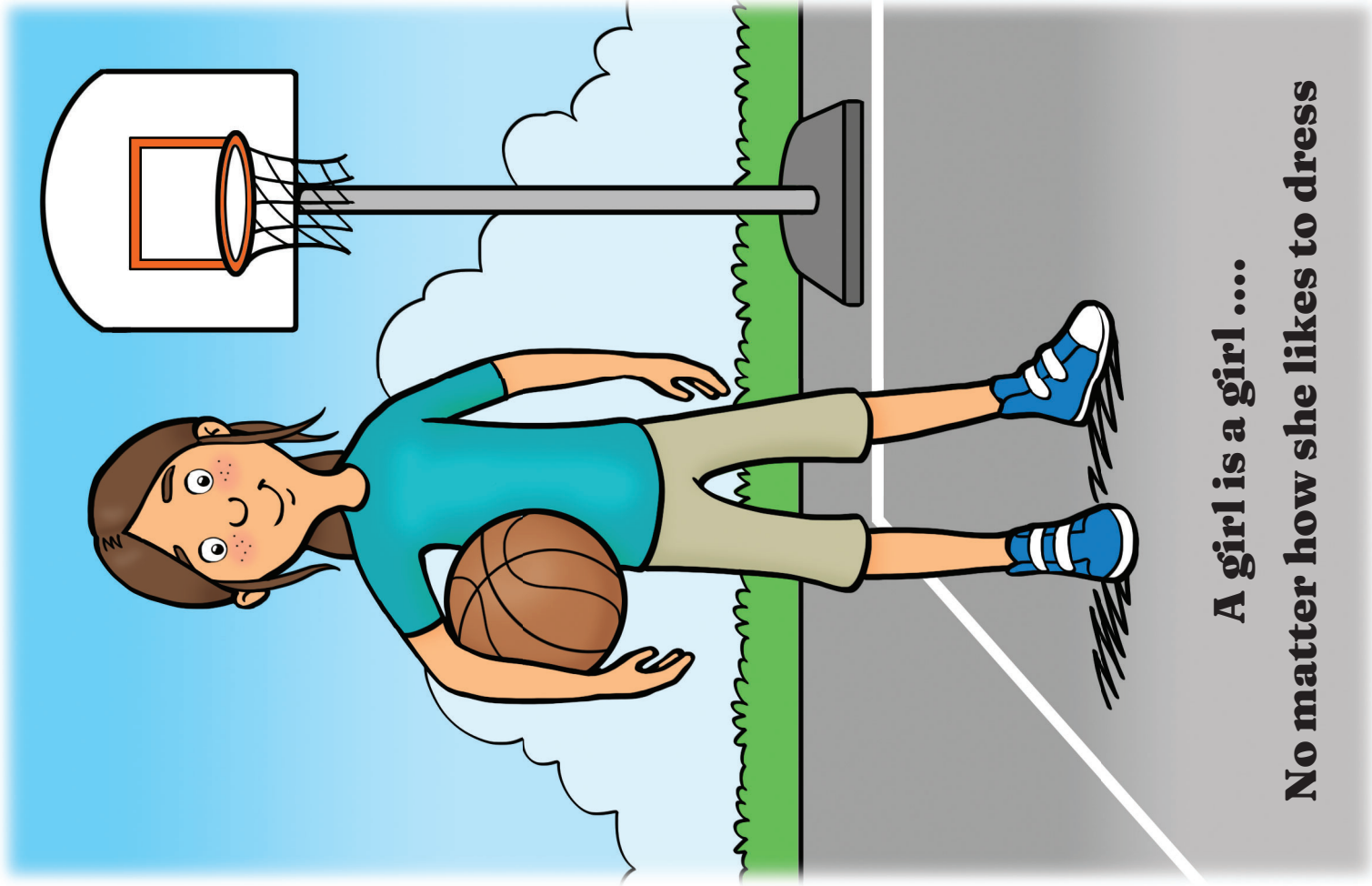
No matter what her feelings say.



No matter how she likes to play.



Jenna twirls in her full skirt.



A girl is a girl

No matter how she likes to dress



**or whether her
math skills impress.**