

5 STEPS TO BEING A GIRL'S GIRL

1 Support girls and young women

Stereotypes always make it seem that women and girls are constantly competing with one another. In reality, girls celebrate each other, uplift one another, and have each other's backs.



2

Treat girls and young women how they want to be treated

Every young woman and girl is worthy of kindness, compassion, empathy, and respect. Whether its with friends, at school or work, or on the street - every girl has the right to be treated with dignity.



3 Look out for your friends

A friend can often be the first person you talk to when things are challenging. Check in on your friends, listen, and help them get support.

4

Spot the signs of unhealthy relationships experienced by girls and young women

Anyone can be in an unhealthy relationship. If you are worried, speak to your friend and tell a trusted adult about your concerns.



5 Reflect on your own behaviour and ensure you are being 'a Girl's Girl'

Support and appreciate other women and girls by uplifting their successes, leaving jealousy at the door, and building a stronger community between girls.



WHERE TO GET HELP

If you are worried or upset about something you have experienced, it is important to ask for help. If you are worried about a friend, you should encourage them to seek help. Speak with a trusted adult or contact one of the services below:

CHILDLINE

(24/7) - 0800 1111
www.childline.org.uk

LIFELINE

(24/7) - 0808 808 8000

COMMON YOUTH

www.commonyouth.com

RELATE NI TEEN COUNSELLING

www.relateni.org

TO FIND OUT MORE ABOUT
THE CAMPAIGN VISIT

www.footprintswomenscentre.org/bravebelfastcailini

or scan the QR code



BRAVE BELFAST CAILÍNÍ

BRAVE BELFAST CAILÍNÍ

Brave Belfast Cailíní is a youth-led campaign empowering young women and girls to support one another in understanding healthy relationships, consent, and how to engage in conversations about boundaries.

The campaign is a partnership between NSPCC Northern Ireland and Footprints Women's Centre. It was created by girls and young women aged 12-16 to address what forms a healthy relationship, emphasise the importance of boundaries and consent, and encourage cailíní to support each other and encourage their peers to seek help when needed.

- B** E A GIRL'S GIRL
- R** ESPECT BOUNDARIES
- A** SK FOR CONSENT
- V** ALUE YOURSELF
- E** NCOURAGE SEEKING HELP

UNDERSTANDING HEALTHY RELATIONSHIPS

A healthy relationship is built on respect, trust, communication and equality. Its about two people supporting and valuing each other as equals, where both feel safe, listened to and free to be themselves. Healthy relationships – whether with a partner, friend or family member – make you feel respected and cared for, not controlled or afraid. They allow you to grow as a person and feel confident in who you are.

WOULD YOU RECOGNISE THE SIGNS OF AN UNHEALTHY RELATIONSHIP?

Take our "Red Flag or Green Flag" quiz by scanning the QR Code and test your knowledge.



CONSENT AND BOUNDARIES

Consent

Consenting means you understand and agree to something without being pressured or feeling scared. Consent isn't just about saying yes or no, and how you feel can change from one moment to the next. For any kind of physical intimacy, both of you must be consenting and comfortable with it. It is your responsibility to know whether your partner is consenting.

Find out more about consent on the Childline website at www.childline.org.uk

Why Are Boundaries Important

Boundaries can help create healthy relationships with yourself and others, and they can help protect your physical, mental, and emotional wellbeing. Everyone has the right to set boundaries and have them respected.

Remember that boundaries, like consent, can change and evolve. It's important to check in with each other regularly on your boundaries.

Setting Boundaries

It's important that you identify what your boundaries are for yourself. Don't worry if you're unsure what's ok and what's not ok for you, but having a sense of what you're comfortable with can help you communicate with a partner and start that conversation.

Everyone's needs are different, so having a conversation about boundaries can help people recognise their feelings and help you feel safe and secure. When you set boundaries early in a relationship, it helps both of you get on the same page from the start.

How to Talk About Boundaries

- Have this conversation privately, and face-to-face when possible so there's less room for misinterpretation.
- Approach the conversation openly and honestly, be direct about your expectations and what's ok and not ok for you
- Keep the discussion calm and respectful, be assertive not aggressive

Here are some examples of how to talk about boundaries:

"I WANTED TO TALK TO YOU ABOUT..."

"I DON'T LIKE..."

"I'M NOT COMFORTABLE WITH..."

"PLEASE ASK ME FIRST..."

"IT'S IMPORTANT FOR ME THAT..."

What to do if a boundary is broken

- Talk to them as soon as it's appropriate
- Explain clearly what boundaries were broken
- Tell them how it makes you feel when your boundaries are broken

The boundaries should be respected by both of you from then on. If boundaries continue to be broken with this person, this should be taken seriously and you should approach a trusted adult for help.