



JJ's I'm Me Tour Curriculum

JJ's I'm Me Tour is a 4-week program for middle schools and high schools (50 girls per school). Each 2-hour session offers the girls an opportunity to be exposed to different high-level careers such as engineers, Nike shoe designers, radio personalities, financial experts and more! Our core presenters hold sessions on Health/Fitness, Goal Setting, Beauty/Style, and Etiquette. Students are given daily journal assignments and encouraged to share their entries during the sessions. At the end of the tour, JJ gives an empowering message "It's ok to be GREAT!"

Each presenter holds a 1-hour session that will teach the following skills:

- I'm Beautiful - Basic hygiene, skin care, self-esteem builders
- I'm Living the Good Life - Finding your passion, setting goals, vision boards, career development.
- I'm Fit and Fabulous - Healthy eating, creating personal fitness goals, setting a routine for a healthy lifestyle, addressing eating disorders and internal health.
- I'm Classy - An interactive session on proper etiquette, body language, attitude, confidence, and other fundamental lessons about achieve complete wholeness and well-being.
- Other Tour Initiatives Include: STEM; Crime/Prevention, Human Trafficking.

This program doesn't stop here. Students are encouraged to complete at least one (1) community service activity with JJ's I'm Me Foundation such as community walks/marathons, clean up Houston, and food drives.

At the end of the school year, we hope to conduct a recognition ceremony to reward these girls for their hard work and dedication.



Why JJ's I'm Me Tour?

- Focus on Core Elements of Total Well-Being
 - Our after school program includes a 4-week interactive program that focuses on key areas that are fundamental to the total development of young girls.
- JJ's I'm Me Tour Staff
 - Our presenters are carefully selected. They are renowned and celebrated members of the Houston community and bring a level of skills ranging from etiquette to nutritional values. Most important, they are passionate about empowering young girls.
- We Partner with Schools
 - Our program is aligned with the Texas Essential Knowledge & Skills (TEKS) curriculum and includes collaborative activities and learning tools that can be applied to classroom learning.
- We Value our Girls and Partners
 - At the end of each 4-week session, we conduct surveys to receive feedback and to assess the impact of the program on our girls. This enables us to continue to make improvements for future participants.



I'm Beautiful

I. Good Hygiene

- What does hygiene mean?
- How do we take care of our hygiene?
- How do we wash hands properly?
- What test can you use to make sure your clothes smell clean?
- Should you tell someone if they smell bad or don't look clean?
- Why should you be careful of what you are wearing?

II. Skin Care

- How to properly wash your face
- Never go to bed with your face dirty
- Am I dry or oily
- Exfoliate! How to make your own at home body scrub (demo)
- SPF: What is it? Why is it important?
- Moisturizing: Why is it so important?

III. Maintaining Overall Skin Health

- Smoking, drinking, alcohol
- Lack of Sleep
- Stress
- Putting too much product on our face
- You are what you eat

IV. Make-Up Application (High School Only)

- What type of makeup looks best on you
- How to apply make-up (demo)



V. Self-Image

- How you carry yourself says a lot about you
- Take a look at the picture: Which celebrity would want as your doctor based on their appearance
- Loving your flaws and all

VI. Social Media and Self Image

- Exploring Social Media Pictures and the message they reflect on self-image
- Be Yourself

VII. Dress/Attire

- What is the best look for you?
- Identifying attire for various settings:
 - School
 - Church
 - Job interview
 - Out with the girls

VIII. Homework Assignment

- Girls will journal about their flaws and the impact they have on their daily activities.

I'm Fit and Fabulous



I. Being the Best You

- Importance of maintaining a healthy body long-term through diet and exercise
- Identifying what we can do right now to take better care of our body
- Just Do It: Overcoming procrastination and excuses (Setting Goals)
- Physical Activities (Join a team)

II. Nutrition/Healthy Eating

- What is healthy eating?
- Students learn how to read a nutritional chart
- What you eat works for you or against you
- Learn about proteins, fats and complex carbs
- Importance of multivitamins and water
- Learn the effects of refined sugar, salt in excess, processed foods, fast food, etc.

III. Eating Disorders

- Identify and describe the types of eating disorders such as bulimia, anorexia or overeating

IV. Doctor Visits

- Explain the needs for wellness exams and check ups
- Explain the impact that drugs, tobacco and alcohol have on your body
- Talk about stress and the effects it has on your health

V. Exercise Demonstration

- Proper techniques and movement
- Importance of cardio and strength training.
- Students participate team activities that include jumping jacks, jump rope, squat exercises, sit ups, crunches, planks,
- What exercises help with Cardiovascular conditioning, building muscle, losing weight, gaining weight

VI. Proper Attire for a workout

- Appropriate clothes for working out

VII. Homework

- Girls are given “at home” workout routines and encouraged to display their workouts on social media



I'm Living the Good Life



I. My Career

- Explaining my career and what I do for a living
- How long have I been doing this?
- How did I get started?
- Is this what I always wanted to do?
- What schooling was required?
- Are there scholarships for my career field?
- Challenges/Obstacles
- Where do I get my motivation?

II. Career Planning

- What do you want to be when you grow up?
- How to learn more about your career interest?
 - Utilizing your resources
 - Finding a mentor
- What skills do you need for your career interest?
- What is the purpose of a job interview?
 - How to dress for an interview
- Learn how to write a résumé
- How to complete a job application
- Workplace etiquette



III. Vision Boards

- What is a Vision Board?
- Discussing passions, talents, and gifts
- What am I looking to place on my vision board? (Healthy friendships, career choices, positive words that reflect what you want in life, family, graduation. Etc.)
- Girls receive magazines to cut out pictures of things that they love and are passionate about as well as things they want in the future.
- Girls are selected to share their vision boards with the class and explain why they chose certain elements to place on the board
- Where do I keep my vision board at home?



I'm Classy



I. Essential Manners for School, Home and Public Places

This workshop will introduce students to the importance of having good manners and how using good manners will improve their relationships with their friends, family and teachers.

Topics include:

- Please, Thank you, and You're Welcome
- Kindness counts
- Mindful behavior
- Bullying hurts
- How to be a good friend
- School-life manners
- Good sportsmanship
- Respect and courtesy at home and in public
- Appropriate behavior for public places
- Sharing, Gift Giving and Receiving

II. First Impressions: Greetings, Attitude, and Body Language

Topics include:

- Proper Greetings
- How to shake hands with good posture and eye contact
- How to make introductions: self and others
- How to walk, sit, and stand with confidence
- Attitude and body language
- Speaking with confidence
- How we sound to others, including the words we use, and the importance of speaking clearly and having a pleasant-sounding voice
- Dressing appropriately
- Personal grooming essentials

III. Conversation and Communication Skills

This workshop addresses all the ways in which students communicate with others, and the most effective and well-mannered way to do so.

Topics include:

- Choose your words
- Potty Mouth
- Conversation and listening skills
- How to gracefully enter and exit conversations
- Inappropriate questions
- Giving and receiving compliments
- Telephone and cell phone etiquette
- Social media dos and don'ts
- How to write a proper e-mail
- When it's appropriate to text
- Invitations and RSVPs
- Thank-you notes
- How to correctly address envelopes
- Public speaking and presentation skills

IV. Leadership, Character, and Life Skills

Topics include:

- Confidence-building exercises
- Importance of being organized
- Leadership qualities
- Planning and team building skills
- Learning how to get along with different types of people
- Setting goals

