



Helpful Resources

Use these helpful resources and articles to talk with girls and young women and navigate common issues, challenges, dangers, and concerns.

1. **Finding the Right Words to Talk with Children and Teens about Coronavirus**

A helpful conversation guide from the Center for the Study of Traumatic Stress.

2. **Confidence and Self-Esteem**

Resources on confidence and self-esteem from the Child Mind Institute.

3. **5 Warning Signs of Manipulation in Relationships**

Helpful article about warning signs from PsychCentral.

4. **How to Tell If Someone Is Manipulating You**

Helpful article about manipulation and what to do about it from Time.

5. **A Conceptual Model of Women and Girls' Empowerment**

An in-depth look at how to identify the multifaceted barriers that women and girls face in their journeys toward empowerment, from the Bill & Melinda Gates Foundation.

6. **5 Reasons Why Empowering Girls Matters**

A brief look at the benefits and impacts of empowering girls from the United Nations Foundation.

2. **Relationships 101**

Resources on healthy and unhealthy relationships from the One Love Foundation.

Want to learn more? Have questions? Visit marensanchezhomefoundation.org.