



Rites for Girls®

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Supporting girls safely through their teens

Girls Journeying Together® in Schools

Helping girls navigate puberty, friendships and the transition to secondary school with confidence

A 12-session programme for Year 6 girls, alongside sessions for their mothers or female carers

Delivered by trained Rites for Girls Facilitators

Preparing Girls for Adolescence, Not Just Secondary School

The move from childhood into adolescence is one of the biggest transitions in a girl's life. Friendships become more complicated. Bodies begin to change. Confidence can wobble. Anxiety often increases. Many girls begin to question whether they belong, whether they're "normal", and whether they're enough.

Girls Journeying Together in Schools gives girls a safe, nurturing space to make sense of this important stage of life and develop the confidence, emotional resilience and life skills they need to thrive.

The Girls Journeying Together Programme

Delivered over twelve sessions within the school day, Girls Journeying Together brings small groups of up to twelve girls together with a specially trained Rites for Girls Facilitator.

Through creative activities, discussion and shared experiences, girls learn to:

- Build confidence and self-belief
- Develop healthy, supportive friendships
- Understand puberty and their changing bodies
- Recognise and manage difficult emotions
- Develop resilience and healthy coping strategies

- Prepare for the transition to secondary school
- Discover that they are not alone

The programme is practical, engaging and deeply relational, helping girls feel more connected to themselves, one another and the trusted adults around them.

Supporting Mothers and Female Carers

Girls thrive when the adults who care for them feel confident too. Alongside the girls' programme, mothers and female carers are invited to their own supportive sessions, helping them:

- Better understand the emotional changes of adolescence
- Strengthen communication with their daughter
- Feel more confident supporting puberty, friendships and anxiety
- Build stronger, more connected relationships

Together, the girls' and parents' sessions help create joined-up support between school and home.

Proven Impact

Since launching in schools in 2024, with funding from The National Lottery, Girls Journeying Together in Schools is bringing this unique programme to communities who might otherwise never have access to it.

Evaluation shows that after completing the programme:

- **94%** of girls recognised that everyone experiences difficult times.
- **79%** knew who they could turn to for support.
- **77%** reported a better understanding of healthy friendships.

Why Schools Choose Rites for Girls

Rites for Girls is a non-profit organisation with over fifteen years' experience supporting girls and families through the transition to adolescence.

Every Girls Journeying Together Facilitator completes a comprehensive two-year training programme before becoming fully accredited, ensuring schools receive a consistently high-quality, safe and professionally delivered experience.

Our programmes complement PSHE and wellbeing provision while creating lasting benefits for girls, families and school communities.

Contact us to arrange a conversation to see how we can support girls in your school.
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