

Building a Girls' Movement for the Next Decade:
V-Girls Pilot Program

Getting Started Kit





Dear Emotional Creature,

You know who you are. I wrote this book because I believe in you. I believe in your authenticity, your uniqueness, your intensity, your wildness. I love the way you dye your hair purple, or hike up your short skirt, or blare your music while you lip sync every single memorized lyric. I love your restlessness and your hunger. You are one of our greatest natural resources. You possess a necessary agency and energy that if unleashed could transform, inspire and heal the world. I know we make you feel stupid, as if being a teenager meant you were temporarily deranged. We have become accustomed to muting you, judging you, discounting you, asking you, sometimes even forcing you to betray what you see and know and feel.

You scare us. You remind us of what we have been forced to shut down or abandon in ourselves in order to fit in. You ask us by your beings to question, to wake up, to re-perceive. Sometimes I think we tell you we are protecting you when really we are protecting ourselves from our own feelings of self-betrayal and loss.

Everyone seems to have a certain way they want you to be—your mother, father, teachers, religious leaders, politicians, boyfriends, fashion gurus, celebrities, girlfriends. In researching this book I came upon a very disturbing statistic: “74% of you say you are under pressure to please everyone.”

I have done a lot of thinking about what it means to please. To please, to be the wish or will of somebody other than yourself. To please the fashion setters, we starve ourselves. To please boys, we push ourselves when we aren't ready. To please the popular girls we end up acting mean to our best friends. To please our parents we become insane overachievers. If you are trying to please how do you take responsibility for your own needs? How do you even know what your own needs are? What do you have to cut off in yourself in order to please others? I think the act of pleasing makes everything murky. We lose track of ourselves. We stop making declaratory sentences. We stop directing our lives. We wait to be rescued. We forget what we know. We make everything okay rather than real.

I have had the good fortune to travel around the world. Everywhere I meet teenage girls, circles of girls, packs of girls walking the dusty roads home from school, hanging out on city street corners, arm in arm, laughing, giggling, screaming. Electric girls. I see how your lives get hijacked, how your opinions and desires get denied and undone. I see too how this later comes to determine so much of our lives as adults. So many of the women I have met through *The Vagina Monologues* and *The Good Body* and V-Day are still trying to overcome what was muted or undone in them when they were young.

They are struggling late into their lives to know their desires, to find their power and their way.

This book is a call to question rather than please. To provoke, to challenge, to dare, to satisfy your own imagination and appetite. To know yourself truly. To take responsibility for who you are, to engage. This book is a call to listen to the voice inside you that might want something different, that hears, that knows the way only you can hear and know. It's a call to your original girl self, to your emotional creature self to move at your own speed, to walk with your step, to wear your color. It is an invitation to heed your instinct to resist war, or draw snakes, or to speak to the stars.

I hope you will see this book as something living, that you will use it to help you to identify and overcome the obstacles or pressures which prevent you from being an emotional creature. Maybe then after you read these stories and monologues you will be inspired to write and share your own, or paint your bedroom wall or fight for polar bears or speak up in class or learn about sexuality or demand your rights.

When I was your age, I didn't know how to live as an emotional creature. I felt like an alien. I still do a lot of the time. I don't think it has much to do with the country I grew up in or the language I speak. In this book you will meet girls who come from everywhere. Some live in remote villages, others in huge cities, some in the middle of posh suburbs. Some worrying about whether they will be able to afford the latest Birkenstocks, some worrying if they'll ever get home after 2 years of being held as a sex slave. Some deciding whether they are able to kill a supposed enemy, some on the brink of killing themselves, some desperate for the next meal, some unable to stop starving themselves. Girls from Cairo, Sophia, Ramallah, Bukavu, Scarsdale, Nairobi, Jerusalem, Manhattan, Sydney, Paris, All of them, all of you live on the planet right now. I think whatever country or town or village you physically live in, you inhabit a similar emotional landscape. You all come from girl land. There you get born with this awakens, this open hearted have to eat it taste it know it, defy it. Then the "grown ups" come with their rules, their directions. They teach you how to make yourselves less so everyone feels more comfortable. They teach you not to stand out. They get you to behave.

I am older now. I finally know the difference between pleasing and loving, obeying and respecting. It has taken me so many years to be okay with being different, with being this alive, this intense. I just don't want you to have to wait that long.

Love,

A handwritten signature in black ink, appearing to be the name 'Eve', with a long, sweeping horizontal line extending to the right.

Eve

V-Girls Getting Started Kit

- V-Girls Pilot Program Overview
- Pilot Registration Form
- Guidelines
- Pilot Program Timeline
- Suggestions for Succeeding in Hosting a V-Girls Pilot
- Facing Resistance
- Key V-Day Staff and V-Girls Advisory Circle

If you have questions or need additional information, contact:

Nikki Noto, V-Girls Campaign Manager

nikki@vday.org

Office – 404.378.3436

Cell – 770.315.2838



V-Girls Pilot Program Overview

V-Day: From a Single City to a Global Movement

Founded in 1998 in New York City, V-Day is a global movement of grassroots activists dedicated to stopping violence against women and girls. Over the past 11 years, thousands of communities made up of ordinary people have staged benefit productions of Eve Ensler's play *The Vagina Monologues* (and other works presented by V-Day) in their communities and on college campuses to raise awareness and funds to end violence against women and girls. In all 50 United States and in over 130 countries, activists have taken V-Day's path to action, staging and producing large-scale benefits, gatherings, films and campaigns to educate and transform social attitudes. In this short span of time, V-Day has raised an astounding \$70 million, benefiting more than 10,000 groups in the global fight against the pandemic of violence against women and girls. Today, with little overhead and a virtual infrastructure, V-Day stands as an unprecedented global movement, a unique model for change that is revolutionizing culture through art and activism, village by village, city by city, country by country. For more about V-Day, visit www.vday.org.

About V-Girls:

V-Day believes that girls are the future of our movement. If women are the primary resource of our planet today, then girls are the seeds that will grow our movement into future generations. In order to see our vision for a world free of violence against women and girls come true, we must invest in them.

Why we love girls –

- Because girls are intense, unique, authentic, restless, open-hearted, powerful and wild
- Because girls provoke us, challenge us, and dare us to believe in love, to find ourselves through action, and to be emotional creatures
- Because girls ask us by their being to question, to wake up, and to re-perceive
- Because girls love to learn and have a particular way of knowing
- Because girls are one of our greatest natural resources
- Because girls will transform, inspire, and heal the world

Why does V-Day believe in empowering girls?

- Because there are millions of girl brides in the world.
- Because three million girls are genitally mutilated each year.
- Because young people are half the world's population.
- Because hundreds of thousands of girls are sex trafficked across borders annually.
- Because teen relationship abuse is so common in the United States.

- Because HIV/AIDS will only decrease when young people feel empowered by the facts and take agency over their bodies.
- Because millions of girls and young women are raped, beaten, incested and silenced every day.
- Because girls are the future.

Eve Ensler's newest work, *I Am an Emotional Creature: The Secret Life of Girls*, will debut in 2010 (in book format) and chronicles the struggle of girls everywhere to overcome the obstacles, threats, and pressures that rob them of their originality and power. The piece is the story of what girls face, their resiliency, their wildness, their pain, their fears, their secrets and their triumphs. It will be a call, a reckoning, an education, a catalyst, an act of empowerment. The piece consists of original monologues about and for girls from around the world and aims to inspire girls to take agency over their minds, bodies, hearts, and curiosities.

I Am an Emotional Creature: The Secret Life of Girls will be a vehicle for young girls to participate in the V-Day movement through the V-Girls program, in the same way *The Vagina Monologues* has built a movement on college campuses and in communities around the world. The goal of V-Girls will be to engage young women in our "empowerment philanthropy" model, igniting their activism.

Universal Themes Include:

- Violence Against Women and Girls
- Empowerment (including empowerment philanthropy)
- Religion and Cultural Traditions
- Sexuality

About the V-Girls Pilot Curriculum and Performance Guide:

The V-Girls program is focused on empowering girls and inspiring activism and is based on Eve Ensler's newest work *I Am an Emotional Creature: The Secret Life of Girls* available with a downloadable performance guide and curriculum guide for 9th-12th graders. The curriculum will guide girls in reflection and response to the material personally, and will empower them to act on local, national, and global levels. V-Girls pilot sites will all enter into an agreement with V-Day in order to receive authorization, copyright permission and comply with program guidelines.

V-Girls Curriculum is for:

- **After school/extracurricular leaders** who wish to stage a reading of *I Am an Emotional Creature* with reflective discussion
- **Theatre teachers** who wish to stage a reading of *I Am an Emotional Creature* in an academic theatre class
- **Teachers in Health, Social Studies, History or Language Arts** who wish to incorporate *I Am an Emotional Creature* and a staged reading into an academic class

- **Teens in partnership with adult mentor(s)** who wish to stage a reading of *I Am an Emotional Creature* with reflective discussion

V-Girls Performance Guide and Curriculum Include:

- Lesson plans
- Performance guide
- Discussion guides
- Subject area classroom curriculum
- Resources for production and promotion

Subject Area Curriculum Available for:

- Health
- Social Studies
- History
- Language Arts
- Theatre

About the Performance Guide:

The V-Girls guide for rehearsal, production, and performance of a staged reading of *I Am an Emotional Creature* includes -

- Discussion guide and activities to enhance monologues
- Resources for empowerment philanthropy, selection of a beneficiary, money management, fiscal sponsorship, fundraising techniques and strategy
- Resources and suggestions for rehearsal, production, and promotion of a staged reading
- Timeline suggestions
- Guide for adult leaders including safety resources for disclosure from youth who have experienced abuse or need related services
- Suggestions for approaching administration and facing resistance

Curriculum Availability and Scheduling Staged Readings:

Upon selection as a pilot site, your **Getting Started Kit** will provide the resources you need to begin planning the pilot of V-Girls at your site. The complete downloadable curriculum will be provided to you in September 2009. You will also receive a login for additional resources at the V-Spot, V-Day's secure, online website. V-Day requires that an adult mentor and a teen work together (each pair will be provided with a log-in for the V-Spot). Staged readings will be scheduled during V-Season 2010 (February-April).

*****Please e-mail the form included in this kit to Nikki Noto, V-Girls Campaign Manager, nikki@vday.org to confirm your participation in the V-Girls pilot program.**

V-Girls Pilot Registration Form

Please complete the following information and answer the questions below and email no later than July 15, 2009 to Nikki Noto, nikki@vday.org, to confirm your participation in the V-Girls pilot program. (Copy and paste into the body of an email – thank you!)

1. Pilot Site Information

Name:

Location:

School/Organization:

Mailing Address:

Phone Number:

Website:

2. Primary Adult Leader Information

Name:

Email Address:

Alternate Email Address:

Mailing Address:

Phone Number:

Alternate Phone Number:

3. Primary Youth Leader**

Name:

Email Address:

Alternate Email Address:

Mailing Address:

Phone Number:

Alternate Phone Number:

4. Will you utilize V-Girls curriculum in the academic setting? If so, in what subject area(s) (Health, Social Studies, History, Language Arts, Theatre)?

5. Will you use V-Girls curriculum in an extracurricular youth program? If so, please briefly describe this program or organization.

6. Will you present your staged reading of *I Am an Emotional Creature: The Secret Life of Girls* as a benefit production for an outside organization? If so, do you currently have beneficiary in mind? Please explain their mission.

****If you cannot select a youth leader during the summer due to your program schedule, please provide V-Girl leader information no later than September 15, 2009.**

V-Girls Guidelines

All V-Girls pilot sites will observe the following guidelines:

Leadership Requirements:

- Pilot sites should identify one adult leader and one youth leader. These leaders will serve as key organizers of the V-Girls program. They will also serve as primary contacts for V-Day and the program.
- Leaders will identify a V-Team made up of young people in addition to community supporters to assist in production.
- Leaders should have an active email address to be reached throughout the course of the program.
- All aspects of your program and event should promote girls' leadership and empowerment.
- V-Day strongly encourages diversity—please strive to be inclusive of participants from all backgrounds.

Program Performance Dates/Timeline:

- We recommend that pilot sites implement V-Girls curriculum and/or performance guide for a period of at least 8 weeks.
- V-Girls pilot sites will present a staged reading of *I Am an Emotional Creature* during V-Season 2010 (February 1-April 30, 2010).

Empowerment Philanthropy:

- V-Day and V-Girls are rooted in the unique model of empowerment philanthropy, providing tools for girls to empower themselves and one another and inviting them to use art, performance, and activism to raise funds and awareness in their own communities.
- V-Day's model of empowerment philanthropy urges groups hosting V-Girls pilot programs to present their staged readings of *I Am an Emotional Creature* as a benefit to raise funds for local groups working on girls empowerment issues in their communities. While this is not a requirement for V-Girls pilot sites, we strongly encourage you to consider this option for the girls engaged in your program to learn through action and to increase the impact of V-Girls in your community.
- V-Girls pilot sites may choose a local beneficiary working on girls' empowerment issues in your community. Because *I Am an Emotional Creature* speaks to many issues surrounding girls' empowerment, we encourage you to explore how your group wishes to respond through the selection of a beneficiary corresponding to these issues.
- V-Girls pilot sites that choose to engage to select beneficiaries should do so in partnership with V-Day staff. With your group, identify at least two potential

beneficiaries and submit with a brief description and web address to Nikki Noto, V-Girls Campaign Manager, nikki@vday.org. V-Day would like to review your choices and assist in the selection of your beneficiary.

- Your selection must be confirmed with V-Day before you make any agreement with a potential V-Girls beneficiary or do any promotion that includes the beneficiary's name in connection with V-Girls.
- In the United States, your beneficiary should be a qualified 501(c)(3) organization or be sponsored by a 501(c)(3) organization (this assists donors with tax deductions when making donations to your benefit reading). Outside of the United States, your beneficiary should be a registered charity in accordance with the laws of your country. Before you begin publicizing your event, you should work with your fiscal sponsor to be sure that your selected beneficiary is qualified to receive funds.
- Additional resources including researching, approaching, and entering into relationship with beneficiaries will be provided to pilot sites in September when the complete V-Girls Curriculum and Performance Guide are made available.

Money and Spending:

- There is no charge to host a V-Day campaign.
- Keep production costs to a minimum. We are very proud that V-Day keeps overhead expenses at a minimum so funds raised can go directly to awards and programs at organizations around the world. We hope you will strive to do the same.
- You are not required to sell tickets to your V-Girls event. However, if you are presenting your staged reading as a benefit, the easiest and most direct way to raise funds is through ticket sales. If your community cannot afford it or your school or organization does not allow ticket sales, consider a suggested donation for admission. If you are selling tickets, you can also ask for donations in addition to ticket sales at the event.
- There are many more creative, fun, and meaningful ways to raise funds and awareness at the same time. More resources and ideas for creating a financially successful event will be made available to you in September.

Managing Funds:

- Do not open a personal bank account for your event or deposit any donated funds or proceeds from your event in your personal bank account. Donated funds must go directly to a nonprofit to be tax deductible to the donor. Money deposited in personal accounts could be considered personal income on which you could be required to pay taxes.
- If you are not already affiliated with a school or organization that is a 501(c)(3) or registered charity, you must have a fiscal sponsor. A fiscal sponsor is a nonprofit organization that agrees to provide financial and administrative oversight for your event and to ensure that funds are being used in accordance with state and federal laws governing nonprofit organization. This will enable your V-Girls

event to have nonprofit status through your fiscal sponsor as well as donors to claim tax deductions to which they are entitled for their donations.

- More information regarding fiscal sponsor agreements, responsibilities, and relationships will be provided to you in September. Should you have any immediate need for information regarding finances or fiscal sponsorship prior to that date, contact Nikki Noto, V-Girls Campaign Manager, nikki@vday.org.

Script:

- You must use the script of ***I Am an Emotional Creature*** that is provided to you. No other version of the script is acceptable for your program.
- You may not edit any introductions or monologues. You may not exclude or change the order of any of the monologues, except as outlined in the groupings and core monologues that will be in the Performance Guide.
- At this time the script is only available in English.

Publicity and Identity Guidelines:

- In promoting and publicizing your V-Girls event, you must adhere to the Identity Guidelines provided to you.
- We are not able to permit filming of any kind for publicity related to the event or for personal mementos. Any podcast or live Internet broadcast, even within a private blogging community, is prohibited.
- The correct name and spelling of ***I Am an Emotional Creature: The Secret Life of Girls*** should be included exactly as stated above.
- When your school, organization, or group identifies itself on any written or digital material, your name should read “A V-Day Benefit Reading of ***I Am an Emotional Creature: The Secret Life of Girls***: [INSERT YOUR CITY, SCHOOL, OR ORGANIZATION]”. For example - “A V-Day Benefit Reading of ***I Am an Emotional Creature: The Secret Life of Girls***: New York City”.

Pilot Program Evaluation and Follow Up Reports:

- You are required to participate in the pilot program evaluation and fill out an online follow up report within 30 days of completion of your V-Girls program and production. While we understand delays, we have a very strict policy that you must participate in evaluation and reports or you will not be approved to organize an event again in the future. Please communicate if you are experiencing delays. This is crucial to the success of the V-Girls pilot program.

******Failure to adhere to these regulations will result in V-Day’s rescinding permission for you to present a V-Girls or V-Day event.***

V-Girls Pilot Program Timeline

August*

- V-Girls pilot sites confirmed
- Pilot site leaders request and confirm authorization from school or organization
- Selection of youth leadership

**We understand that many schools do not begin fall terms until after Labor Day. August timeline is flexible due to varying back to school dates.*

September

- Full curriculum and V-Spot log-in available
- Selection of performance date
- Recruitment and assembly of a production team
- Determination of rehearsal and performance space

September - January

- Curriculum study, activities, discussion, and performance preparation
- Selection of beneficiary and fiscal sponsor
- Exploration of options for activities and events to supplement staged readings
- Development of promotional and fundraising plan

February

- Announcement of V-Girls performances in community
- Pilot site performances

March - April

- Pilot site performances
- Completion of V-Girls program evaluation by pilot sites

V-Girls Checklist

This is a general checklist for your V-Girls program and staged reading. Review the checklist and develop your timeline for your curriculum and presentation of *I Am an Emotional Creature*. Feel free to add your own ideas for your program to this list!

- **Read** *I Am an Emotional Creature*
- **Identify** key youth and adult leadership and how you will engage V-Girls in your school, organization, or community.
- **Submit** your V-Girls pilot registration information via email to Nikki Noto, V-Girls Campaign Manager, nikki@vday.org
- **Prepare** and **present** a V-Girls proposal to the appropriate administration, principals, faculty, leadership, etc., as appropriate.
- **Identify** your core V-Team and community supporters to assist in production.
- **Secure** a location for V-Girls class sessions or discussion groups and rehearsals.
- **Select** a date for your staged reading.
- **Secure** a venue for your staged reading. Secure a BIG venue. Don't underestimate the number of people that will want to come to your event. You may need to put down a deposit to book the venue if you do not already have a performance space available to you. If this is not possible for you, see if you can negotiate to waive the deposit or pay the deposit after your tickets have been sold. There also may be individuals or groups that may be able to assist you with start-up costs. Remember there may also be non-traditional options for venues for your reading.
- **Recruit** a production team. **Delegate** duties to each production team member and put together a schedule for production team meetings.
- **Select** a date for auditions and **create** a rehearsal schedule.
- **Hold** auditions.
- **Determine** if you will present your staged reading as a benefit for a local beneficiary.
- If you will be fundraising for a beneficiary, **discuss** with your V-Girls issues raised by the text that are important to them, relevant to your community, and **identify** local groups that are working towards that end, where possible, and for girls' empowerment.
- **Submit** at least two potential beneficiaries to the V-Girls Campaign Manager to review and consult with you regarding your options. When your beneficiary has

been confirmed with V-Day staff, you will enter into a formal agreement with that group.

- If you are not a 501(c)(3) or registered charity, **engage** a fiscal sponsor and **sign** a fiscal sponsorship agreement with that organization to assist in managing funds.
- **Develop** a creative fundraising plan.
- **Set** ticket prices or suggested donation amounts.
- **Plan** a dynamic promotions strategy. Create social networking pages, flyers, press releases, advertisements, update or create a website, design programs, etc. Send out your press release, post flyers, get the word out - **publicize, publicize, publicize!**
- **Decide** if you will hold any supplemental fundraising, artistic, awareness, or promotional events or activities.
- **Sell** tickets!
- **HAVE YOUR AMAZING EVENT!**
- **Send** proceeds to your beneficiary if you have done a benefit reading within two weeks of having your event.
- **Participate** in V-Girls pilot evaluation. Remember, this is mandatory and essential to the continued success of the program.
- **Rest** and **celebrate** girls' empowerment in your community!

Suggestions for Succeeding in Hosting a V-Girls Pilot

Enlisting as much support as possible will greatly enhance the success of your program. It may be helpful to prepare a written proposal to the leadership and/or administration of your school or organization. Consider setting up a meeting with the appropriate principals, faculty members, counselors, teachers, etc., as well.

Preparing your proposal:

- **Review** Getting Started Kit.
- **Read *I Am An Emotional Creature*.**
- **Identify** the community of girls who you will engage with V-Girls.
- **Identify** how you will use V-Girls in your school, organization or after school program: 1) as classroom curriculum culminating in a staged reading or 2) as a stand-alone staged reading supplemented by performance discussion/activity guide.
- **Identify** how V-Girls will benefit your program or community.
- **Decide** where your staged reading will take place.
- **Include** a timeline for your preparation and production.
- **Review** the “Facing Resistance” section to prepare yourself should you encounter resistance. It will be helpful for you to be familiar with these materials should you need to make a more extensive case for your program.

If you are an adult leader working with girls:

- **Consider** the following questions –
 - ⇒ Will you utilize academic curriculum? If so, in what subject area?
 - ⇒ How much time do you have available in your class?
 - ⇒ Will you utilize the performance guide?
- **Develop** a timeline.
- **Enlist** the support of your administration.

If you are a youth activist and wish to organize V-Girls in your school or community:

- **Select** adult mentor(s) and recruit additional youth leadership.
- With your adult mentor, **identify** the community of girls who you will engage with V-Girls.
- **Decide** when and where you will use the discussion guide and prepare for your staged reading.
- **Develop** a timeline.
- **Enlist** the support of your administration.

Facing Resistance

If you encounter resistance to launching a V-Girls pilot, please contact Nikki Noto, V-Girls Campaign Manager, at nikki@vday.org and Susan Celia Swan, V-Day's Managing Director, at press@vday.org. We can offer solutions or suggestions that may extend beyond our normal guidelines.

Consider including some educational information, statistics, or success stories in your V-Girls proposal to the administration or leadership resisting the program. Sharing this information will help you make a compelling case for V-Day.

Educate:

- **Share** who V-Day is, our mission and vision of a world without violence against women and girls, and how we pursue that mission. Information is available in the "About V-Day" on the V-Day website at: www.vday.org/contents/vday/aboutvday.
- **Explain** that V-Girls offers an age-appropriate avenue for teenage girls to be empowered and grow the V-Day movement to end violence against women and girls around the world.
- **Highlight** V-Day's efforts and achievements using information from V-Day press releases, located on the V-Day website at: www.vday.org/contents/vday/press/releases
- **Use** the V-Day documentary "Until the Violence Stops" as supplemental educational resource. The film is a powerful, visual tool to convey the message of V-Day to individuals or groups. You can purchase the documentary or rent it from Netflix. DVD's are available for purchase at: <http://vspot.vday.org/display.php?name=merchandise>
- **Respond** to criticism by asking individuals who challenge your program if they have ever experienced disempowerment themselves or know girls who are disempowered through violence, racism, an eating disorder, thoughts of suicide, peer pressure, sexual slavery, etc. Ask them if they are interested in empowering girls – their sisters, friends, and daughters - and if they want to help create a world where girls are creative, powerful, emotional creatures.
- **Locate** your school or organization's mission statement. It will probably include language promoting students' intellectual and creative development and expression. Allowing, encouraging, and supporting V-Girls and V-Day will likely be in keeping with the goals and mission of an educational institution or extracurricular organization.

Statistics:

- **Demonstrate** statistics that are relevant to your community and the issues that are addressed in *I Am an Emotional Creature* and the V-Girls program.

A wide variety of issues are touched in the text and curriculum. Focus on those issues that are most pressing in your community, school, organization, or program.

- **Consider** the following issues touched upon through V-Girls – teen pregnancy, rape, incest, sex trafficking, suicide, depression, education, violence, dating, parental relationships, self esteem, sexuality, peer pressure, poverty, eating disorders, war, body image, religion and cultural traditions, international relations, friendship, racism, sexual slavery.
- **Provide** local, national, and global statistics. Some resources are available at: www.vday.org/contents/violence/statistics, but there are many more resources for statistics available on the web.

Success Stories and Endorsements:

- **Share** V-Day success stories—site V-Day events that has been held in your community or on a college campus in your town, or those of others. Ask the organizers of such V-Day events to write a letter of support for your event. Success stories and inspiration can be found at: <http://vspot.vday.org/documents/2006/gettingstarted/Inspiration.doc>
- **Ask** for a letter of support from your beneficiary organization or another organization in your community who has benefited from V-Day. Have them explain how V-Day has helped them do their work to end violence against women and girls.
- **Seek out** the people at your school or organization and in your community who support your efforts. Ask them to write letters of support and/or speak on your behalf to the people or organizations who are challenging you.
- **Collect** quotes and testimonials about V-Girls and V-Day. Ask for them from people who are participating in your program or who have attended or participated in another V-Day event. More quotes are available on the V-Day website at: www.vday.org/world/feedback and www.vday.org/college/testimonials

Your Support Network:

- **Gather** a team of support in your community. These advocates and fellow V-Day activists and organizers can be a great resource to you as you implement the V-Girls program.
- **Collaborate** with college and community V-Day organizers and V-Teams in your area. For a list of other V-Day events and organizers in your area, contact Nikki Noto, V-Girls Campaign Manager, nikki@vday.org
- **Collaborate** with organizations doing work to empower girls end violence against women and girls in your area.
- **Incorporate** community activists in your area into your V-Girls program to be a part of your V-leadership or to assist in other ways.

- **Communicate** with other V-Girls pilot sites through the V-Girls website. Message boards will be available in September when the full V-Girls curriculum is launched.
- **Seek assistance** from V-Day and V-Girls staff. If, at any time, you are in need of additional resources, information, or guidance, contact the V-Girls campaign manager for support.

Key V-Day Staff

Nikki Noto, *V-Girls Campaign Manager*

V-Girls Advisory Circle

Lyn Mikel Brown, *Professor of Education and Human Development, Colby College, Waterville, Maine*

Marie Celestin, *Founder, G.I.R.L.S. Project, Boston, Massachusetts*

Carol Gilligan, *Author and Professor of Psychology, New York University, Visiting Professor, University of Cambridge*

Lynda Kennedy, *Educational Consultant and Professor, Hunter College, New York City*

Michele Ozumba, *Executive Director, Georgia Campaign for Adolescent Pregnancy Prevention (G-CAPP), Atlanta, Georgia*

Cydney Pullman, *Founder and Executive Director, The Girls and Boys Projects, New York City*

Jule Jo Ramirez, *The Girls Project, New York City*

Lillian Rivera, *Assistant Director, Health and Wellness, Hetrick-Martin Institute - Home of the Harvey Milk High School, New York City*

Sil Reynolds, *Nurse Practitioner with a Focus on Food, Weight, and Body Image Conflicts, Ridge Healing Arts, Stone Ridge, New York*

Deborah Tolman, *Research Faculty and Former Director of the Center for Research on Gender and Sexuality, San Francisco State University*

Niobe Way, *Professor of Applied Psychology, New York University, Steinhardt School of Culture, Education, and Human Development*

Emily Wylie, *Educator, The Young Women's Leadership School, East Harlem, New York City; Writer and Commentator, NPR's "All Things Considered"*