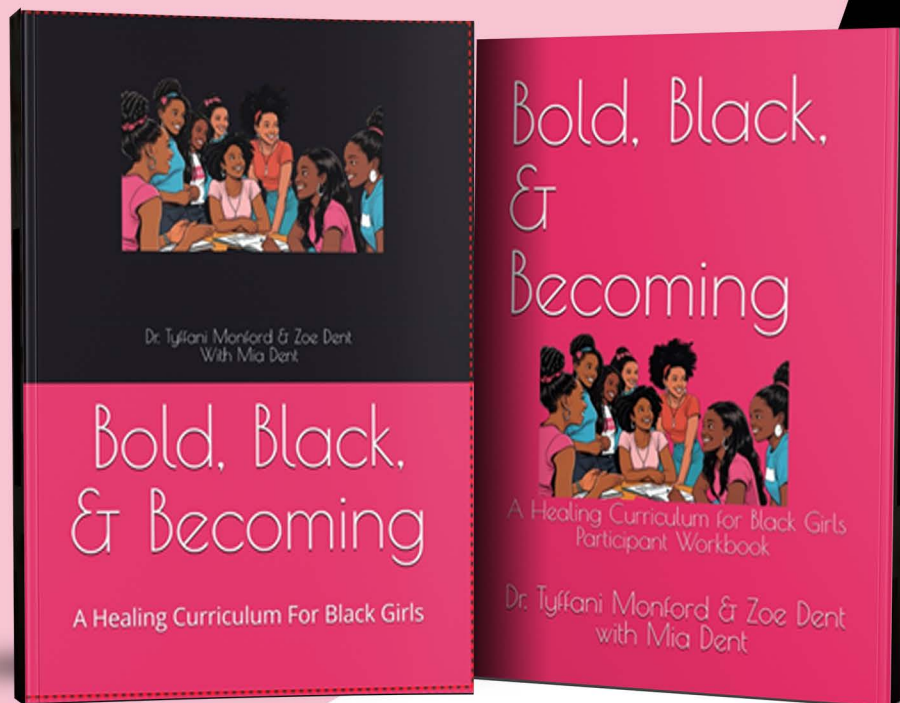


Bold, Black, & Becoming: **A Healing Curriculum for Black Girls**



For Purchase:

Available on
Amazon beginning
8/25/25

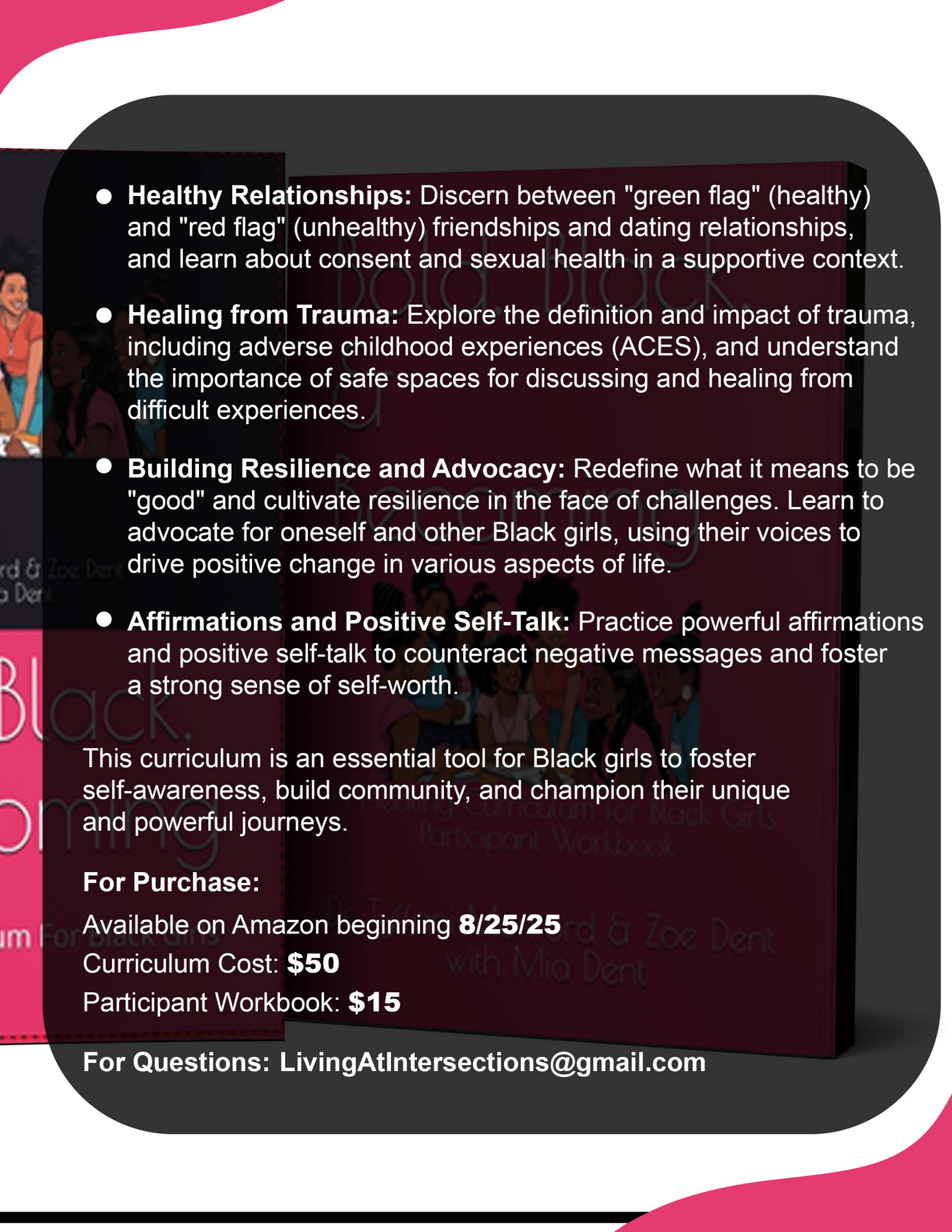
Curriculum
Cost: **\$50**

Participant
Workbook: **\$15**

Bold, Black, & Becoming: A Healing Curriculum for Black Girls is a transformative workbook designed by Licensed Clinical Psychologist Dr. Tyffani Monford and Zoe Dent, with Mia Dent, to empower Black girls aged 11-17. Informed by research on Black Girlhood, and in consultation with Black women psychologists, social workers, professional counselors, educators, and those working within gender-based advocacy, this curriculum creates a safe and affirming space for Black girls to explore their identities, address unique challenges, and cultivate healing and self-love.

This workbook delves into critical topics relevant to the experiences of Black girls, including:

- **Creating Safe Spaces:** Learn to identify and cultivate emotionally and physically safe environments where all feelings are valid and boundaries are respected.
- **Identity and Intersectionality:** Embrace the multifaceted nature of identity, understanding how being both Black and a girl creates unique experiences. Explore personal "beads" that make up the unique self.
- **Challenging Beauty Standards:** Address the impact of colorism, Eurocentric beauty standards, and body image on self-perception, and develop a positive view of one's own appearance.
- **Celebrating Black Girlhood:** Focus on the strengths, beauty, and resilience inherent in Black girlhood, recognizing and celebrating positive self-identity.
- **Navigating Negative Perceptions:** Confront harmful stereotypes and beliefs about Black girls, such as adultification, and learn to advocate for respectful treatment.
- **Stress and Coping Strategies:** Understand the nature of stress and develop helpful coping mechanisms, including mindfulness and grounding techniques, to manage emotional well-being.

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- **Healthy Relationships:** Discern between "green flag" (healthy) and "red flag" (unhealthy) friendships and dating relationships, and learn about consent and sexual health in a supportive context.
 - **Healing from Trauma:** Explore the definition and impact of trauma, including adverse childhood experiences (ACES), and understand the importance of safe spaces for discussing and healing from difficult experiences.
 - **Building Resilience and Advocacy:** Redefine what it means to be "good" and cultivate resilience in the face of challenges. Learn to advocate for oneself and other Black girls, using their voices to drive positive change in various aspects of life.
 - **Affirmations and Positive Self-Talk:** Practice powerful affirmations and positive self-talk to counteract negative messages and foster a strong sense of self-worth.

This curriculum is an essential tool for Black girls to foster self-awareness, build community, and champion their unique and powerful journeys.

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For Questions: LivingAtIntersections@gmail.com

About the Authors:



Dr. Tyffani Monford is a licensed psychologist, national speaker, and consultant. Her areas of interests are sexual violence prevention and intervention on the continuum, the role of intersectionality in the lives of black and brown girls/women, and culturally-informed work with those within the juvenile justice system.



Zoe Dent is a high school student, writer, GenZ Feminist whose interests include intersectional feminism, creating spaces for Black girls (cis and trans) and Black nonbinary youth that honor every aspect of their identities. She is the co-founder of a nonprofit organization, Living At The Intersections, Inc. whose mission meets that purpose.



Mia Dent is a college student focusing on environmental justice work. She has served on the board of a national organization that focuses on reproductive justice and other feminist-movement building issues. Mia is also a co-founder of Living At The Intersections, Inc.

Some of our Curriculum Consultants



Testimonials



*"**Bold, Black, & Becoming: A Healing Curriculum for Black Girls**" is a significant addition to educational programming, as it prioritizes the voices and experiences of Black girls, centering and acknowledging them.---*
Dr. Ebony Speakes-Hall, LISW-S
Associate Professor of Social Work.



Black girls deserve spaces where they're seen, heard, and celebrated. ***Bold, Black, & Becoming: A Healing Curriculum for Black Girls*** does just that....it provides tools for healing, resilience, and empowerment. Adding this curriculum to programming means giving Black girls the affirmation and support they need to thrive.

Dr. Tanisha L. Knighton
Licensed Psychologist
COHR Psychologists & Associates, LLC