Growing Girls Program: Internship Opportunity for Graduate & Undergraduate Students

Organization Name:
University of Arizona Zuckerman Family Center for Prevention and Health Promotion
Program Name: Growing Girls

Internship Site:
Estes Elementary & Quail Run Elementary in Marana, AZ

Organization Background:
Designed in 2011, Growing Girls is an after-school psychosocial intervention that aims to reduce bullying, promote positive relationships, and enhance confidence among fifth and sixth grade girls through education and skill-building opportunities. Drawing on Bronfrenbrenner’s Socioecological Theory and Bandura’s Social Cognitive Theory, Growing Girls utilizes an evidence-based curriculum, Go Grrrls by LeCroy & Daley. The content was expanded to include bullying, body image, decision making skills, friendship and rejection, assertive communication, managing negative thoughts and coping skills, identifying resourceful people when help is needed, media influence on self-perception, self-care (food & movement), during adolescence, and visions for the future.

Growing Girls takes place during the school year, with approximately 20 sessions covering the above topics including an annual field trip to the University of Arizona. Growing Girls occasionally merges with its partner program, GAME! (Guys After-School Mentorship & Education), for co-educational sessions where similar topics are discussed.

Please see more information here https://zfcphp.arizona.edu/growing-girls-0

Internship Project Title
Growing Girls Group Leader

Project & Internship Description:
We are requesting at least TWO female Group Leaders to facilitate the program for the 2022-2023 school year. We request that interns provide 2 semesters of leadership for continuity.

Group Leaders will be asked to facilitate provided Growing Girls curriculum over the course of the 2022-2023 school year (September 2022 – May 2023). Weekly lessons will take place on Monday afternoons at Estes Elementary (day & time for Quail Run TBD). Immediately following each lesson, Group Leaders will meet with the Program Director to de-brief and prepare for the following lesson.

Prior to on-site work, Group Leaders will be trained in the Nurtured Heart Approach and classroom facilitation techniques. As Group Leaders will be working directly with minors, they will be required to undergo a University background check process, to be compensated by UA. (Fingerprints not reimbursed.)

Students must take initiative when preparing for and leading lessons. We expect students to be creative, adaptable, and patient as these programs evolve from year to year. Most importantly, students must enjoy working with adolescents and be comfortable with weekly leadership and speaking opportunities, especially about abstract or sensitive topics!
Level of Expertise Needed:
We are looking for both graduate and undergraduate (junior- or senior-level) student interns.

Supervision
Supervision will be provided by Lindsay Bingham, MPH, CHES (Program Director).

Compensation/Benefits
This is currently an unpaid internship; however, the experience will provide students with an opportunity to form community relationships and develop skills in program planning/implementation and health education. Carpooling (or travel reimbursement) will be provided.

Application Contact Information
Please email your resume (including at least 2 references) to Lindsay Bingham at lbingham@email.arizona.edu to apply.

Interview Process
Internship applicants will be interviewed by Program Director to determine appropriate fit for the program. Once a 30-minute interview time has been decided, applicants will be asked to create a 5-minute lesson about a health topic of their choosing, to be presented during the interview. For additional questions about the process, please contact Lindsay (lbingham@email.arizona.edu).