



OUR MISSION: Women and Youth Supporting Each Other empowers young women by providing the resources and support necessary to make positive life choices and create community change.

Step into the Circle

Overview: This activity is designed to highlight similarities and differences among mentors (and can also be adapted to use with mentees). All mentors stand in a large circle, shoulder to shoulder. One person reads the following statements beginning with “Step into the circle if...” Mentors take one small step forward into the circle if the statement applies to them, pause, and step back into place. There is no discussion during this activity.

STEP INTO THE CIRCLE IF...

- You are the oldest child in your family
- You are the youngest child in your family
- You are the only child in your family
- Your parents are divorced or separated
- You were born outside the US
- You have lived in more than 4 places
- You were raised in a rural community
- You were raised in an urban community
- You have attended school somewhere outside the continental United States
- You are a member of a sorority
- You had an imaginary friend as a child
- You consider yourself independent
- You voted in the last presidential election
- You are registered to vote
- You have ever cheated on a test or assignment
- You have ever been made fun of because of how you dressed or looked
- You have ever talked about someone behind their back
- You have ever been made to feel less intelligent than someone else
- You have ever done something without thinking about the consequences
- You consider yourself to be an athlete
- You have ever been in a play or musical
- You have ever played in a band
- You have ever taken a big risk that paid off



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You know what you are passionate about
 You know what you want to do as a career
 You are someone who was raised by a single parent
 You have more than 2 brothers and/or sisters
 You or someone close to you is gay/lesbian/bisexual/transgendered
 You were raised in a family with a step father/mother/brother/sister
 Your parents are still married
 You have ever been told that you are “gifted”
 You have ever felt different
 Your parents did not grow up in the United States
 Your parents told you that you could be anything you wanted to be
 You do not participate in any organized faith group
 You are in a relationship right now
 In the past year you have been in a relationship and been hurt.
 You know a lot about your cultural heritage
 You consider your family as middle class
 You speak more than one language
 You are economically independent of your parents
 You have ever felt lonely
 You have ever felt physically unattractive
 You have ever felt estranged or unconnected
 You have cried at least once this year
 You have cried at least once this year for someone or something other than yourself
 You played sports in high school
 You have traveled to a country that speaks a language other than English
 You were ever called names because of your race, class, ethnicity, gender, or sexual orientation
 You ever tried to change you appearance, mannerisms, or behavior to avoid being judged or ridiculed
 You were told that you were beautiful, smart, and capable by your parents
 You were encouraged to attend a college by your parents
 You have taken a vacation out of the country
 You have ever felt that you were treated less fairly because of your race, ethnicity, gender, or sexual orientation
 You ever felt uncomfortable about a joke related to your race, ethnicity, gender, or sexual orientation



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You were ever discouraged from academic or jobs because of race, class, ethnicity, gender, or sexual orientation

You got picked on in middle school

You have ever been called an offensive name

You consider yourself a happy person

You are the first person in your family to go to college

You were a leader in high school

You have grandparents that were born outside of the United States

You would change something about yourself if you could

You have broken someone's heart

You have someone in your life that you can tell anything to

You have caught yourself judging someone before you really knew them

You have dated someone outside of your race

You or a friend or family member has been sexually assaulted or raped

You or a friend or family member has been a victim of abuse

You have financial aid or scholarships to attend college

You have a visible or hidden physical, learning or developmental disability or impairment

You have ever felt out of place while at school

You have ever been called or called someone a bitch or slut

You or someone you know has experienced the effects of alcoholism

You or someone you know has experienced the effects of drug addiction

You have ever felt brought down because you are a woman

Someone has ever made you feel like you couldn't do something because you are a woman

You have ever felt empowered as a woman

You believe you have the power to create change in your life, community, friends, family, and the world

At some point during this activity, you did not step into the circle when you should have