

**Girl-FRIENDS
Time-Out**

What do you want to talk about?

Friendship

- What do I do when my friend isn't okay or is making bad choices?
- Are my friends a good influence on me?
Am I a good influence on my friends?
- How do I make a good friend and keep a good friend?

Insecurity

- How does comparing myself to others destroy my spirit?
- What is real beauty? Body Issues?
- How do I find my confidence and worth in Christ?

Anxiety

- How do I keep anxiety from ruling my thoughts and decisions?
- How do I find joy and peace in hard times?
- What habits make me more anxious and what habits make me less anxious?
- How do I get rid of shame and guilt?

Boys

- Why do I want a boyfriend and why it is okay not to have one?
- How can I be wise around guys?

Screens

How phones and screens cause...

- Sleep deprivation
- Social deprivation
- Attention fragmentation and
- Depression

How can I live a deeper and more meaningful life with less screen time? How do I stay honest and have integrity when no one is looking?

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(With Beth, Beth, Stacy, Stacy, Mo or Marie)

| <p>I'd like a Time-Out</p> <p>Name:</p> | <p>To talk about...</p> <ul style="list-style-type: none"> • Friendship • Insecurity • Anxiety • Boys • Screens |
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Yes! Parents can sign up their daughter.