



# girltopia

## DIGITAL CARDS

70 cards for creating conversations with girls  
(from 10 to 18 years) and women about body image,  
self-esteem, identity, feelings and relationships.

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Illustrator & designer: Robyn Spicer

A World of Real Conversations for Real Girls

Me



# When I was born ...

so cute

thank you



What happened?

Who was there?



Me

What's important  
to me is ...



friends \* hope \* family \* the environment \* home

Me



# What I try to live by is ...

a  
river



moment  
by  
moment



What are your values?  
What are your beliefs?

Me



# What I love about nature is ...



seasons \* \* \* rocks \* \* \* trees \* \* \* storms \* \* \* adventure

Me



It may not be  
fashionable but ...

I like it  
It's comfortable  
I've had it a long time

it's me

it's  
home



Me



Things are changing

In my family ...

We have our moments

We often/always/never ...

we're all alike

we're all different



Me



# Someone I admire is ...



a family member



my friend



a teacher



famous



Me



my  
wings



My strengths are ...

not  
always  
obvious



growing \* what I'm good at \* worth noticing



Doing



# I make

jokes

music

a poem

friends

decisions

a garden

pictures

food



Doing

# I imagine

the future

fame

clothes

travel

children

happiness

stories

inventions



Doing



# I move

swinging

catching

stretching

off the couch!

running

riding

my toes

dancing



Doing

# I eat

with my  
fingers

with  
others

naturally

slowly

some  
things ...

and not  
others

fast  
food



Doing

I think

about  
life

when?

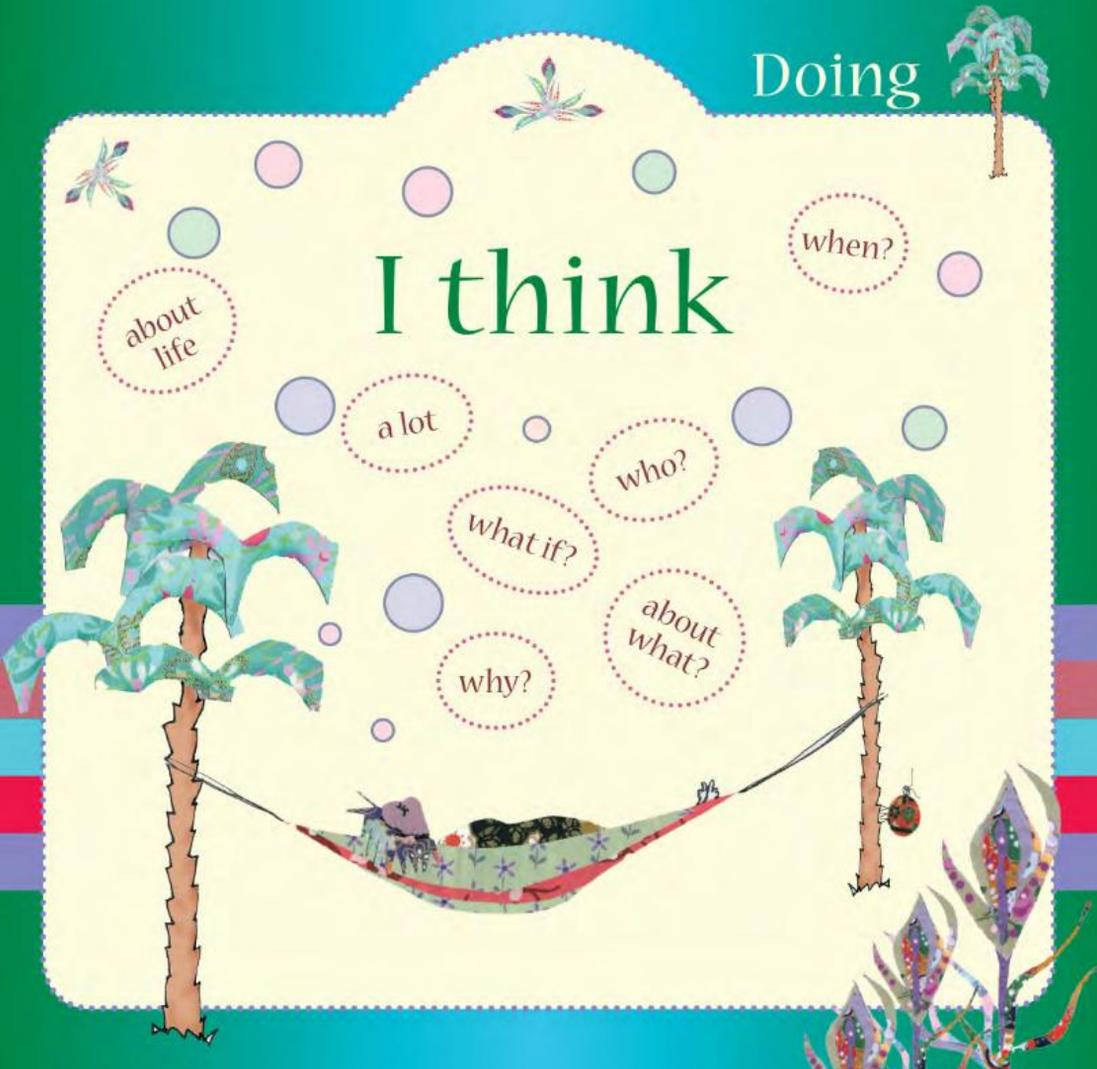
a lot

who?

what if?

about  
what?

why?



Doing

# I choose

to share

the biggest one

my friends

to say yes

to say no

what's right for me

to change



Doing



# I practise

music

listening

sport

juggling

driving

drawing

and  
practise



Doing



# I plan

today

this week

my life

next year

next week

step by step

and then things change



Doing



# I learn

from  
books

a  
language

from  
mistakes

from  
others

games

new  
things

every day



Doing

I give

when I  
can

my  
attention

smiles

to  
myself

and  
receive

to  
others

friendship



Doing



# I talk

honestly

on my  
phone

but  
sometimes  
I don't know  
what to say

with my  
friends

in a  
whisper

on-line



Feeling



# Sometimes I feel brave

and  
strong

me too



When? \* \* \* Doing what? \* \* \* What does it feel like?





# Sometimes I feel proud

of me

of you

When? \* \* \* Why? \* \* \* What does it feel like?

Feeling



# Sometimes I feel embarrassed



don't  
worry

let's  
hide



Why? \* \* \* About what? \* \* \* What does it feel like?



# Sometimes I feel angry



About what? \* \* \* Who with? \* \* \* What does it feel like?

Feeling



Sometimes I feel  
happy



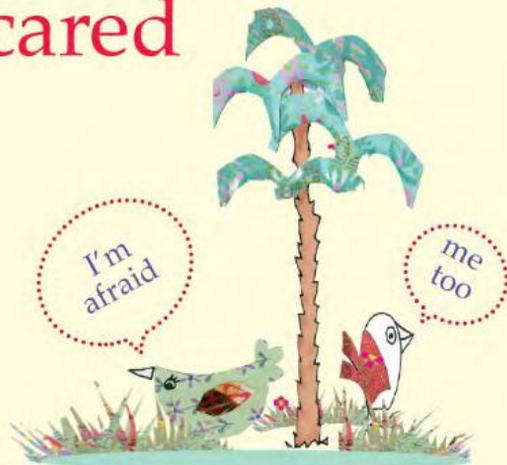
life's good



When? \* \* \* Why? \* \* \* What does it feel like?



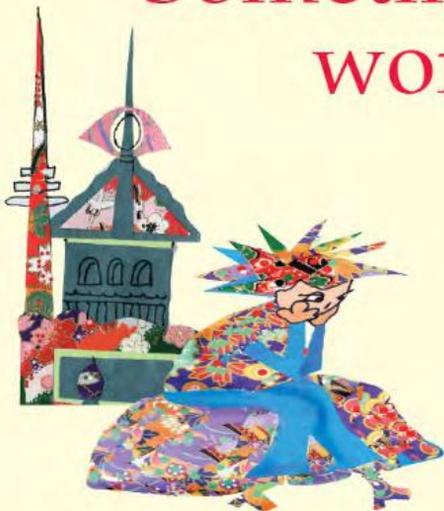
# Sometimes I feel scared



About what? \* Why? \* What does it feel like?



# Sometimes I feel worried



About what? \* \* \* Why? \* \* \* What does it feel like?

Feeling



# Sometimes I feel lonely



by  
myself



all  
alone



me  
too



When? \* \* \* Why? \* \* \* What does it feel like?



# Sometimes I feel bored



same old

same old



Why? \* \* \* When? \* \* \* What does it feel like?

Feeling



# Sometimes I feel quiet



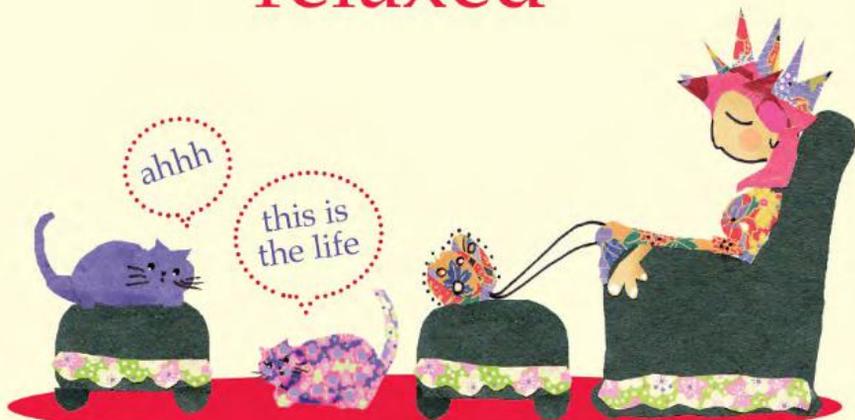
ssshhh



When? \* \* \* Why? \* \* \* What does it feel like?



# Sometimes I feel relaxed



When? \* \* \* What does it feel like? \* \* \* Doing what?



# Sometimes I feel confused



what to  
do?



don't  
know



When? \* \* \* About what? \* \* \* What does it feel like?

Feeling



yippee!

whee!



# Sometimes I feel excited



When? \* \* \* About what? \* \* \* What does it feel like?



# Sometimes I feel connected



hold on

ok

When? \* \* \* To what or to whom? \* \* \* What does it feel like?

Feeling



# Sometimes I feel relieved



phew!

that was  
close



About what? \* \* \* Why? \* \* \* What does it feel like?



# Sometimes I feel thankful



When? \* \* \* About what? \* \* \* What does it feel like?

Feeling



# Sometimes I feel inspired

soaring

let's go



When? \*\* About what? \*\* What does it feel like?



# Sometimes I feel sad



I'm  
blue

that's  
ok

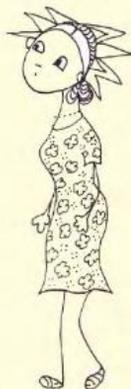


When? \* \* \* Why? \* \* \* What does it feel like?

Feeling



# Sometimes I feel invisible



can  
you see  
me?

yes



When? \* \* \* About what? \* \* \* What does it feel like?



# Sometimes I feel lost for words



quack

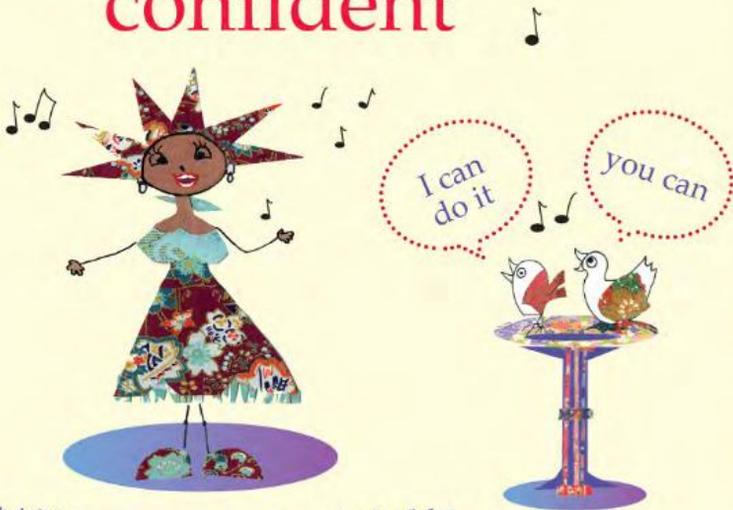
woof

When? \* \* \* Why? \* \* \* What does it feel like?





# Sometimes I feel confident



When? \* \* \* Why? \* \* \* What does it feel like?



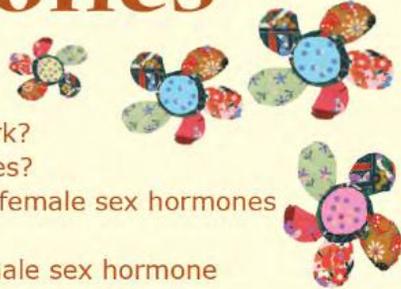
*'Hormones affect how we think and feel, and how we think and feel affects our hormones.'*

*Jane Bennett & Alexandra Pope*

# hormones

- What are hormones?
- How do hormones work?
- What are sex hormones?
- What are the primary female sex hormones and what do they do?
- What is the primary male sex hormone and what does it do?
- Where in the body are hormones produced?
- Why do people sometimes explain feelings and behaviour by saying 'It's your hormones'?

*'Brain to ovary, brain to ovary, do you read me?'* Shushann Movsessian



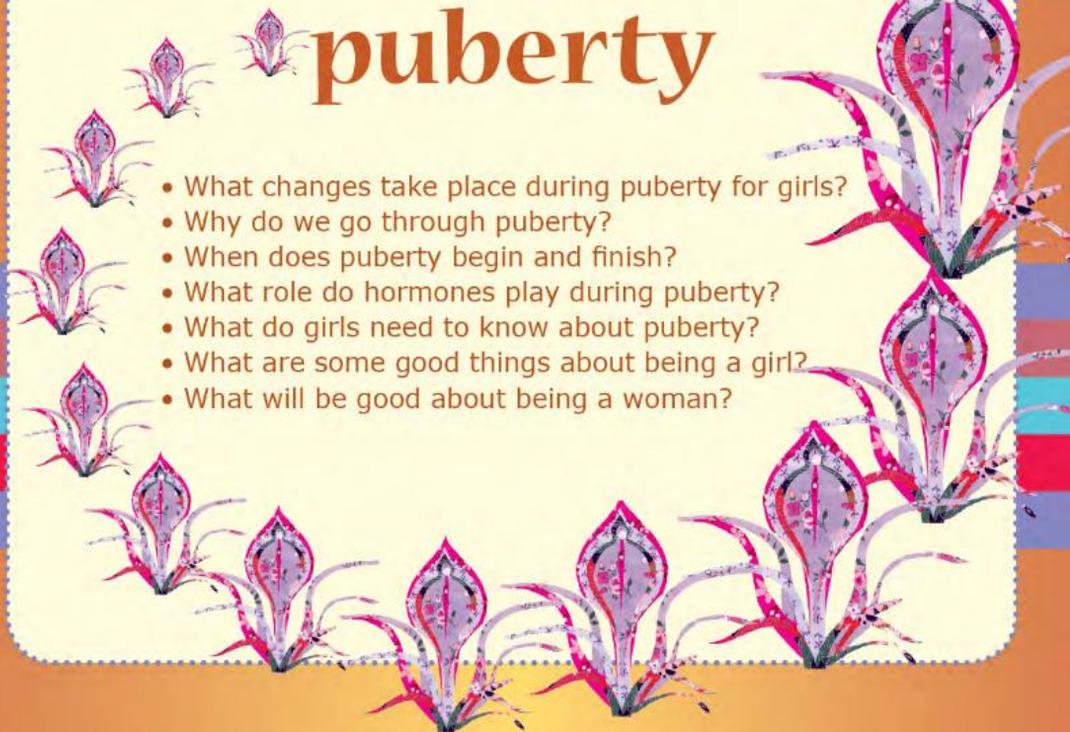


*'I think what's happening to me is so wonderful, and I don't just mean the changes taking place on the outside of my body, but also those on the inside.'*  
Anne Frank

*'Puberty is the process of becoming physically capable of reproduction.'* Jane Bennett

## puberty

- What changes take place during puberty for girls?
- Why do we go through puberty?
- When does puberty begin and finish?
- What role do hormones play during puberty?
- What do girls need to know about puberty?
- What are some good things about being a girl?
- What will be good about being a woman?

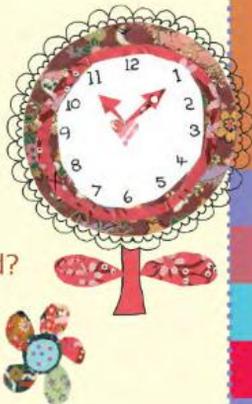




*'I was so proud getting my period for the first time. It made me feel very feminine. I think it's amazing how our bodies work.'* Rosella

## first period

- What does the word 'menarche' mean?
- How have different cultures celebrated or acknowledged a girl's first period?
- When does menarche usually happen?
- What are some signs that menarche is approaching?
- How can a girl best prepare for her period?
- What are some people's experiences of their first period?
- What can a girl expect after menarche?



*'At menarche you meet your wisdom, with monthly bleeding you practise your wisdom and at menopause you become your wisdom.'*

*Native American saying*





*'... this is the time when she is at the height of her powers. It is a time of accumulation of spiritual energy.'*  
Penelope Shuttle & Peter Redgrove

*'When I get my period, like a dear family friend who visits me, I really find it quite comforting ... I feel safe and tender.'* Susie

## menstruation

- What is a menstrual cycle?
- Are periods healthy?
- What is menstrual blood made up of?
- How many periods is a girl likely to have in her lifetime?
- What are some different cultural traditions and beliefs about menstruation?
- What are some challenges a girl may experience relating to her period?
- What can a girl do if she experiences period problems and who could help?





*'I think of my menstrual cycle as the moon inside me.'* Lee

## moon

- What are some of the phases of the moon?
- How long is a lunar cycle?
- How long is the average menstrual cycle?
- What are some plants and animals whose fertility is influenced by the moon?
- What connections have some people made between women, the moon and fertility?
- What are some of the ways we experience the moon and its influence here on earth?
- What are some artistic representations of the moon?

*'Intuitively, women have always understood that the moon, their menstrual cycles and fertility are intimately connected. Our words, 'menstruation', 'moon' and 'month' all come from the same Greek word for 'measure of time.'* Nadia MacLeod

*'Back then we called pads "surfboards" and they were held in place with an elastic belt and hooks. They were really uncomfortable and we were forever trying to secretly adjust them.'* Diana

## pads & tampons

- What are pads and tampons made of?
- What have women used for their periods in different times and places?
- If a girl was stranded on an uninhabited island what could she use during her period?
- How much menstrual blood flows during an average period?
- When is the best time to use tampons?
- What is Toxic Shock Syndrome?
- If a girl's period arrives unexpectedly at school or elsewhere, what can she do?

*'We have so many great options these days, not only what you can buy in a supermarket but also recyclable cloth pads, rubber or silicon cups and so on.'* Jane Bennett

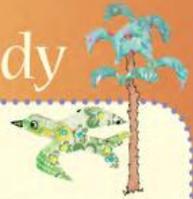


# breasts

- What are breast buds?
- What are some nicknames for breasts?
- What is breast milk?
- What is a wet nurse?
- What is breast enhancement?
- What is the normal size and shape of breasts?
- What animals are classed together because they breastfeed their young?

*'When I was nine my friend told me how women's breasts are measured in cups. Ours were developing so I suggested we go to the kitchen to get a cup and measure them.'* Freya

*'In a tribe in New Guinea the breasts of an old woman are considered the most beautiful for the years of nurturing they have given.'* Jane Bennett



*'When I was growing up people were so embarrassed they could only say "down there" and even that was whispered.'* Gabriele

# vagina

- What is a vagina?
- What is the difference between 'vagina' and 'vulva'?
- What are some nicknames people use for vagina?
- How long is a vagina?
- What different bodily fluids flow from a vagina?
- What part does the vagina play in birth?
- What part does the vagina play in sexual intercourse?

*'When I was little I thought babies were born through belly buttons.'* Pei-yi



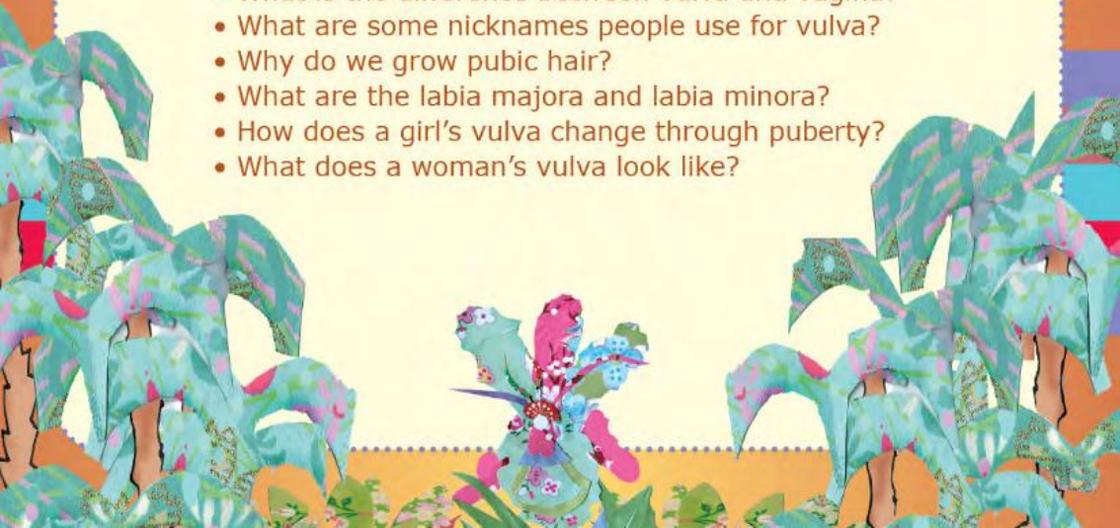
*'Thousands of years ago the vulva was celebrated ... even revered. Flowers, fruit, a triangle, and a double-pointed oval shape were all used to depict the vulva.'*  
Elizabeth Stewart & Paula Spencer

*'When I looked at my vulva with a mirror I was amazed; all those folds! It was like discovering a whole new part of my body.'* Dhruvi

## vulva



- What is the vulva?
- What is the difference between vulva and vagina?
- What are some nicknames people use for vulva?
- Why do we grow pubic hair?
- What are the labia majora and labia minora?
- How does a girl's vulva change through puberty?
- What does a woman's vulva look like?



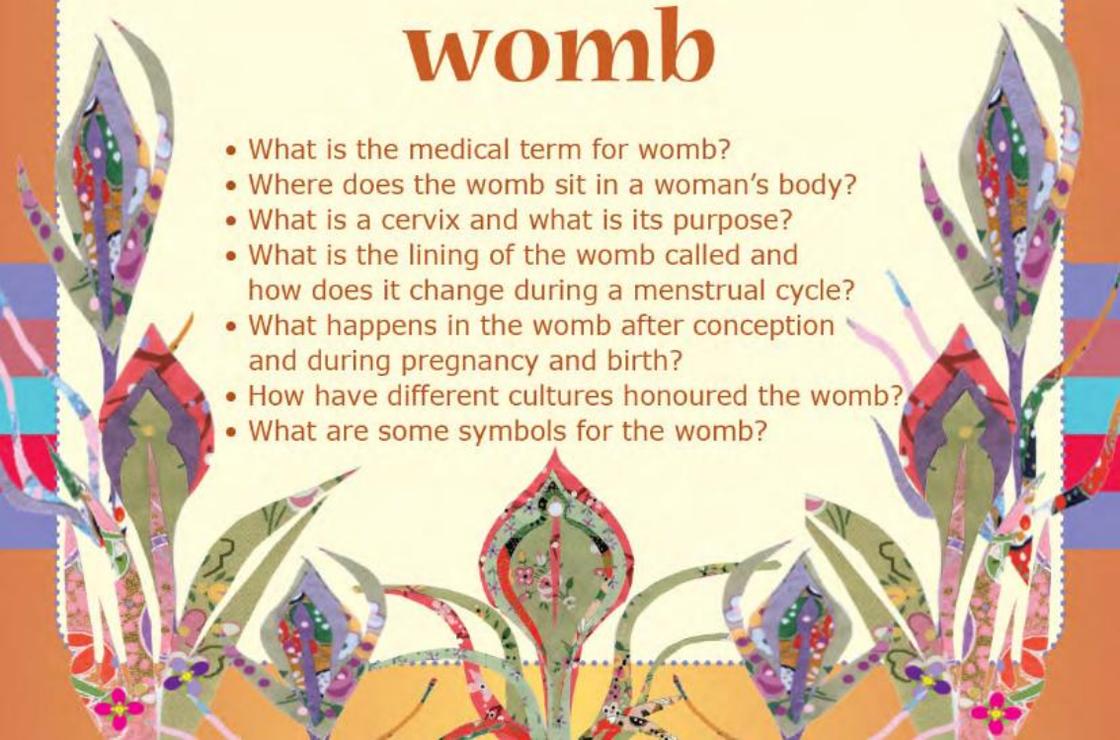


*'Yoni is the Sanskrit word for womb, origin, source ... sacred place.'* Jane Bennett

*'Attuned to the rhythms of my womb I clean, I sort, I weed; in general, I make space.'* Chiara

## womb

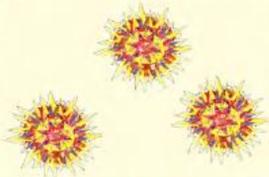
- What is the medical term for womb?
- Where does the womb sit in a woman's body?
- What is a cervix and what is its purpose?
- What is the lining of the womb called and how does it change during a menstrual cycle?
- What happens in the womb after conception and during pregnancy and birth?
- How have different cultures honoured the womb?
- What are some symbols for the womb?





*'A mature egg, at ovulation, is the largest cell in the human body and the only one that is perfectly round.'* Jane Bennett

## ovaries



- What is an ovary and how many do females have?
- Where are ovaries in a woman's body and what do they look like?
- What happens at ovulation?
- What is a corpus luteum and a corpus albicans?
- What else do ovaries produce other than eggs?
- How big is a mature egg and what does it look like?
- How many eggs, or ovum, does a girl or woman have?

*'It amazes me that the egg that became me was formed when my mother was only weeks old in my grandmother's womb, and those that will become my children are waiting, tucked away in my ovaries.'* Melati

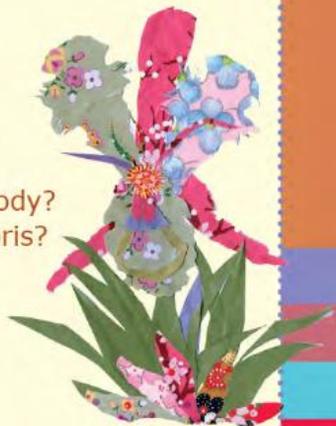


*'The clitoris is a bundle of 8,000 nerve fibres; more than twice the concentration found anywhere else in the human body.'* Jane Bennett

## clitoris

- What is the purpose of a clitoris?
- Where is the clitoris in a woman's body?
- What is the size and shape of a clitoris?
- Does a male have a clitoris?
- How does a clitoris change during and after puberty?
- What makes a clitoris so sensitive?
- What is an orgasm?

*'It wasn't until I was in my mid-twenties that I even heard the word clitoris. I still feel embarrassed to say it. Isn't that strange?'* Lee





*'Women of Ancient Greece withdrew at menstruation to meditate and practise ceremonies specially designed to promote the earth's fertility.' Penelope Shuttle & Peter Redgrove*

## fertility

- How can a girl or woman take care of her fertility?
- What are some bodily signs of fertility?
- During her reproductive years, when is a female actually fertile?
- How might a girl or woman manage her fertility until she is ready to have children?
- What can cause infertility?
- What is useful to consider before having children?
- If the heart represents love and compassion, what might our fertility and reproductive organs stand for?

*'Even though I don't want children for ages,  
I really like knowing I can.'* Naomi





*'I always felt, whenever  
I was pregnant, that every  
chair I sat on was a throne.'*

*Francesca*

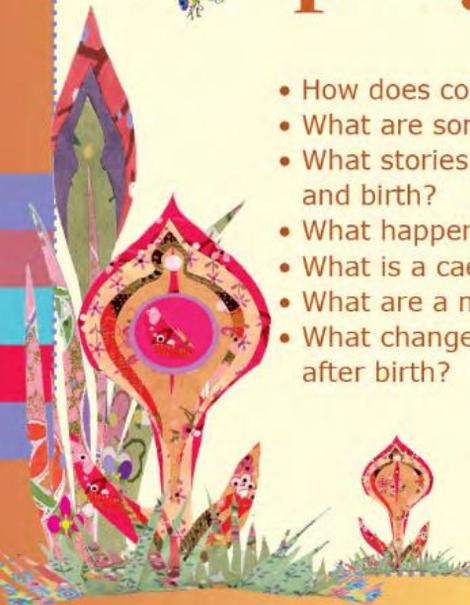


## pregnancy

- How does conception and pregnancy happen?
- What are some of the stages of pregnancy?
- What stories have you heard about pregnancy and birth?
- What happens during birth?
- What is a caesarian section?
- What are a miscarriage and a stillbirth?
- What changes occur in a woman's body after birth?

*'The care of pregnant women, who are very  
powerful and very vulnerable at the same  
time, should be the highest priority.'*

*Christianne Northrup*



# Body

*'The clothing, make-up, facial cream, accessory and shoe companies all need to make money. And how they make money is to make you believe that how you are naturally isn't okay.'* Shushann Movsessian

## beauty

- What are some ideas from different cultures and times about feminine beauty?
- What is your idea of beauty?
- What things, people or experiences do you find beautiful?
- When have you felt beautiful?
- What does the saying 'beauty comes from within' mean?
- When have you created or enjoyed beauty?
- How could you experience even more beauty in your life?

*'Everyone is beautiful in their own way.'* Stephanie

*'Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease.'*  
World Health Organisation

## health

- What are your favourite fruit and vegetables and how do you like them prepared?
- How do you relax your body and your mind?
- When do you spend time outdoors and in nature?
- How do you like to exercise?
- What is your sleeping style?
- What are some healthy habits people can develop?
- When are drugs useful and when are they harmful?

*'I feel healthy when I have  
balance in my life.'*  
Alice



*'In the olden days men used to paint fat women because they were considered beautiful.'*

Kate

*'I feel better about myself when I stop worrying about being fat.'*

Olivia



- What is a healthy body weight?
- What is the purpose of fat in the human body?
- Why do people worry about being 'too fat' or 'too thin'?
- How do fat deposits change at puberty for girls?
- What are some different cultural and historic attitudes to fat?
- What are bloating, fluid retention and cellulite?
- What does 'body dysmorphia' mean?



Us



# dating

I like you

I like you too



What are the best/worst/funniest things about dating?  
How can a girl stay safe when going out with someone?

Us



# sexual health

take  
care

I will



What is *the* purpose of contraception and who is responsible for it?  
How can people protect themselves against sexually transmitted diseases?

Us



# together



they're  
an item



How does a girl know when she is ready for a serious relationship?

What qualities would you look for in a boyfriend/girlfriend?

Us



# sexuality



I like  
daisies



I like  
lillies

What is sexual attraction? \* \* \* What is sexual diversity?

Us



# stuff that's hard to talk about



What are some things that are hard to talk about?

What can make difficult conversations easier?

Us



# bullying



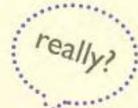
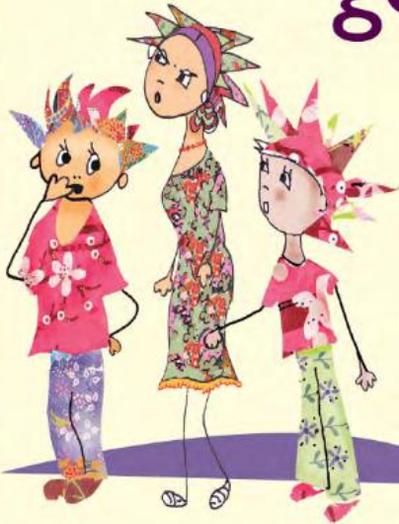
What are some types of bullying?

What are the effects of bullying?

Us



# gossip



Why do people gossip? \* \* \* What is the harm in gossip?

Us



# expectations



What are some things that are expected of you as a girl?

What are some things that you expect of others?

Us



# friends



What is a true friend? \* \* \* \* \* How do you make friends?

Us



I feel  
shy

me too

sex

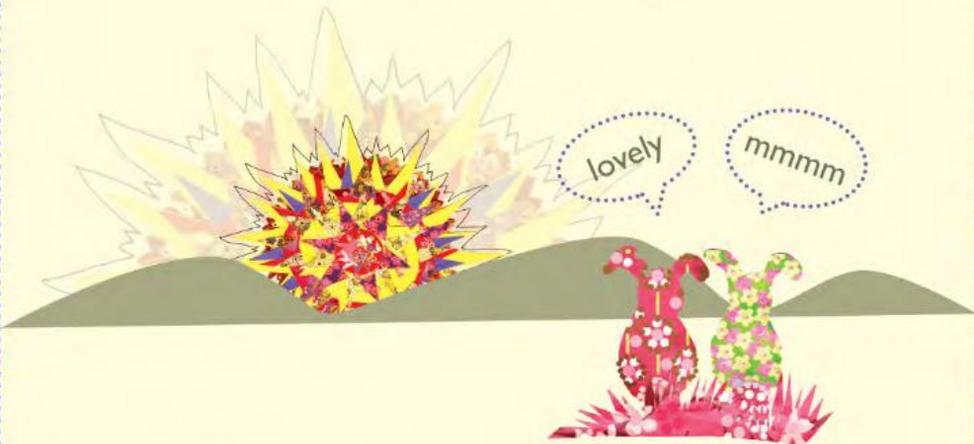


Why do people have sex? \* \* \* When is the right time to have sex?

Us



# romance



What is *romance*? \* \* \* What do you think is *romantic*?

Us



# love

what is  
love?

not sure



What is a crush? \* \* \* Is loving the same as being in love?

Us



# breaking up

it's not  
you



oh



Why do people break up?

What are some responses people have to breaking up?