



# Parent/Coach Guide



*Fierce-Hearted*

*Young Women*

Kaitlyn Cey



## Hello Parents & Leaders!

This series is based on Kaitlyn Cey's book ***The Five Ways of Fierce-Hearted Young Women***. In it, Kaitlyn explores how the Gospel makes young women brave and empowers them to live Fierce-Hearted lives—on purpose for Jesus! The book is filled with fun, interactive activities and lessons to help your daughter grow in her understanding of God's love and His plans for her. You can order a copy at [\*\*kaitlyncey.com\*\*](http://kaitlyncey.com).

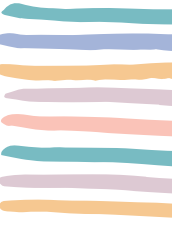
Throughout the video series, participants will discover the Five Ways of Fierce-Hearted Young Women and how to live them out with confidence and faith. This isn't a sit-back-and-watch experience—it's a call to step in and take part in the adventure!

Over five engaging sessions, Kaitlyn will guide viewers—alongside the group featured on screen—through stories, challenges, and truths that resonate with girls around the world. Each session highlights how the Five Ways can equip them to rise above obstacles and live boldly for Jesus.





## Recommendations for watching the series with your girl



### Before beginning the series

Print off the “Fierce-Hearted Adventure Guide” for her to use as a tool to participate in, and get the most out of the adventure experience.

### Before each session

In the Guide, at the beginning of each session, there is a True or False question for her to answer and a space for her to guess the camp activity that is described by a clue given. Before watching the session, have her guess **“True” or “False”** and write down her guess for the camp activity in the space provided.

### During each session

As she watches each session, have her mark her guesses with a checkmark if she got them correct, or an X if she got them wrong. **Note:** on the last page of the Guide, there is a space for her to tally her points from each session.

Also, encourage her to fill in the blanks in her Adventure Guide as she watches. She will receive one point for each word that she fills in correctly (*The correct words are found on the last page of the guide*).

### After each session

Take time to discuss the reflection questions with her after each session. Notice the topics that seem important to her, and give her space to expand on her responses. Be curious about the challenges that she is currently facing in her life.

Encourage her to memorize the memory verse from that session and discuss the benefits of having God’s word in her heart. Consider sharing about a verse you have memorized and the difference it has made in your life.

Go to the last page of the Guide, and help her to tally up her points from that session.

Session	Total ___ /8
True/False	___ /1
Camp Activity	___ /1
Fill In The Blank	___ /5
Memory Verse	___ /1



## After you are finished the series

Help her to add up her total number of points from all of the sessions to get her grand total at the end. Celebrate her for finishing the series, and for the points she was able to get! Consider asking her the following questions:

- 1 What will stick with you from this series about having a confident identity?
- 2 What did you learn about being compassionate?
- 3 Why do you think it's important to be courageous?
- 4 What were some of the weeds (thoughts/words that aren't true) that you needed to root out of your life?
- 5 What are some of the true things God says about you?
- 6 Did the true or false questions surprise you? Why or why not?
- 7 Now that you have gone on this adventure, what have you learned that you want to tell other girls about being fierce-hearted?

## Tips for Leading Discussions

- If you are facilitating a discussion with a group of girls, encourage all girls to share their thoughts.
- Remember there are no right or wrong answers. You are simply trying to provide a safe space for your girl (or group) to share their thoughts.
- Although it can be tempting to share your own experiences, try to make space for your girl (or group) to speak more.
- If you do not get through all of the discussion questions, that is okay. It can be better to go deeper on one question that is relevant to your girl (or group) than to speed through too many topics in too short of time.

Thank you for accompanying your girl (or group) through this series. It is your support and relationship that will enhance the content of this series, and bring these truths to life! Thank you for helping to raise a generation of girls who walk in the Five Ways of the Fierce-Hearted!



## Fierce-Hearted Points Tally and Answer Guide: Fill In The Blank

### Session One Total \_\_\_/8 Confident (Identity)

True/False	___/1	1. Instructions
Camp Activity	___/1	2. Very good
Fill In The Blank	___/5	3. Purpose
Memory Verse	___/1	4. Warrior-Leader
		5. Valuable

### Session Two Total \_\_\_/8 Compassionate (Relationships)

True/False	___/1	1. Won
Camp Activity	___/1	2. Something
Fill In The Blank	___/5	3. Unique
Memory Verse	___/1	4. Hurting
		5. Compassionate

### Session Three Total \_\_\_/8 Courageous (Genuine)

True/False	___/1	1. Sacrificed
Camp Activity	___/1	2. Bravery
Fill In The Blank	___/5	3. Fearful
Memory Verse	___/1	4. Trusting
		5. Compare

### Session Four Total \_\_\_/8 Called (Adventure)

True/False	___/1	1. Adventure
Camp Activity	___/1	2. Remember
Fill In The Blank	___/5	3. Room
Memory Verse	___/1	4. Prepare
		5. Attention

### Session Five Total \_\_\_/8 Creative (Engaged)

True/False	___/1	1. Image
Camp Activity	___/1	2. Difference
Fill In The Blank	___/5	3. Creatively
Memory Verse	___/1	4. Sharing
		5. Restoring

(Add up your total from each session to get your Grand Total)

**Grand Total:** \_\_\_/40





# Sources

"...the greatest single barrier to leadership reported by girls was a lack of self-confidence in their own skills and competencies."

Girl Scout Research Institute, "Change It Up! What Girls Say About Redefining Leadership." 2008.

"As early as 3rd grade many gifted girls get the message that it is not safe for them to stand out for academic prowess and they begin to intentionally silence their voice and "dumb down"

"When Girls Dumb it Down," 2018.

"3/4 of girls aged 8 -12 would like to switch something about their appearance."

According to a Global Dove Study

"47% of girls from grades 5-12 want to lose weight – largely because of pictures they see in the media."

[http://selfesteem.dove.us/Articles/Written/What\\_is\\_body\\_confidence.aspx](http://selfesteem.dove.us/Articles/Written/What_is_body_confidence.aspx) [accessed January 2016]

"A global study commissioned by Dove revealed that six out of 10 girls opt out of important activities because they're worried about the way they look."

[http://selfesteem.dove.us/Articles/Written/What\\_is\\_body\\_confidence.aspx](http://selfesteem.dove.us/Articles/Written/What_is_body_confidence.aspx) [accessed January 2016]

Research by Ellen Duffield



# Fierce-Hearted Young Women

Kaitlyn Cey



The statistics can be attributed to *The Brave Way* book by Ellen Duffield:  
<https://www.amazon.ca/BRAVE-Way-Where-will-today/dp/1999260600>