

# wqed serves girls and women of **all** ages...



language  
curiosity  
exploration

## Early learners: grades PreK-1

Many girls develop **language skills** earlier than boys. Encourage this interest in verbal and written expression, but don't neglect to nurture your girl's **spatial and math skills**, too. Encouraging her to take **smart risks** – physically and emotionally – will help her become **self-assured and ready for school**.



friendship  
independence  
identity

## Elementary students: grades 2-5

Girls receive countless messages – from caregivers, peers, teachers, and the media – to be emotionally expressive, collaborative, and friendly, while suppressing their aggression and solving conflicts through indirect means. Encourage **positive inter-personal behavior** while empowering your girl to be **assertive, self-confident, and strong**. Intervene when you see girls acting “mean” to each other or engaging in other relational aggression like exclusion or gossip.



health & wellness  
career exploration  
relationships

## Adolescents & young adults: grades 6-12

The media's portrayal of women and girls still relies on outdated stereotypes and unrealistic expectations about body image and behavior. It also de-emphasizes women in powerful and non-traditional careers. Counteract these messages by **modeling healthy habits** that help your girl stay active. Connect her to opportunities in **science and technology** fields, and introduce her to strong, inspirational **female mentors**. Encourage her to **create her own media** to show the world the way she wants it to be.



parenting tips  
adult education  
civic engagement

## Adults: ages 18+

Remember that **kids take media at face value**, so it's up to you to help your daughter think about, criticize, and combat messages that don't represent her (or you). By doing so, you **emphasize the importance of her perspective** and the power to share narratives that are **real**.

## ... by helping them reach their **potential**.

- Martha Speaks
- Franny's Feet
- SuperWhy
- Sesame Street

- WordGirl
- Maya and Miguel
- WildKratts
- Raising Girls (PBS.org)

Our beloved PBS characters help their communities with their smarts, creativity, and character. Will your girl follow their leads?

- SciGirls TV
- Secret Life of Scientists
- Engineer Your Life and Dot Diva
- Fizzy's Lunch Lab
- SecureMyCyberspace.com

Help your girl explore career possibilities and healthy habits online!

- Community Cinema
- Professional development for educators
- Parenting tips
- Family events

Get engaged in your community with WQED's adult educational resources.



iQ: smartmedia is an educational initiative of WQED Multimedia.  
4802 Fifth Avenue • Pittsburgh, PA 15213  
[wqed.org/edu](http://wqed.org/edu)



Sign up for our **Educator Newsletter** to stay in touch with the latest updates and opportunities from WQED!

