



MOVING TRADITIONS helps women and men, boys and girls engage more deeply with Judaism. Gender serves as the framework for our activities because it shapes the way our culture defines who we are and can become. Gender has been — and continues to be — critical to Jewish text, spiritual practice, education, and participation. For Moving Traditions, gender provides a vehicle for expanding Judaism's ability to help each individual experience his or her full humanity.

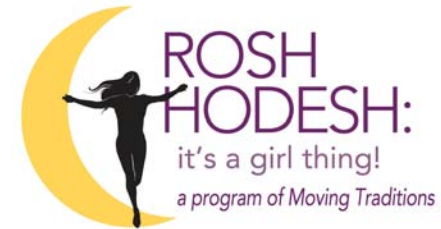
For more information or to start a group, please contact:

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A program of Moving Traditions, ***Rosh Hodesh: It's a Girl Thing!*** (www.roshhodesh.org) draws on Jewish teachings to help girls in grades 6-12 of all affiliations navigate the complexities of adolescent life. A contemporary celebration of the ancient New Moon holiday, *Rosh Hodesh* builds girls' self-esteem, leadership skills, and Jewish identity.

The program meets girls where they are, with engaging discussion, crafts, and drama that integrate Jewish teachings to help girls grapple with the issues they care about most — such as body image, friendship, relationships, competition, stress and family.



Since *Rosh Hodesh: It's a Girl Thing!* was launched nationally in 2002 with 40 groups, it has inspired 6,000 Jewish pre-teen and teen age girls. In 2008-2009, some 3,000 girls participate in nearly 300 groups meeting in 26 states and four Canadian provinces, including groups returning for their second through fifth years.

WHY GIRLS NEED THIS PROGRAM

Rosh Hodesh: It's a Girl Thing! is the first Jewish communal program to pro-actively address two well-documented trends:

- Many girls drop out of organized Jewish experiences after bat mitzvah and
- Girls' self-esteem plummets as they enter adolescence

According to Dr. Catherine Steiner-Adair of the Harvard Eating Disorders Center, "Adolescent girls today must travel in a teen culture that makes risky and dangerous values and behaviors — at ever earlier ages — seem normal."



PROGRAM MODEL

Rosh Hodesh: It's a Girl Thing! works on an intimate model. Girls meet monthly in small groups of 7-15 participants for Rosh Hodesh (new moon) celebrations. Groups are operated by our local institutional partners — synagogues, JCCs, and other Jewish institutions of all denominations.

To **ensure the groups' high quality** and guarantee the best possible experience for the girls, Moving Traditions:

- helps our partners hire the most qualified group leaders
- provides tips and materials to recruit girls
- trains each group leader at our two-day Training Institute before she leads a group
- supplies the step-by-step *Rosh Hodesh: It's a Girl Thing!* curriculum manuals
- provides ongoing assistance to group leaders and supervisors.