



ISBN: 978-1684037407 • US \$16.95

# finding her voice

how black girls in white spaces can speak up & live their truth

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FOREWORD BY LAUREN CHRISTINE MIMS, PhD

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*Finding Her Voice* offers engaging activities to help teens embrace who they are and find their voice. Teens learn how to challenge stereotypes and microaggressions, cultivate self-compassion and confidence, and build true resilience in a world often still filled with bias and discrimination. They'll also find strategies for dealing with awkward or difficult situations at school, with White friends and peers, and on social media. Finally, they'll uncover and strengthen their wonderful sense of self, own their power, and share their amazing gifts with the world.

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