

SPEAK IT TO CHANGE IT

Girls' Dialogue Circle Discussion Guide

A simple guide to help you start powerful conversations with other girls in your school, street, church, or anywhere you gather.



 Presented by:

Grace Agbonlahor Foundation (GAF)

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Welcome Note

Hello amazing girl! 💜

Welcome to your Girls' Dialogue Circle Guide — a simple, powerful tool to help you gather your friends, speak out, and spark change in your community. This guide is part of the Speak It to Change It Challenge created just for girls like you.

We believe that your voice matters. That you have something important to say. And that the future of Nigeria needs girls who are bold, thoughtful, and ready to lead — in small ways and big ones. Whether this is your first time leading a conversation or you've already been speaking up for others, this guide will walk you through it step by step. You don't need to be perfect. You just need to be present, be kind, and be ready to share.

ABOUT GAF

The Grace Agbonlahor Foundation (GAF) is a Nigerian non-profit organisation working to create a more just and equal world for girls and women. Through programmes like Voices at the Table, Girls in Career Boost, MarketCare, and Thrive100, we support girls to learn, lead, speak up, and take action — no matter where they live or what challenges they face.

✉️ We're cheering you on. Let's get started!

— With love,

The GAF Team

How to Use This Guide

This guide is for girls aged 10–24 who want to create safe spaces to talk about real issues affecting them and their friends. You don't need a big group, a fancy venue, or a lot of experience. Just bring your voice, your curiosity, and a few other girls who are ready to speak up too.

Here's how it works:

What You'll Need

- 3 to 5 girls (or more, if possible)
- A safe, quiet space (like a classroom, backyard, church corner, or even a shade by the road)
- A phone (for taking notes, photos, or recording a voice note if you want)
- This guide

Suggested Ground Rules

- Every girl's voice matters.
- Don't interrupt when someone is speaking.
- Keep things respectful — no laughing at anyone's experience.
- What is shared in the circle stays in the circle, unless someone gives permission to share.
- If someone shares something worrying or unsafe, tell a trusted adult or teacher.

Roles You Can Choose

You can rotate these roles or let one person do them:

- Facilitator – guides the conversation using the topic questions
- Note taker – writes down some key points shared
- Media person – takes a group photo (if safe) or records a short video.
- Timekeeper – makes sure you stay on track and finish on time

● Step-by-Step: Hosting Your Dialogue Circle

Whether this is your first time or you've done it before, follow these steps to host a fun, safe, and meaningful circle.



Step 1: Say Hello

Welcome everyone. Share your name and one fun thing about yourself (like your favourite song, snack, or superhero). If you have a facilitator, let her introduce the topic and set the tone for a respectful chat.



Step 2: Introduce the Topic

Let the group know what today's conversation is about. This quarter's topic is:

“What Makes Girls Feel Unsafe in Public Spaces?”

Read it out loud and ask:

- What does that mean to you?
- Have you or someone you know ever felt unsafe?
- Where do you think girls feel most unsafe — and why?

You can use the suggested questions on the next page.



Step 3: Let Everyone Share

Go around the circle. Everyone should get a chance to speak — even if it's just a little. You can use a talking object (like a pen or bottle) to pass around. Only the person holding it speaks.

Encourage honesty, but no pressure. If someone doesn't want to speak, they can pass.



Step 4: Reflect and Wrap Up

Ask:

- What did we learn from each other today?
- What would we like to change in our community?
- What can we do next?

Agree on any ideas for action or awareness. Take a group photo if it's safe and allowed.

This Quarter's Topic

“What Makes Girls Feel Unsafe in Public Spaces?”

From walking on the street to sitting in class or using public transport — girls across Nigeria face many risks. We want to hear your honest thoughts.

This conversation will help GAF understand what's happening and how we can push for real change together.

Suggested Questions

Use these to guide your conversation. You don't have to ask all of them — choose the ones that feel right for your group:

Understanding the Issue

- What does “feeling unsafe in public” mean to you?
- Can you think of a time when you felt unsafe? What happened?
- Where do you feel most uncomfortable — markets, schools, online, streets?

Who's Most Affected?

- Do all girls face the same safety issues?
- Are some girls (e.g. younger girls, girls with disabilities, or girls who dress differently) treated worse?

Speaking Up

- Have you or someone you know ever spoken up about this?
- What happened?
- Why do you think some girls don't report or talk about these things?

What Can Be Done?

- What would make public spaces safer for girls?
- What can girls do together to protect one another?
- What do you want adults or leaders to hear?

Tips for a Great Conversation

Having a powerful conversation isn't about who talks the most — it's about making sure everyone feels heard, respected, and valued.

These tips will help your circle go smoothly:



Be a Good Listener

- Look at the person speaking.
- Don't interrupt — wait your turn.
- Nod or respond gently to show you're listening.
- Sometimes silence is okay — give people time to think.



Be Respectful

- Don't make fun of anyone or laugh at their story.
- Avoid judging what someone shares — it's their truth.
- Keep things private unless you all agree to share something.



Be Inclusive

- Make sure everyone has a chance to speak.
- Invite quiet girls to share (but don't force them).
- Support girls who are shy or nervous — your encouragement helps!



Be Brave

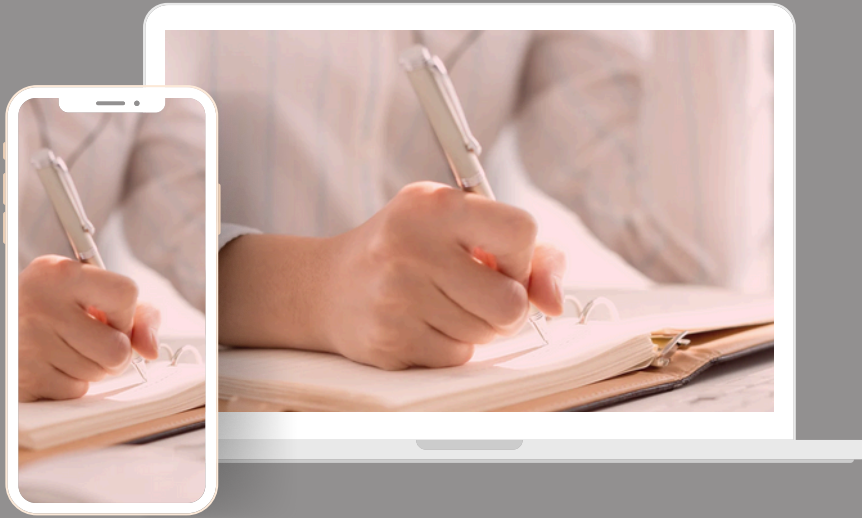
- Speak up if something makes you uncomfortable.
- If the group strays off-topic, kindly bring them back.
- If someone says something harmful, gently correct them or tell a trusted adult after the circle.



Be Yourself

- You don't need big words or fancy answers — just be real.
- Laugh if something is funny.
- Pause and take a breath if you get emotional.

● What to Submit + How to Share It



Once you've hosted your Girls' Dialogue Circle, we'd love to hear how it went! Sharing your experience helps us learn what matters to girls like you and take your voices to places of power.

✓ What to Share

- A short story about your session — what you discussed, how the girls felt, and any ideas or next steps you agreed on.
- Photos, a voice note, or a short video (if you have any — no pressure!).
- Where the session happened and how many girls took part.

That's it! No need to write a long report — just be honest and real.

✉ How to Send It

✍ Use the online form:

👉 itakeactions.org/challenge-submission

✉ Or email us:

If you're not sure how to use the form, you can send your update to:
engage@gaf.org.ng

● THANK YOU ♥

You did it – and we're so proud of you!

By hosting or participating in a Girls' Dialogue Circle, you've taken an important step toward making your voice heard and shaping a safer, more equal Nigeria for girls like you.

Remember: every conversation creates a ripple. Your small action today can lead to big change tomorrow.

STAY CONNECTED WITH GAF

We'd love to hear from you, follow your journey, and support the amazing things you're doing.

Email: engage@gaf.org.ng

Website: www.itakeactions.org

Instagram/Facebook: [gafcommunity](#)

X (Twitter): [@EngageGaf](#)

Submit your story anytime: itakeactions.org/challenge-submission

💡 One last thing:

You don't need permission to speak up – your voice is already powerful. Keep using it.

— From all of us at GAF