GLO ✦ HIGH SCHOOL HIGHS & LOWS

15-week hybrid experience

Own your story.
Shape your future.

Real conversations, real confidence, and real-world skills for high school girls. Join the Girl Link sisterhood to learn, reflect, lead and grow.

Your High School Highs & Lows Journey

$1,250.00: Deposit: $100.00 to hold space

Includes your interactive book and program activities.

Tuesday virtual

6:00–7:00 PM • 1 hour

Saturday in person

11:00 am- 1:00 pm :
2 hours • Location in Upper Marlboro: TBD

15 weeks

30 sessions • 45 total instructional hours.

Explore the 15-week curriculum

Week 1: Introducing My High School S.E.L.F.
Week 2: Confidence & Self-Esteem
Week 3: Friendships & Sisterhood
Week 4: Peer Pressure & Boundaries
Week 5: Communication & Etiquette
Week 6: Emotions & Resilience
Week 7: Social Media & Digital Citizenship
Week 8: Healthy Relationships
Week 9: Leadership & Personal Values
Week 10: Decision-Making & Accountability
Week 11: Money Management Basics

Week 12: Time Management & Study Habits
Week 13: College & Career Readiness
Week 14: My Personal Success Plan
Week 15: Celebration & Next Steps