**Class Assignments**

**Chapter 10: Health Disparities and Help-Seeking Behaviors among Girls**

1. Goal: To more fully explore the idea that girls “lack power in their bodies,” as proposed by the authors.
   1. Break students into two groups. Have one address female help-seeking from the perspective of objectification theory and the other from the perspective of feminist ideology theory.
   2. Following their discussion, have both groups analyze their discussion points from the framework of critical race theory or another model of your choosing that focuses on the intersection of racial and gender identity.
2. Goal: Increase student identities as advocates or agents of policy change relative to health disparities and help-seeking.
   1. Facilitate a discussion of the role of mental health care providers as advocates or social change agents, including both the pros and cons of assuming such roles.
   2. Building on that discussion, help the class identify specific actions they can take, as individuals and as new members of a professional group, to increase girls’ access to health care.