



## FACT SHEET

### Dr. Jenn's PJ Parties™

Dr. Jennifer Austin Leigh, author of *Laid or Loved? The Secrets Guys Wish You Knew About Being a Dream Girl Instead of a Just-In-His-Jeans Girl* (Ignite Reality Press, 2009, \$15.95), has developed an innovative way for teens to express themselves and address their concerns about a myriad of topics at her Dr. Jenn PJ Parties™. The parties are held at private homes or schools, and have a customized theme that Dr. Jenn formulates after an interview with the teen and parent. Through creative play that includes using props and a scavenger hunt, the teens discover ways to focus on what's bothering them.

Dr. Jenn has used a myriad of different themes to initiate discussion. For example:

**Treasure Island** - Girls find their own internal treasure of self-respect. It starts with a scavenger hunt for items that will be used for an exercise to illustrate that what we believe about ourselves is what we invite others to believe about us. For example, the girls are asked to find two blank notecards; on them, they write what invitation they are sending to the world, both positive and negative. Dr. Jenn helps them focus on staying in their positive invitation. Bandages are used with the "Growing-Up Wounds" quiz. Mirrors are used for a self-identity exercise. Other treasures are used, too. At the end, the girls sign a covenant saying they will all work on improving their self-respect.

**The Train Wreck** - Girls learn what can lead them to jumping the tracks and becoming a train wreck. An experiential learning session with a scavenger hunt, Dr. Jenn explains how teen brains are different and why they function to pull girls off the tracks. Each girl makes a mobile of all the things that she think can pull her off track. They share with the group and troubleshoot to figure out how to notice those things happening before they become a crisis and stay on the tracks. Each girl confesses what she thinks she does that could turn her into a train wreck and how that feels in her body. Each girl applies a ritual bandage to one another and signs a covenant to help each other stay on the tracks and live within their truth.

**Media Madness** – Girls look at the messages they get from the media and how that affects their behavior. Starts with a scavenger hunt of things in the media, like cherry lip balm, which represents Kati Perry’s song "I Kissed a Girl and I Liked It...the taste of her cherry Chapstick..." The "Growing-Up Wounds" quiz is used to reveal where the girls might be vulnerable to the media’s messages. They journal about what messages have hurt them, and what messages they’d prefer to see in the media. They bandages each other over the worst media “wounds”... and sign a mutual covenant to find their own way in the world and live their own truth.

**Your Story** - Girls learn that they can create their own life story by healing old wounds and making clear choices in the future. “An enemy is someone whose story you haven't heard.” After a scavenger hunt, girls hear other’s stories and every time a girl labels someone with an unkind name, like “whore,” Dr. Jenn has the girl write the word on Dr. Jenn’s face with a face-painting crayon. At the end of the night, Dr. Jenn talks about enemy images and labels and how those words hurt others and come back to hurt us. The girls sign a covenant to live great stories of their own and be more understanding of other kids’ stories.