

LIVING THE CONFIDENCE CODE

**KATTY KAY, CLAIRE SHIPMAN,
AND JILLELLYN RILEY**

Living the Confidence Code
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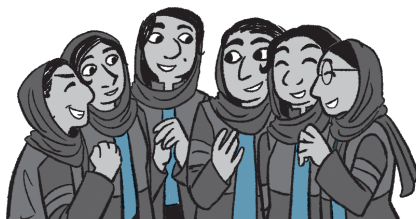
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First Edition

CHAPTER 6



Afghan Dreamers

The Afghan Dreamers is the perfect name for this robotics team of six girls, because nobody thought an all-girl team from Afghanistan was actually possible. And it almost didn't happen. Many girls in Afghanistan don't even go to school, much less know anything about robotics. An extremist religious group, the Taliban, ran the country for years, and they didn't think girls should be educated. They were very violent, severely punishing people who didn't follow their strict, rigid codes. The Taliban is no longer in power, but there is still a lot of conflict and poverty in the beautiful, mountainous country. A terrorist group called ISIS is

still active. And girls' opportunities have been stifled for a long time. So when the Digital Citizen Fund, a group helping girls and women all over the world learn about tech, decided to form a team, it was hard.

Still, when the girls of the Afghan Dreamers heard about the auditions, they knew it was an opportunity to show what girls can achieve and to represent the best of their country. They rushed to try out, even though for them, risk and failure have far scarier consequences than for most of us—they risked getting physically attacked or even killed by people who still support the Taliban. But the strategies they used to face those risks, that possibility of failure? Universal. The same as any of you would use!

And it's worked! Now the Dreamers are role models for other girls, leading workshops on robotics and even helping to plan a new STEM school in Kabul. Confidence is contagious, and they are determined to spread it wherever they can.





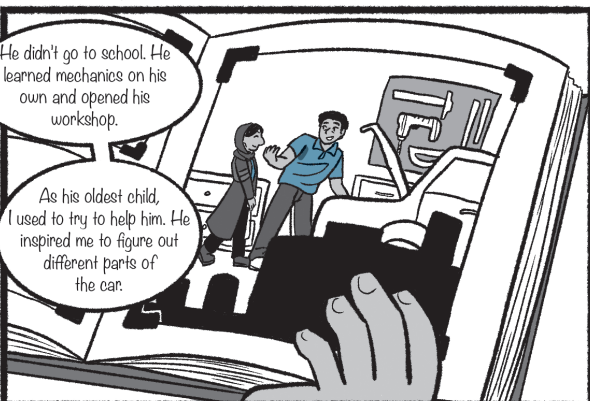
These girls all came to robotics in different ways.

One of the reasons I like building things is that my father is a mechanic.

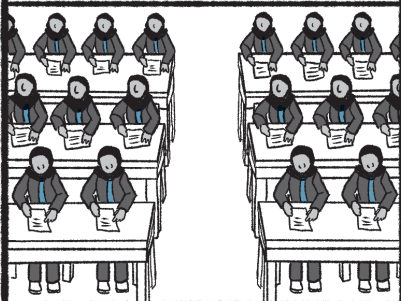


He didn't go to school. He learned mechanics on his own and opened his workshop.

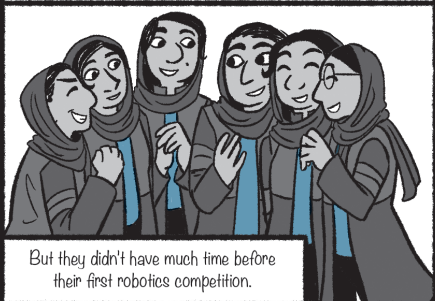
As his oldest child, I used to try to help him. He inspired me to figure out different parts of the car.



All the girls had some interest in math, computers, and problem solving. When they heard about the idea of a robotics team, they rushed to take the tryout test.

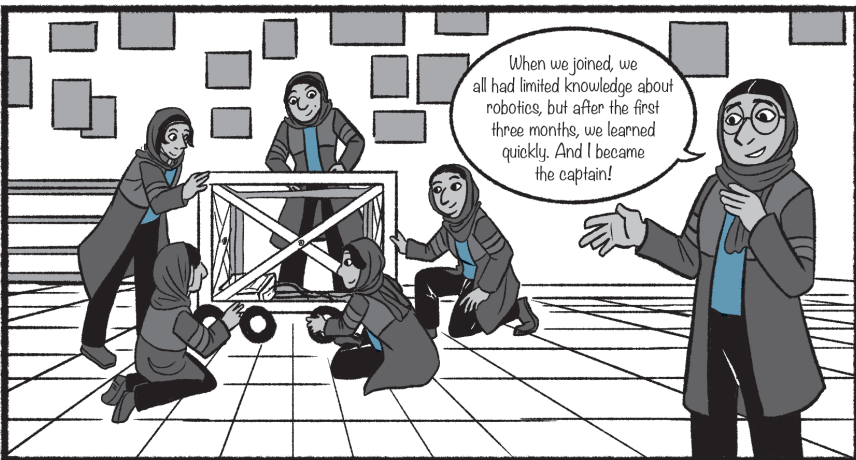


When they all made the team, they were thrilled. They thought it was fun and were excited to meet each other. They custom-made robots, designing them with wood and plastic.



But they didn't have much time before their first robotics competition.

When we joined, we all had limited knowledge about robotics, but after the first three months, we learned quickly. And I became the captain!



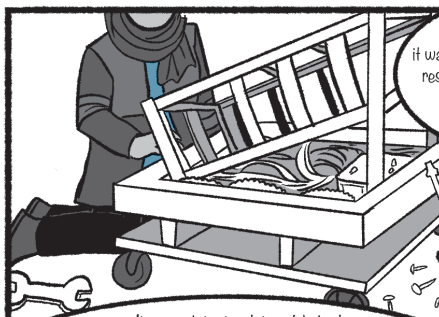
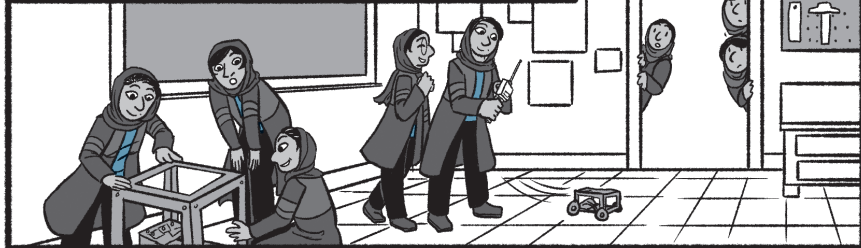
In our country, girls are not supposed to be curious, they are not supposed to be dreamers.



We were afraid of how people would look at us. Many parents took their girls out of the club!



Under the Taliban, girls were not supposed to go to school or work outside the home. That's changing, but the Afghan Dreamers still faced a challenge convincing people that girls could, and should, get to try!

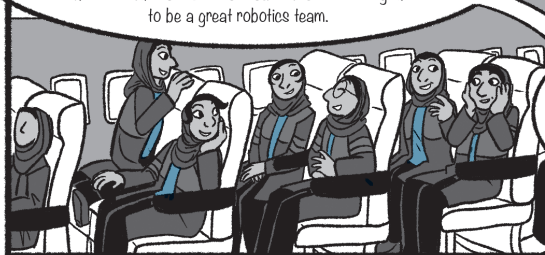


When we began, it was very difficult. We didn't have resources like proper tools, and we had to use scrap metal collected locally.

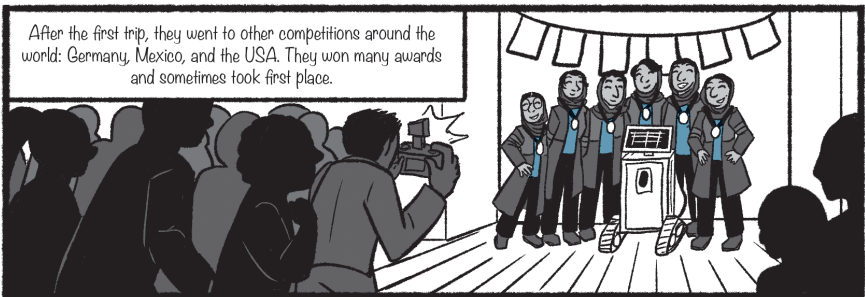
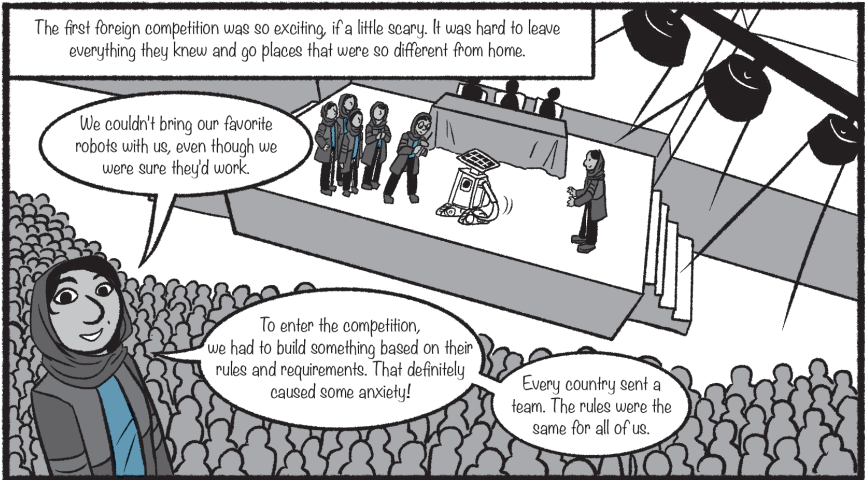
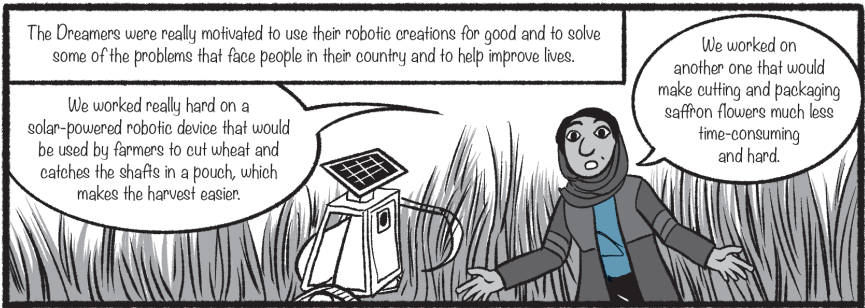


It was a bit intimidating. We had to work harder as a team of girls to prove we deserved to compete and that we would honor our country. Some people didn't like it that we were going to travel to a foreign country without our families. But we tried to focus on our goal—to be a great robotics team.

We tried to shut out the people who doubted us or criticized us and concentrate on proving that girls can do the work.



In Afghanistan, male relatives make decisions. Out of respect for our elders, we are supposed to obey them. My uncles were not supportive. I had to stand up for my dream and convince them.



And then at a competition in Turkey, we failed. We lost.

We were upset and cried a lot. Sometimes just one of us, sometimes we cried together. We worked so hard to be perfect, to make everyone at home—whether they approved of us or not—proud by ALWAYS winning and ALWAYS being the best.

The girls realized they'd fallen into a trap that catches girls all the time: **PERFECTIONISM.** The team needed to rally.

We should be in fighter mode. It holds true for a lot of problems in life.

Thomas Edison made 1,000 attempts at inventing the light bulb. A reporter asked, "How did it feel to fail 999 times?"

Edison said, "Young man, I have not failed 999 times. I have simply found 999 ways NOT to create a light bulb."

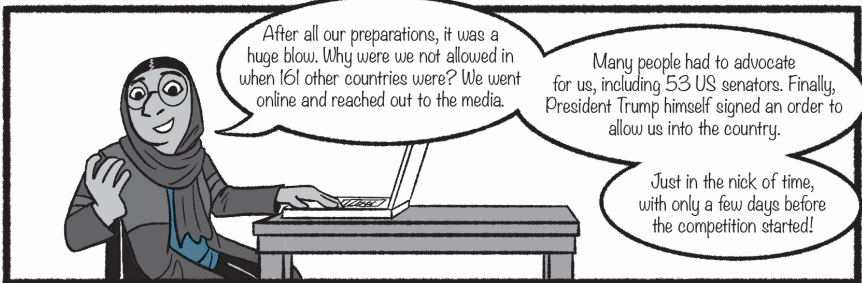
We cannot find greatness if we aim for "small." We have to try for "big."

We learned that success is important to our team, but we don't always have to win.

The most important thing for us is to represent our country well, and to encourage other girls to believe in themselves and follow their dreams in science. Not to be perfect!



The team applied for visas to travel to the US for the FIRST Global Challenge in Washington, DC. They were denied twice. So they decided to speak up and make sure they were heard.



After all our preparations, it was a huge blow. Why were we not allowed in when 161 other countries were? We went online and reached out to the media.

Many people had to advocate for us, including 53 US senators. Finally, President Trump himself signed an order to allow us into the country.

Just in the nick of time, with only a few days before the competition started!

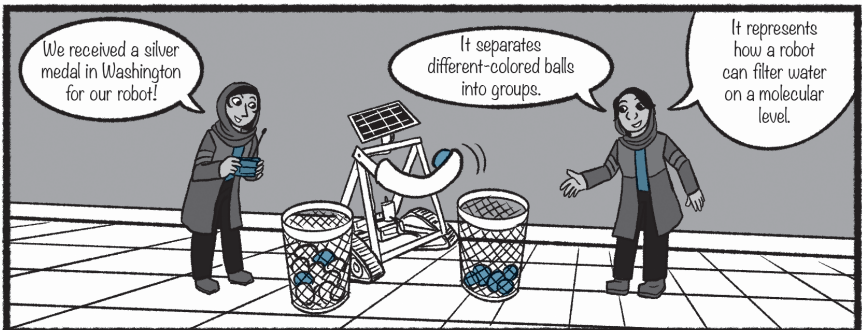


That kind of stress could have derailed the team and shaken their confidence. But it actually made them all the more determined to do a good job and have fun!

While we were there, we tried lots of new foods. We didn't like sushi at all, and then we were hungry all that night.



We preferred chicken wings, pistachio ice cream, and Mexican food, like tacos!



We received a silver medal in Washington for our robot!

It separates different-colored balls into groups.

It represents how a robot can filter water on a molecular level.

When the team returned from their travels, they faced something much more tragic and terrifying. The violence that has plagued Afghanistan for decades suddenly became personal.



One week after we returned to Afghanistan, while my father was at our mosque for daily prayers, there was a bombing.

ISIS took him away from me forever.

I wanted to leave the team. I could not believe I would never again hear his key turning in the door...

But my mother told everyone that my father was the reason I'd joined the team and that he'd want me to continue. And she is right.

He attended all our competitions and supported what we were doing.

He always told me to be brave, and I think that is the only thing I can be.

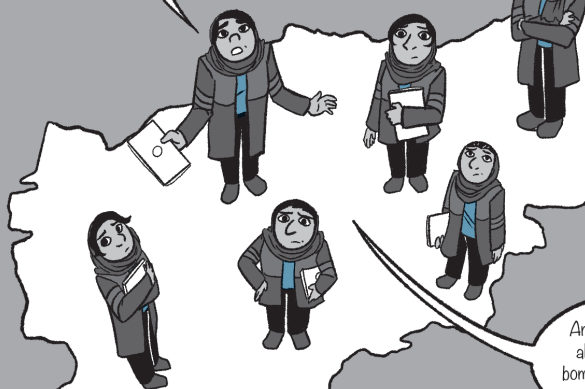


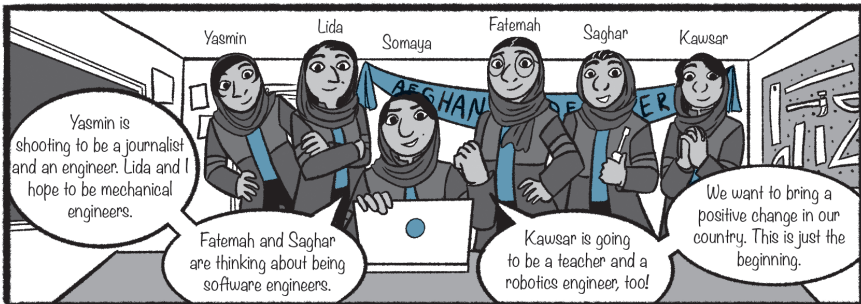
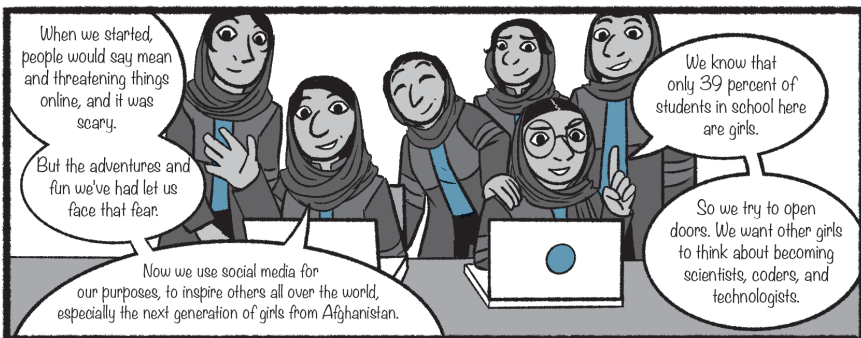
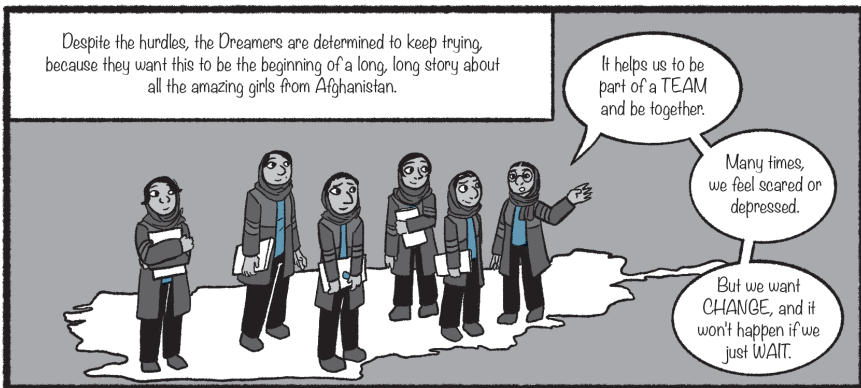
It's an uncertain future. People still think girls are not capable of making their dreams a reality.

My teammates and I know the dangers under the water.

And we know that there are sharks who want to make us their prey.

And then there are still all the suicide attack bombings and the war in our country.






CHAPTER 12



Greta Thunberg

A girl and a sign. That's how it began. In Stockholm, fifteen-year-old Greta Thunberg balanced a hand-painted piece of wood on her bike and rode to the parliament building. Sitting alone on the sidewalk, she challenged her government to DO something about climate change. She called it a climate strike, because she did this instead of going to school as usual. Greta has been completely consumed by climate change since she was little. "Some people can just let things go," she has said, when talking about what got her started. "But I can't, especially if there's something that worries me or makes me



sad." After a long, dark period of depression, Greta figured out that she has autism, specifically Asperger's syndrome, which also gives her a single-minded focus that can be overwhelming, or empowering. Her passion, or obsession, for the environment actually helped her recover from her depression. She was able to motivate

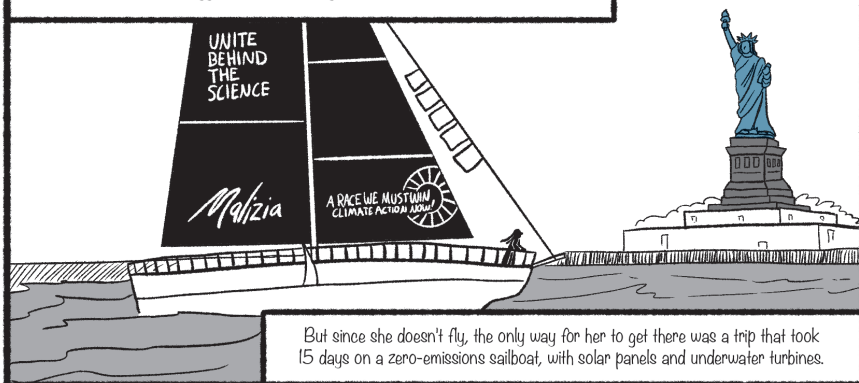
**You read about
Ciara-Beth earlier
in the book, another
girl using her autism
as a strength!**

herself by taking action.

First, she talked her parents into joining her as a vegan to lower the family's carbon footprint. Then she convinced her mom, who flew all the time, to give up air travel because of the planes' toxic emissions

into the atmosphere. Being able to make these changes in her family gave her hope and made her realize that she could turn her "disability" into an incredible asset. Today, of course, she is no longer sitting alone on a sidewalk. She's talked to world leaders, been on the cover of *Time* magazine, been nominated for a Nobel Peace Prize, and rallied millions of kids around the world into a global community trying to protect our planet and their future.

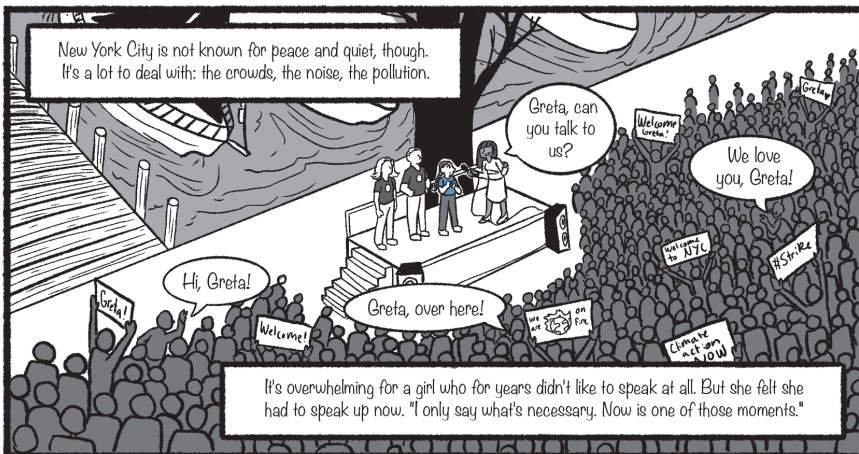
Greta Thunberg decided to head across the Atlantic Ocean to reach North America, to attend one of the biggest climate meetings in the world, at the United Nations.

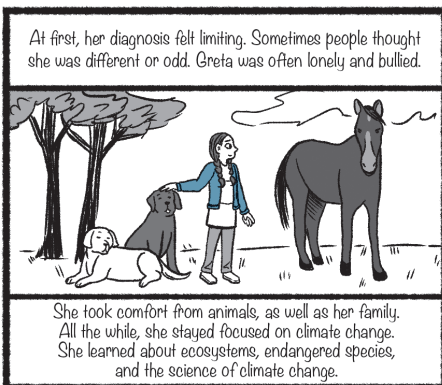
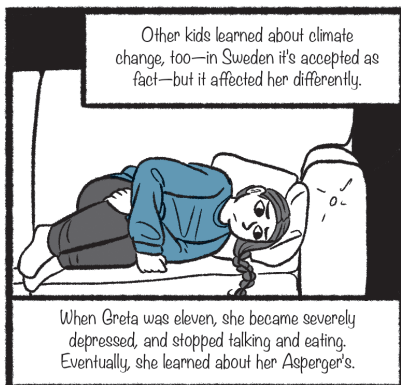


Her favorite thing on the boat was to "sit, literally sit, just staring at the ocean for hours not doing anything."

"To be in this wilderness, the ocean, and to see the beauty of it. That I'm going to miss. Peace and quiet."

New York City is not known for peace and quiet, though. It's a lot to deal with: the crowds, the noise, the pollution.





Inspired by brave kids from Parkland, Florida and their response to a horrific school shooting, Greta had the idea for her first action.

SKOLSTREJK
FÖR
KLIMATET

At the end of Sweden's hottest summer in 262 years, she started a boycott. Outside the Swedish Parliament, she handed out leaflets with facts on climate change for the length of a regular school day.

"On the second day, people started joining me. After that, there were people there all the time."

Listen to the
SCIENCE

SKOLSTREJK
FÖR
KLIMATET

Climate
Change
is REAL

Soon, Greta began the regular "strike" from classes on Fridays campaign—inviting kids everywhere to join her in school walkouts. She had to convince her parents and teachers that this was a good idea.

SKOLSTREJK
FÖR
KLIMATET

We can't change the world by playing by the rules, because the rules have to be changed.

Why should we study for a future that is being taken away from us?

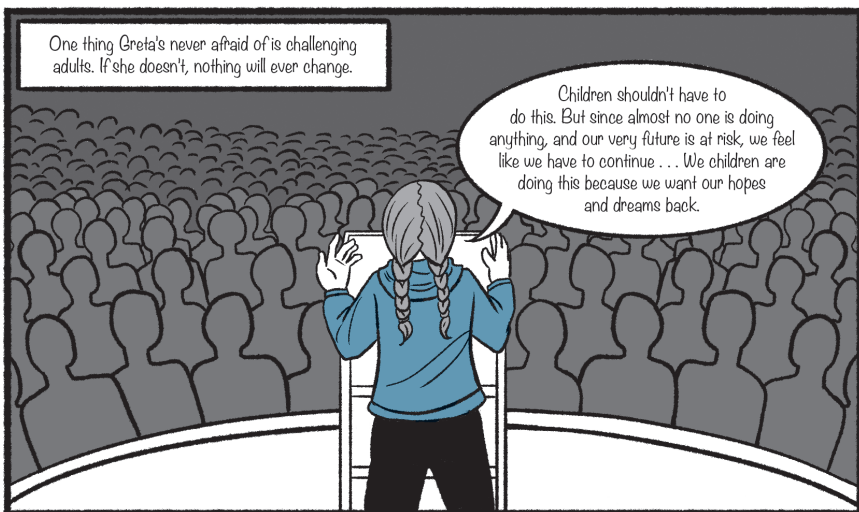
By the end of the year, more than 17,000 students in 24 countries took part in Friday school strikes.

We children are doing this because we want our hopes and dreams back.


Before I started school striking, I had no energy, no friends and I didn't speak to anyone. I just sat alone at home.

All of that is gone now, since I have found meaning.

The planet is outside its comfort zone, so we also need to be outside of our comfort zone to prevent the worst consequences from happening.

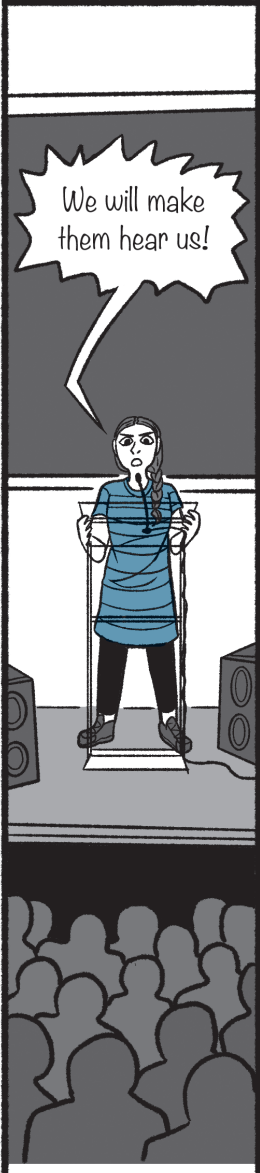


To reach as many people as possible, she decided that she had to get to the UN's Climate Conference in the US, where she wasn't afraid to use her intellect, her passion, and her anger.




I don't want you to listen to me, I want you to listen to the scientists.

Congress



We will make them hear us!

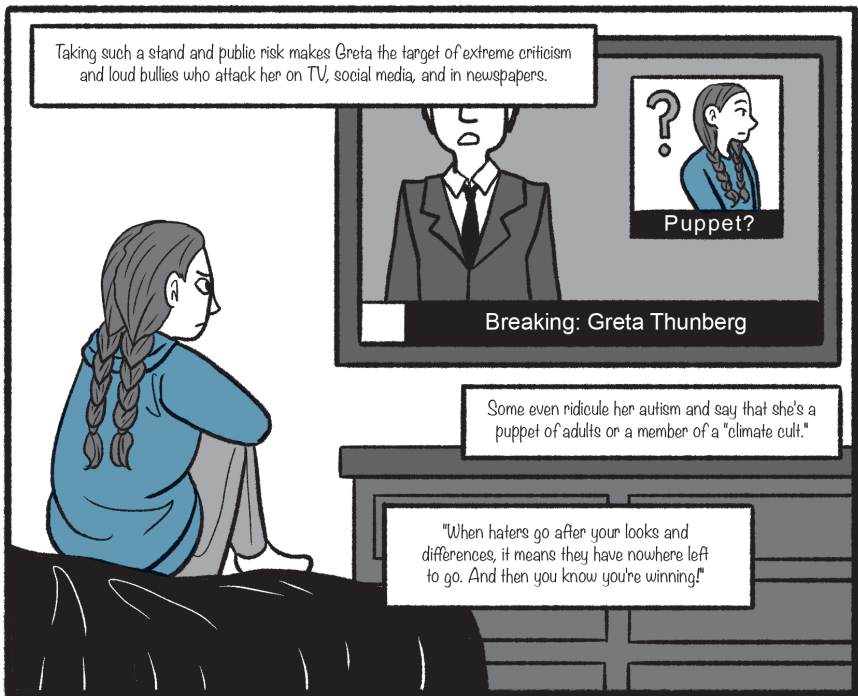
NYC March



You are failing us. The eyes of all future generations are upon you. And if you choose to fail us, I say:

We will never forgive you.

United Nations



CHAPTER 19



Natália Pereira

Ten-year-old Natália Pereira, who goes by Nati, just wants to play soccer. Nati lives in Santa Catarina, Brazil, a country with an awesome soccer tradition. Ever heard of Pelé, known as the King of Futbol? He's one of the most famous players of all time, and he's from Brazil. One of the best national women's teams is also in Brazil. It's definitely the national sport; it's practically in the air the kids breathe, the water they drink.

Nati has played since she was four, running, dribbling, dodging—she can do it all for hours and hours

on end. She's known for her flawless feint, a soccer move where she fakes out her opponent about where she's going with the ball. But she wasn't getting to use her skills much on the pitch because she didn't have a real team for herself. In Santa Catarina, there are no girls' teams. None. That's the kind of thing that could have put a stop to Nati's passion for soccer. A setback like that could have ended her soccer dreams. But it didn't. In fact, it made her even more single-minded.

No girls' team? Fine. Nati would play with the boys and beat them, too.

For this book of real stories we asked Rose Lavelle, US National Team player, 2019 Women's World Cup Champion, professional soccer player with the Washington Spirit, and one of the most creative, hardworking soccer players today, to nominate a confident girl. She chose Nati Pereira.

"I recognized Nati's drive and determination instantly. Nati built her confidence by ignoring obstacles, channeling her passion for the game. In the face of being told no regularly, Nati just put her head down and worked. When it looked like there was no place for her, she was resolute and *made* room for herself."



"I've always loved kicking anything in sight, but I started to love soccer when my brother began to play in competitions."



"I've always been my brother's copy. Everything he did, I did, too. So then I just started playing ball because of him."



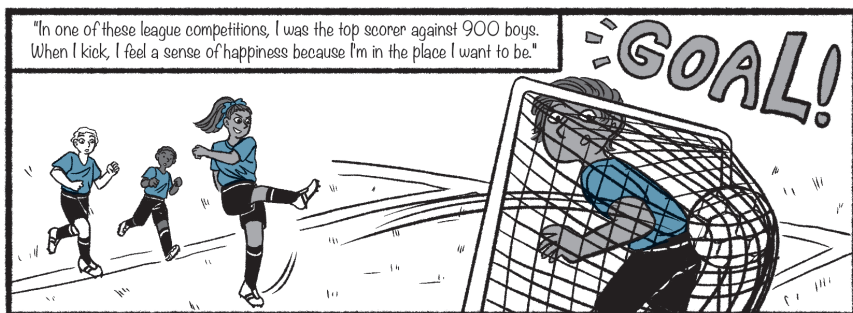
"And I kick everything. Everything. I almost broke my mother's cabinet. I kicked the ball and then POP. It made a big noise! Luckily nothing broke."



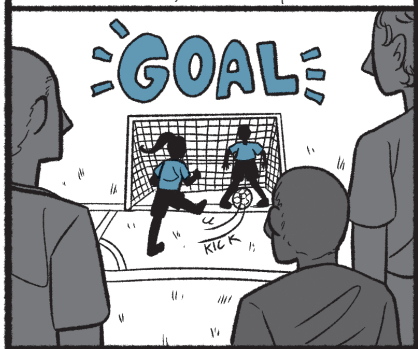
"Since there were no girls playing, Nati practiced with her brother and his friends."

"They let me play with them because I'm good. Other girls would play a little in the playground or watch the boys, but I'd rather play real ball. I never like to just watch!"





After a while, Nati decided to try out for the youth academy of a professional league, called Avai. She'd be the only girl in the whole country on that kind of team. Of course, that didn't stop her!



She practiced four days a week, worked really hard, and made it!



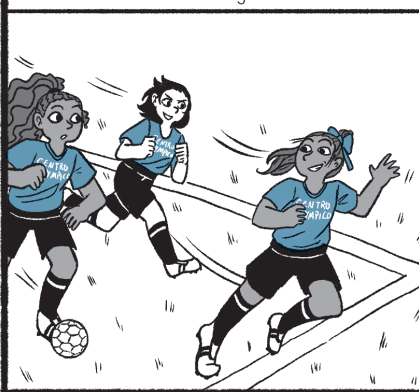
"It's very cool to be on a real team... If we miss a pass, everyone says, 'It's OK, come on, let's go.' It's kind of a second family."

Nati's so eager to play that she looks for even more ways to challenge herself. Poking around online, she found Centro Olimpico, a team of top girl players in São Paulo.



"There were a ton of pictures of them winning championships, so I knew that they were really good! I talked my mom into taking me to try out for them, even though it was almost 500 miles away. I made that team, too!"

"So now I play with Centro Olimpico once a month, even though I have to fly there and miss some school. The girls are from all over the country and it's awesome."



She won't be able to play with the boys forever. So Nati's making sure to grab every opportunity that comes her way, like when she was invited to play with American girls for an exhibition in Orlando, Florida.

"These girls on the under-fourteen team in Orlando were GIANTS. But it was cool!"



"I just played my game with them, the only way I know how. By the end, their moms were all calling my name!"

"When I started playing, my mom made me wear a bow on the field, too she could spot me easily."



"As soon as I got home, I ripped that bow off."

"Then my mother would put it back on. Put it back on. Put it on. Put it on. Put it on."



Nati discovered a great confidence strategy: finding a little lucky charm that helps you stay calm when your brain is about to start spinning.

"Now I never play without it. One time we were almost at a game, all the way across the bridge, when I made my dad turn around. I said, 'Dad, go back! I forgot my bow! Otherwise, I couldn't play.'"



"And it makes me feel less scared when traveling. Or going places where I don't know the language. But when I feel like people out there know me, it's better."

One incredible thing Nati has discovered is the power of being present, the ability to stay focused, tune out all distractions, and really tap into a state of flow.



"Once I start to play, I'm determined and confident. I don't think about anything else and I trust that I'm going to know what to do. Kick, dribble, run..."

Her state of flow is also a state of pure confidence. And that's an important lesson for everyone!



CHAPTER 25



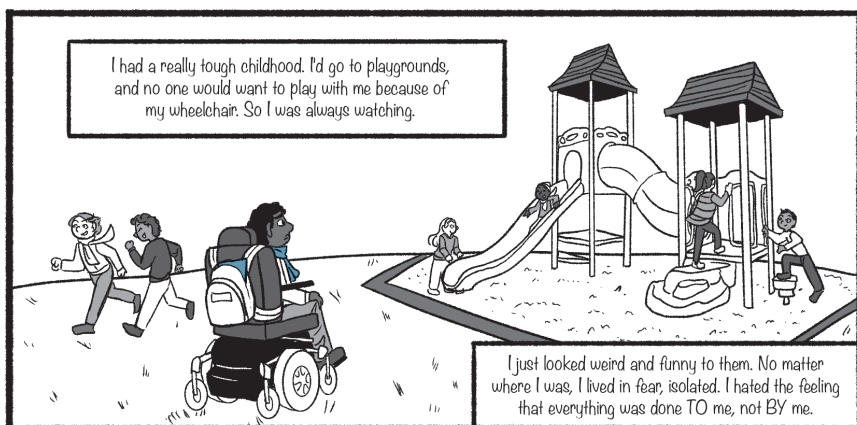
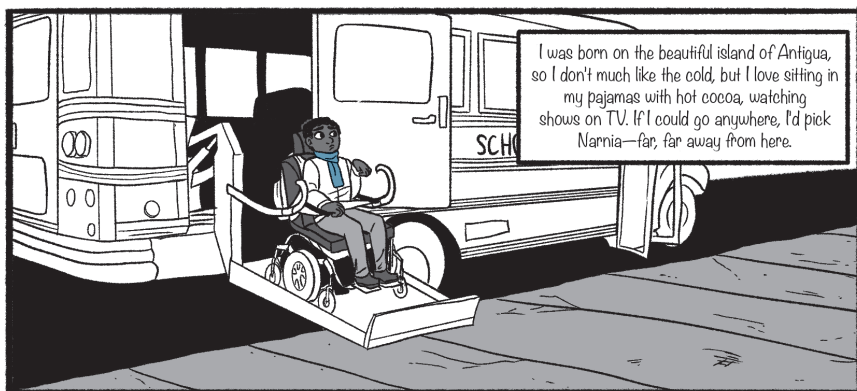
Aaron Philip

Aaron knows that people looking at her might not really see her. They might just see all her challenges, like her cerebral palsy or bulky wheelchair. Or they might notice that she's transgender and doesn't match the box marked "male" on her birth certificate.

Because of the cerebral palsy and what she calls her "spastic arms," Aaron needs a lot of help doing everyday stuff at home and at school. She has to work hard, every minute of every day. It would be understandable for Aaron to do what's easiest, keep it simple, and confine herself to what she knows she can handle. But Aaron realized pretty early on—that's not the life she

wanted. She had very big dreams that took her beyond what people expected. And Aaron could only achieve what seemed massively difficult by trying harder than she thought possible, taking risks, sometimes failing, and never ever giving up.

Aaron didn't do everything at once, of course. She knocked down the obstacles like a game of dominoes, one after another after another, building and stockpiling confidence each time. First Aaron used her voice as a disabled kid, tired of being ignored and alone, refusing to be passive. Then as she grew bolder, Aaron used her voice again, declaring her transness and chiseling a new place for herself in the world. And now, in that new place, she's changing the way people think about beauty and physical perfection by becoming a supermodel.





Publishing my book armed me with more confidence. Except now I had a more visible life without being totally ME. The book came out...but I wasn't...OUT.



No one expected me to be a woman, but I always knew it.

I remember when I was in second grade, I'd be in class and look around at all the kids.



I'd look at the boys and say, "I'm not you..."

...and I'd look at the girls and say, "I am you."



I always knew it. I just didn't have the language for it.

When I finally claimed my transness, I felt fear.



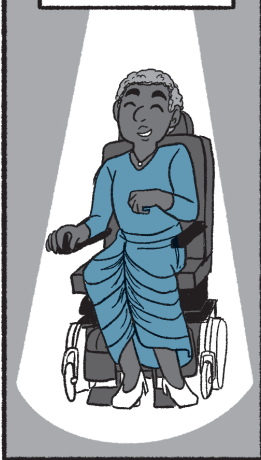
It's always hard to come out, no matter how confident you seem. Nobody expected this from me. But I just begged them, "Can you please accept me?"

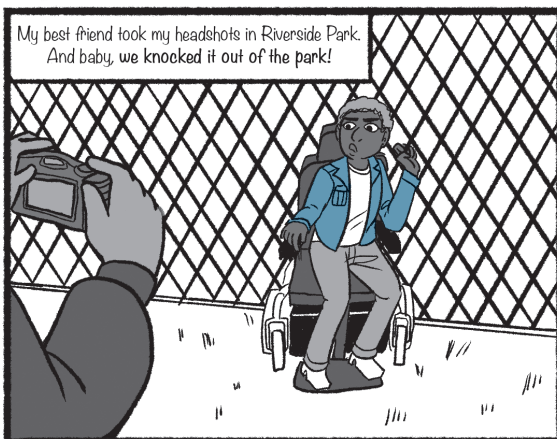
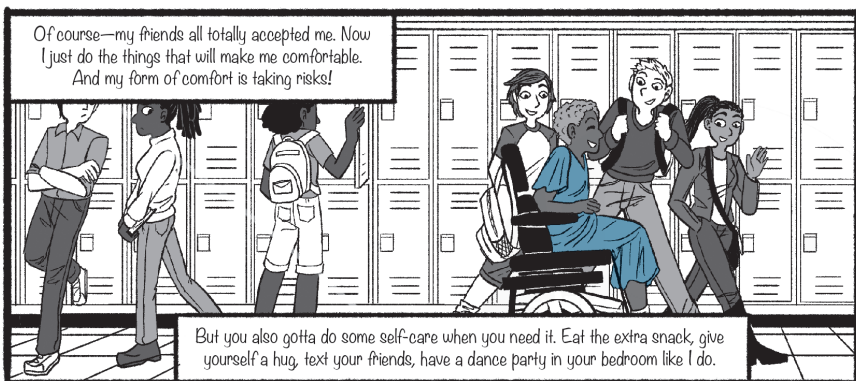
When I first came out, my parents didn't believe me...until they realized that, as time passed, it wasn't a phase.



People would always ask me, "You have so many problems in your life, you're already disabled, why would you want to be trans too?" But there's no way to escape it or to be anything but me.

I still felt fear, but I also became liberated.





Before I knew it, it had hundreds of thousands of retweets and likes in a matter of days. And from that I started doing modeling jobs.



I did a Pride campaign with a clothing company. BAM! Things were taking off. And I was doing it all by myself, just winging it.

I knew I was going to carve my own space no matter what.

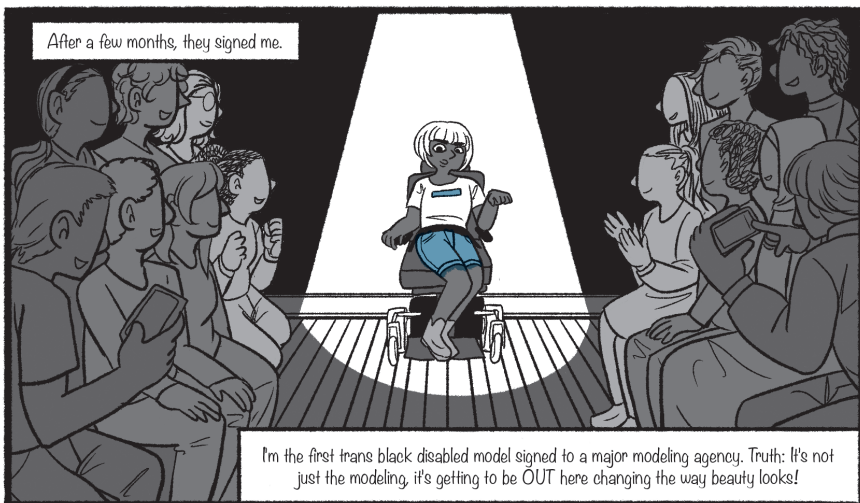


I met with the people from Elite Models and they were like, "We've never seen anyone like you before!"

So we talked and I showed them my portfolio and they were just stunned. I left on a good note, but I had no idea what was coming.



After a few months, they signed me.

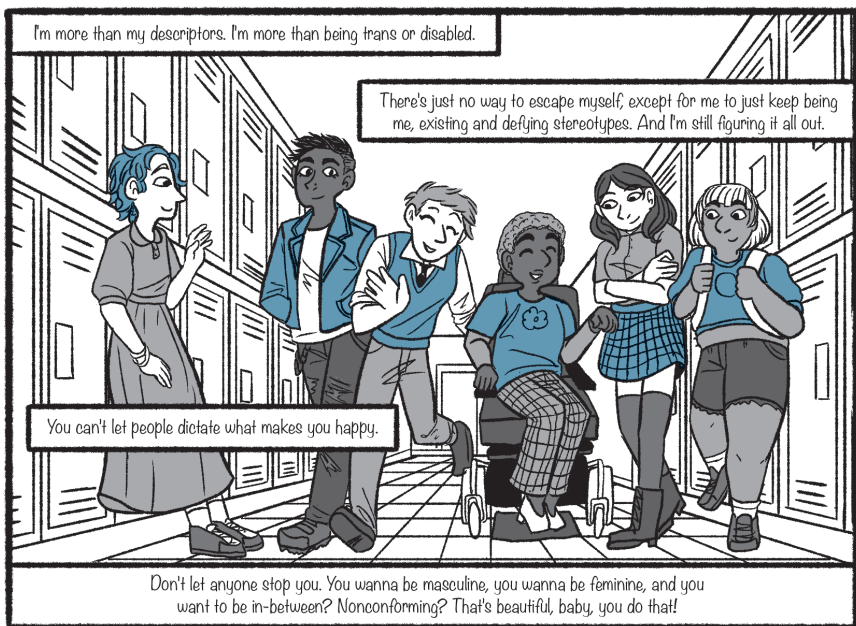


I'm the first trans black disabled model signed to a major modeling agency. Truth: It's not just the modeling, it's getting to be OUT here changing the way beauty looks!



You cannot let the world stop you from being you at all.

Bad days, good days—you just have to live your truth no matter what it is!



I'm more than my descriptors. I'm more than being trans or disabled.

There's just no way to escape myself, except for me to just keep being me, existing and defying stereotypes. And I'm still figuring it all out.

You can't let people dictate what makes you happy.

Don't let anyone stop you. You wanna be masculine, you wanna be feminine, and you want to be in-between? Nonconforming? That's beautiful, baby, you do that!



STICK
YOUR PICTURE
HERE

CHAPTER 31

Your Story

A blank sheet of white paper with 15 horizontal dashed lines for writing. The lines are evenly spaced and extend across the width of the page.

Handwriting practice lines consisting of 15 horizontal dashed teal lines.

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Shout-outs: Sources & References

Here's more information about some of the subjects and issues that came up in the girls' stories. There's a vast world of knowledge out there, but check out these places to start!

Chapter 1: *Melati & Isabel*

Bye Bye Plastic Bags: *To find out more about Melati and Isabel's movement: www.byebyeplasticbags.org*

Oceanic Society: *To learn seven easy ways you can help reduce plastic in the ocean: www.oceanicsociety.org/blog/1720/7-ways-to-reduce-ocean-plastic-pollution-today*

Plastic Pollution Coalition: *To learn more about plastic packaging and the planet: www.plasticpollutioncoalition.org*

Chapter 2: Riley

National Girls & Women in Sports Day: *For more info on confidence through sports and physical activity: ngwsd.org*

Women's Sports Foundation: *To learn more about the fight for equal pay in women's sports: www.womenssportsfoundation.org/education/fight-equal-pay-womens-sports*

Chapter 3: Mari

Dear Flint Kids Project: *Mari started a letter project that allows people from all over the world to write supportive letters to kids living in her community. You can write your own letter and address it to:*
Mari Copeny
PO Box 138
Flint, MI 48501

Clean Water Act: *To find out more about lead in drinking water across the country and strengthening water protections: www.cleanwateraction.org*

Charity: Water: *To learn more about clean water conditions worldwide: www.charitywater.org/global-water-crisis*

Chapter 4: *Ciara-Beth*

Autistic Self Advocacy Network: *To discover more activities and games that focus on communication and social skills for children with autism: autisticadvocacy.org*

Autism Highway: *For more information on autism-related events and fun, interactive games for kids with autism: autismhwy.com*

Chapter 5: *Haven*

International Paralympic Committee: *For more information on the Paralympic Games and Para athletes: www.paralympic.org*

National Center on Health, Physical Activity and Disability: *To find out more about the health benefits of physical activities and sports programs for children with different abilities: www.nchpad.org*

Chapter 6: *Afghan Dreamers*

Digital Citizen Fund: *To learn more about educational programs and IT opportunities for women and children in developing countries: digitalcitizenfund.org*

Code to Inspire: *For more information on female*

students in Afghanistan training in technology and coding: www.codetoinspire.org

UNICEF: *For more information about girls' education in Afghanistan, including the statistics: www.unicef.org/afghanistan/education*

Chapter 7: Yekaba

Plan International: *To find more information about global educational challenges: plan-international.org/quality-education*

Girls Advocacy Alliance: *To learn more about initiatives by girls to combat gender-based violence and discrimination: defenceforchildren.org/girls-advocacy-alliance*

Chapter 8: Amika

Free Periods: *For more information about Amika's organization: www.freeperiods.org*

The Pink Protest: *For more information about period empowerment: www.pinkprotest.org*

Women Strong International: Empowering the Period:
To learn more about access to menstrual and reproductive health education, sanitary pads, and

school toilets across the world: www.womenstrong.org/topics/womens-health

The Trevor Project: *For additional information on period concerns for the transgender and nonbinary community, check out: www.thetrevorproject.org/trvr_support_center/trans-gender-identity*

Callen-Lorde: *To learn more about transgender menstrual health and services available, go to: callen-lorde.org/transhealth*

Chapter 9: Sam

Utah Girls Tackle Football: *For more information about the league Sam founded: www.utahgirlstacklefootball.com*

Women Sport International: *To learn more about research-based advocacy for women in sports: womensportinternational.org*

Women's Football Alliance: *To learn more about women's tackle football across the United States and around the world: www.wfaprofootball.com*

Chapter 10: Taylor

Girl Scouts: *To learn more about the adventures and*

opportunities in Girl Scouts: www.girlscouts.org

In Her Shoes: *To read about girls' freedom of expression and pursuit of creativity: www.inhershoesmvmmt.org/mission*

Chapter 11: Genesis

USGS: Science for a Changing World: *To learn about how much water it takes to produce a hamburger: water.usgs.gov/edu/activity-watercontent.php*

Farm Sanctuary: *For more information on saving farm animals: www.farmsanctuary.org*

Million Dollar Vegan Campaign: *To learn more about the relationship between diet and the planet: www.milliondollarvegan.com*

Chapter 12: Greta

United Nations Special Report: Global Warming: *To see the climate report by scientists that Greta submitted to the US Congress: www.ipcc.ch/sr15*

National Geographic Kids: *To learn more facts about climate change and ecosystems: www.natgeokids.com/uk/discover/geography/general-geography/what-is-climate-change*

World Nomads: *For tips on environmentally*

*friendly travel: [www.worldnomads.com/
responsible-travel/make-a-difference/planet/
top-10-tips-for-environmentally-friendly-travel](http://www.worldnomads.com/responsible-travel/make-a-difference/planet/top-10-tips-for-environmentally-friendly-travel)*

Chapter 13: Mena & Zena

Girls of the Crescent: *To more find books and resources from Mena and Zena: www.girlsofthecrescent.org*

Muslim Women's Organization: *To discover more about Muslim women's advocacy: [www.mwo-orlando.org/
empowerment](http://www.mwo-orlando.org/empowerment)*

WISE Muslim Women: *To learn more about Muslim women leaders around the globe:
www.wisemuslimwomen.org/about*

Chapter 14: Adelle

Adelle's Creperie: *For more information about Adelle's tasty menu: www.adellescreperie.com/*

Move for Hunger: *For more information about the fight to eradicate the food deserts across the United States: [www.moveforhunger.org/
harsh-reality-food-deserts-america/](http://www.moveforhunger.org/harsh-reality-food-deserts-america/)*

Teen Business: *To read more about teens starting businesses and the resources for them:
www.teenbusiness.com/*

Chapter 15: *Anahi*

Clothes to Kids: *To discover how donating clothes to low-income children can change their lives: clothestokids.org*

Operation Warm: *To learn more about the impact of schoolchildren needing warm clothes, go to: www.operationwarm.org*

Chapter 16: *Thandiwe*

National Education Association Educational Justice: *To learn more about the movement for racial equity in education: neaedjustice.org*

LA Students Deserve: *To discover how students in LA are preparing themselves with the necessary skills for life after school: www.schoolslastudentsdeserve.com*

Chapter 17: *Dexa*

Days for Girls International: *To discover how girls' lives are transformed through access to sustainable menstrual care: www.daysforgirls.org*

Because I Am a Girl: *To check out the life-changing initiatives and programs launched by girls all over the world: plan-international.org/because-i-am-a-girl*

Chapter 18: *Autumn*

Mother Earth Water Walk: *To learn more about*

Autumn's aunt Josephine and the Mother Earth

Water Walkers: www.motherearthwaterwalk.com

World Water Council: *For more information on the fight*

for water security and sustainability:

www.worldwatercouncil.org/en

Chapter 19: *Natália*

Goals for Girls: *To discover how soccer is being used to*

teach young women life skills: www.goalsforgirls.org

Soccer without Borders: *For more information on the*

power of soccer to create change and bring people

together: www.soccerwithoutborders.org

Chapter 20: *Gitanjali*

Girls Are Awesome: *To discover how female*

entrepreneurs are making a difference with

their inventions: girlsareawesome.com/

five-female-inventors-know

Coalition to Prevent Lead Poisoning: *To learn more*

about the fight to combat lead in our water:

theleadcoalition.org

Chapter 21: *Angelina*

Care Gift Elves: *For information about Angelina's kindness initiative: www.thecaregiftelves.com*

Smart Kids with Learning Disabilities: *To discover how kids with learning disabilities can tap into their strengths, gifts, and talents: www.smartkidswithld.org*

Malala Foundation: *For inspiration on girls all over the world fighting for education: www.malala.org*

Chapter 22: *Celia*

Cooperative for Education: *To read about how CoEd is helping children break the cycle of poverty through education: coeduc.org*

Global Girls Alliance: *For more information about expanding girls' education around the world: www.obama.org/girlsopportunityalliance*

Chapter 23: *Yasmina*

Facing History: *To learn more about the history of the hijab throughout the world: www.facinghistory.org/civic-dilemmas/brief-history-veil-islam*

World Hijab Day: *For stories about the hijab in women's lives: worldhijabday.com/about-us*

Kids and Race: *To read more facts about the hijab:*

www.kidsandrace.org/blog/2019/1/31/8-facts-about-muslim-headscarves-for-world-hijab-day

Chapter 24: Anna

Pulse Spikes: *To see Anna's magazine: pulsespikes.com*

The Art Gorgeous: *To discover how women are blazing trails in art and fashion: www.theartgorgeous.com*

Chapter 25: Aaron

Cerebral Palsy: *For information on how kids with cerebral palsy embrace opportunities: www.cerebralpalsy.org/inspiration/opportunities*

It Gets Better: *To read more about LGBTQ youth: itgetsbetter.org*

Chapter 26: Bella

Kidzcationz: *To discover tips, travel ideas, and vacation planning for kids from the website that Bella created: kidzcationz.com*

Easy Access Travel: *For information on how people with disabilities vacation: easyaccesstravel.com*

Chapter 27: Lan & Linh

Gals Forum International: *To discover more projects*

focused on making cities safe for adolescent girls and women: galsforum.org/category/programs/safer-cities-for-adolescent-girls

Champions of Change for Gender Equality and Girls'

Rights: *For more information on advancing gender equality and fighting against gender discrimination: plan-international.org/youth-activism/champions-change*

Chapter 28: Jamie

Zero Hour: *For more information on the environmental justice organization Jamie founded: thisiszerohour.org/*

The Climate Change Reality Project: *To learn about how to get involved in climate change advocacy in your city: www.climaterealityproject.org*

GLSEN: *To discover more about the fight for LGBTQ issues in K–12 education and the movement to create a safe and affirming learning environment for LGBTQ students: www.glsen.org*

Chapter 29: Naomi

American Immigration Council: *For more information on the fight to keep families together: www.americanimmigrationcouncil.org*

Hispanic Federation: *To learn more about the contribution of Hispanic families and institutions across the country: hispanicfederation.org*

Chapter 30: Zulaikha

Make Every Woman Count: *To discover how African women are fighting to strengthen the voice, impact, and influence of African women's rights: www.makeeverywomancount.org*

18twenty8: *For more information on how South African girls are using higher education as a tool for their empowerment: www.18twenty8.org*