

A MESSAGE FROM DR. G

- If he is trying to pressure you to do something you don't want to do or doesn't respect you ALL of the time—he is NOT the one for you! So tell him Bye-Bye!
- It's GREAT to WAIT to have sex. Don't Do it!
- People are watching you at all times, remember you are someone's role model.
- Set goals for yourself and work on them—and Get Er Done!
- You can do whatever you want to do, if you work hard, work smart, get help, and ask questions.
- Learn from your mistakes—we all make them—Even me!
- Encourage the girls in your life and do less discouraging!
- You can be cute, fly, fresh, without showing a lot of skin. Keep the blessings covered up!
- Get a mentor-someone who is a good role model or doing what you want to do.
- When you look in the mirror say “I am beautiful and FABULOUS and that's what COUNTS!” (I may not feel like this every day, but I must say it)
- If someone has ever touched you in a wrong place or hurt you in another way, it is NOT YOUR FAULT and you must tell someone!
- Don't Worry About the Haters! You must be doing something right!



To My Fabulous Ladies,

Keep pushing forward, have fun, and learn from your mistakes. Remember that the only person who can stop you is YOU. You are a beautiful, smart, and amazing young lady! I hope to hear from you! And you better Work it!

Love, Dr. G

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