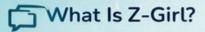


Youth Reflection • SEL Support • Safety-First Design

A gentle hero coach for youth reflection — not a therapist or emergency service.

What Is Z-Girl?



- A fictional hero coach from The 4 Lessons universe
- Helps youth name feelings and reduce stress
- Encourages one small positive 'hero move'
- Designed for ages 10–16



Safety & Trust Built In

- Messages checked for safety risk
- Calm safety check-ins when needed
- Encourages trusted adult involvement
- Crisis topics bypass nomal chat flow

Z-Girl v1.1 — Safety & Trust Layer



SEL Alignment

- Emotional awareness
- Self-regulation
- Positive self-talk
- Responsible decision-making



Role of Adults

- Z-Girl supports adult-youth conversations
- Adults are encouraged to review the guide
- Safety concerns are always for qualified adults



For the Parent & Educator Guide

& other safety resources scan here:



Reflect



Feel





Hero Move

Trusted Adult

- Parent & Educator Guide
- Safety & Use Guidelines

