

Z-GIRL EDU

Reflection without surveillance.

A facilitated 30-day experience for schools and youth programs

Help participants pause, name the moment, discover a strength, and choose one achievable Hero Move - while keeping private reflections outside institutional reporting.

Institutional overview | Version 1.0 | August 2026

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A practical reflection system with clear institutional boundaries

Z-Girl EDU is the facilitated institutional edition of Z-Girl: The Hero Within Reflection System. It supports everyday reflection, strengths, decision-making, and real-world support. The pilot is preventative, non-diagnostic, and educator-aligned. It does not replace parents, caregivers, counselors, clinicians, emergency services, or an institution's local student-support procedures.

THE INSTITUTIONAL PROMISE

The reflection belongs to the participant. Facilitators support the process; leaders learn from de-identified aggregate experience measures, not private entries.

What participants practice

- Pause before reacting or pushing forward.
- Name the moment without turning it into a grade or diagnosis.
- Separate facts, feelings, assumptions, pressures, and needs.
- Recognize inner strengths and safe external support.
- Choose a Hero Move that is safe, specific, achievable, and mostly within their control.
- Reflect forward by noticing what helped and what should continue.

Where it fits

Z-Girl EDU can complement advisory, SEL, mentoring, youth leadership, after-school, camp, family-engagement, and student-support programming. It is designed for guided use with clear local ownership rather than as a standalone solution.

One coordinated institutional package

	Component	Institutional purpose
1	30-day facilitated journey	Short, structured reflections using the Hero Within method.
2	Staff orientation	Privacy, safety, accessibility, technology, and facilitation readiness.
3	Facilitator resources	Repeatable openings, prompts, closings, and low-pressure follow-up language.
4	Family communication	Plain-language notice, acknowledgment/consent, and support contacts.
5	Aggregate outcome scorecard	Participation, confidence, usefulness, completion, return, action, and safety.
6	Pilot closeout	Implementation review and a documented stop, revise, extend, or license decision.

Participant choice is built into the method

- Participants may think privately, write, use an approved accessible format, share one takeaway, or not share.
- Participants may pause, skip, stop, or ask for a trusted person.
- Facilitators do not grade disclosure, emotional positivity, writing quality, or a particular feeling.
- Private reflections are not copied into pilot, discipline, counseling, or analytics records.

Optional AI Coach

Private Reflection and the 7-Day Journey can be used without the AI Coach. Any institutional use of the optional AI Coach requires a separate privacy, technology, vendor, and implementation review. It is not required for the core Z-Girl EDU pilot.

A controlled 30-day path from readiness to decision

Period	Focus	What happens
Pre-launch	Readiness	Confirm roles, group, schedule, devices, accessibility, local safety procedures, family communication, and staff orientation.
Days 1-5	Launch	Introduce choice and privacy; model one reflection; establish a predictable opening and closing.
Days 6-12	Routine	Use short guided reflections and support safe, achievable Hero Moves.
Days 13-20	Strength and support	Reinforce strengths, trusted adults, resources, and low-pressure follow-through.
Days 21-27	Reflect forward	Identify implementation strengths, barriers, accessibility needs, and useful adjustments.
Days 28-30	Closeout	Complete aggregate measures, staff debrief, risk review, and the continuation decision.

Readiness gate

- Named sponsor, site lead, facilitator, student-support lead, and technology/privacy contact.
- Approved participant group, schedule, supervision, room/device plan, and accessibility options.
- Completed local privacy, safety, technology, legal/policy, and family-communication review.
- Staff orientation and facilitator readiness documented before the first participant session.
- Aggregate scorecard prepared with no names, IDs, private reflections, counseling notes, or crisis details.

Designed to support - not monitor - young people

Boundary	What Z-Girl EDU requires
Privacy	No student reflection dashboard and no educator access to private entries.
Commercial	No ads, in-app purchases, student-data monetization, or sponsor messages to students.
Clinical	No diagnosis, treatment, clinical scoring, or promise of a health outcome.
Choice	Pause, skip, stop, private thought, accessible alternatives, and trusted-person support.
Reporting	De-identified aggregate pilot learning, not raw reflections or individual surveillance scores.
Safety	Real staff follow local emergency, counseling, mandated-reporting, and referral procedures.
Accessibility	Exact transcripts, no autoplay, keyboard controls, readable contrast, and accommodation planning.

Safety boundary

Z-Girl does not contact emergency services, make a mandated report, notify a caregiver, or replace human judgment. When a participant needs help, staff pause the activity, respond calmly, protect privacy as appropriate, and follow the institution's approved real-world procedure.

Useful evidence with a light data footprint

The outcome framework asks whether the experience was delivered, understood, useful, and safe. It does not ask leaders to inspect journals or build participant profiles.

Measure	Pilot question	Aggregate indicator
Participation	Were planned sessions offered and attended?	Sessions held / planned; aggregate attendance opportunities
Confidence	Do participants feel more able to name a strength or next step?	Percent favorable among voluntary aggregate responses
Usefulness	Did the reflection feel relevant and practical?	Percent favorable among voluntary aggregate responses
Completion	Was the planned experience completed?	Aggregate completions / aggregate starts
Return	Did participants choose to use the experience again?	Aggregate return choices
Action	Did participants identify an achievable Hero Move?	Aggregate yes / no / prefer not to answer
Safety	Did the experience feel respectful and appropriately supported?	Percent favorable plus process-concern count

NEVER
INCLUDE

Names, student IDs, private reflection text, counseling notes, diagnosis, discipline data, abuse details, crisis narratives, or individual surveillance scores.

Start with fit and readiness

A Z-Girl EDU pilot begins with a short conversation about the participant group, setting, staffing, technology, accessibility needs, family communication, and local safety process. The goal is to determine whether the pilot can be implemented responsibly before a date is promised.

Step	Action
1	Request an institutional pilot conversation.
2	Complete the site readiness and governance review.
3	Approve family communication, staff orientation, and the aggregate scorecard.
4	Run the 30-day pilot with implementation support.
5	Complete the closeout and decide whether to stop, revise, extend, or license.

**REQUEST A PILOT
CONVERSATION**

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Pilots are free to participating students. Institutional responsibilities, implementation scope, and any future licensing terms are documented separately.

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