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**Super Girl Guide: The Radio Show  
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August 22nd 2013: Stand Up, Super Girl!**

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In this week's episode of the Super Girl Guide Callie and Rinsley talked about the importance standing up for yourself and others. The girls picked power words for themselves and each other and explained how they can be those power words. Callie and Rinsley shared stories about times when they stood up for themselves, stood up for others, or when others stood up for them. The girls asked each other questions from The Severson Sisters Super Girl Guide To Respect Workbook. The girls ended the show with questions from girls in the community and their own personal promise cards!

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