

RADICAL FEMINISM Disguised as Mental Health

A black silhouette of a girl with a ponytail, wearing a hoodie with a circular logo on the sleeve, shouting into a megaphone. The megaphone's beam is directed towards the text 'LEAN IN GIRLS'.

**LEAN IN
GIRLS**

SCHOOL COUNSELORS USE THE
"LEAN IN GIRLS" CURRICULUM
TO INDOCTRINATE GIRLS

COURAGEISAHABIT.ORG



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Courage Is A Habit — a leading advocacy organization dedicated to protecting parental rights and American values in education — **has issued an urgent warning** that the [American School Counselor Association \(ASCA\)](#) is promoting a controversial program for girls ages 11–15. The program, [Lean In Girls](#), was developed by Sheryl Sandberg's [Lean In](#) organization, which uses radical feminist principles as a form of mental health and empowerment support.



On February 19, 2026, ASCA held a members-only webinar titled **"CONFIDENCE COUNTS: LEADERSHIP SKILLS AS A TIER 2 INTERVENTION FOR GIRLS,"** presented by [Kelly Meredith](#), Senior Manager for Lean In Girls Organization Partnership Development.



Confidence Counts: Leadership Skills as a Tier 2 Intervention for Girls

Kelly Meredith – Lean In Girls



**LEAN IN
GIRLS**

The webinar's goal was to encourage school counselors to adopt the Lean In Girls program as part of the Multi-Tiered System of Support (MTSS) requirements for students flagged as needing targeted behavioral or mental health support. *(In January 2023, Courage Is A Habit revealed how the [MTSS has been manipulated](#) to push DEI ideology).*

LEAN IN GIRLS describes itself as a program that teaches participants to focus on “stereotypes,” use “superpowers” to gain leadership, and engage in “real talk on important topics like bias and allyship.” Its parent organization, Lean In, openly admits its priorities include abortion access, federally funded child services, mandatory anti-bias training, and DEI compliance; all aimed at “creating an equal world” through radical feminist policies.



Sheryl Sandberg

Photo Credit : David Paul Morris/Bloomberg via Getty

LEAN IN RESOURCES INCLUDE

- [Abortion Rights are a Critical Workplace Issue](#)
- [The Secret To A Strong Economy Is Women](#)
- [Women Shoulder Most of the Work because of COVID-19](#)
- [Having 6 Women Running For President Changes Everything](#)
- [Progress for Women Isn't Just Slow—It's Stalled](#)
- [How to Be a Feminist Dad](#)

Webinar Screenshot

Program At a Glance

- For girls and nonbinary teens who identify with the girlhood experience, **ages 11–15**
- **15 interactive, one-hour sessions**
- Packed with **hands on activities** and **engaging discussion** designed to center girls' voice and experience.
- **Easy to implement**—fits seamlessly into advisory, enrichment, or afterschool.
- Facilitator **training and hands-on support**
- **All at no cost!**



LEAN IN GIRLS

For girls and nonbinary teens who identify with the girlhood experience, **ages 11-15**

11 ©2025 Lean In Girls

Lean In Girls is a direct extension of the [Sandberg Goldberg Bernthal Family Foundation](#), founded and led by [Sheryl Sandberg](#), the former Meta COO. Her relentless promotion of DEI and “inclusive” workplace culture [reportedly created](#) an environment so hypersensitive to perceived harm and offense that it fueled Meta’s era of aggressive, biased content moderation, which included implementing Legacy Media Fact-Checking Systems. This overreach suppressed conservative viewpoints, COVID skepticism, gender-critical opinions, and other dissenting speech, resulting in what Mark Zuckerberg himself later condemned as a “neutered” company plagued by excessive caution and heavy-handed censorship throughout the 2020s.

A growing global community

180+ Organizations | 20+ Countries
19,000+ Girls Reached



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COURAGE IS A HABIT WARNS THAT LEAN IN GIRLS IS NOT HARMLESS SELF-ESTEEM BUILDING; IT REPRESENTS ALARMING IDEOLOGICAL INFILTRATION WITH A DOCUMENTED HISTORY OF STIFLING FREE THOUGHT.

Curriculum Overview

Kickoff Session: Redefine Leadership

Introduces teens to a more expansive definition of leadership that celebrates the everyday ways they're already leading.

Part 1: Celebrating Girls' Leadership Superpowers

Helps teens see how their values and strengths contribute to their unique leadership style.

- Session 1: Put Your Values into Action
- Session 2: Lean into Your Strengths

Part 2: Challenging Stereotypes & Inspiring Girls to Go for It

Encourages teens to examine the impact of pressure to please others and to act the way others expect, and to set bold goals and take positive risks despite those pressures.

- Session 1: Challenge Stereotypes
- Session 2: Reframe Failure
- Session 3: Embrace Risk-Taking
- Session 4: Set Bold & Healthy Goals

Part 3: Overcoming Bias & Barriers

Guides teens through an age-appropriate exploration of the unfair treatment they may experience due to their gender or other aspects of their identity, and gives them concrete tools to navigate those experiences.

- Session 1: Explore the Layers of You
- Session 2: Know When To Go For It
- Session 3: Assert Yourself, Your Way
- Session 4: Defy the Doubters

Part 4: Becoming an Ally

Helps teens expand their understanding of ways people may be treated unfairly due to their identities, and prepares them to practice active allyship as leaders.

- Session 1: Embrace Allyship
- Session 2: Call Out Unfair Treatment
- Session 3: Build a Better World

Bonus Session: Celebrate!

Teens recognize and celebrate the ways they've grown as leaders, and commit to finding meaningful opportunities to take the lead.

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Facilitators require participants to question and deny the most basic biological truth: what a female actually is. The [Lean In Girls Handbook](#) includes additional resources from the [Southern Poverty Law Center](#) and [GLISTEN](#) (formerly GLSEN in activist circles)—two organizations notorious for pushing radical gender ideology over facts. Group facilitators are directed to rank themselves and each other on an intersectional hierarchy of oppression, a textbook Critical Race Theory exercise that divides children by race, sexuality, and perceived victim status—all disguised as harmless "mental health" support.

To create an inclusive environment that supports participants in recognizing and overcoming biases and barriers, you may:

- **Educate yourself** about ways people with traditionally marginalized identities are stereotyped and treated unfairly.
 - We are often unaware of biases we haven't experienced. The more aware we are of subtle ways people are treated unfairly, the less likely we are to accidentally harm others and the more likely we are to recognize opportunities to act as an ally.
- **Pay attention to ways your identity influences the comfort of your group members and the ways you relate to the group.**
 - Some aspects of our identity can give us more or less social power. For example, adults, wealthy people, able-bodied people, and fluent speakers of the local language generally have more power than teens, people living in poverty, people with disabilities, and non-native speakers.
 - If parts of your identity give you more social power than your participants have, you may need to work harder to build trust by demonstrating respect and striving to understand their experiences.
 - If parts of your identity give you less social power than your participants, noticing how that affects you can make you a more effective facilitator.
 - If you're interested in a structured approach to exploring your identity, feel free to review Learning for Justice's [Unpacking Identity](#) ✕ guided self-reflection exercise for educators.
- **Avoid making assumptions or asking uninvited questions about the identities participants hold.** Teens often protect themselves by hiding their gender identity, sexual orientation, religion, immigration history, ethnicity, or invisible disabilities.
- **Remember that individual experiences differ.** Every member of a group is unique. Even if you share an identity with participants in the room, the experiences they've had or the way they think about them may be different from your experiences and perspectives.
- **Pay extra attention to the experiences of "Onlys"**—participants who are one of the few people in the room with a historically marginalized identity, such as being a person of color or gay or disabled. Because they stand out, Onlys are more likely to be reduced to stereotypes. Take special care to ensure that Onlys are not singled out or asked to speak as representatives of their group.

CONTINUE SECTION ON THE NEXT PAGE ►

WORSE STILL, THE PROGRAM OPENLY INCLUDES NONBINARY TEENS WHO SIMPLY "IDENTIFY WITH THE GIRLHOOD EXPERIENCE," INJECTING FULL-BLOWN GENDER IDEOLOGY INTO WHAT SCHOOLS SHAMELESSLY MARKET AS ROUTINE COUNSELING FOR GIRLS NEEDING BEHAVIORAL OR EMOTIONAL HELP.

GENDER INCLUSION

Each participant will bring a unique experience with gender to Lean In Girls. Some teens in the program may identify strongly with being a girl, while others may be exploring their gender identity or may feel uncomfortable with the label "girl" for any of a number of other reasons. As a facilitator, you can help create a welcoming space for all participants by avoiding assumptions about teens' gender identity and experiences, and by empowering them to take the lead in defining how they would like to be identified and addressed throughout the program.

Using gender-neutral language is one simple step facilitators can take to help all teens feel included. When you greet your group or refer to them as a whole, avoid calling them "girls" or "guys" (note that "guys" is not a gender-neutral term, even though people often use it as if it is). Instead, you might say:

- Y'all or you all
- Everyone
- Folks
- Leaders
- Team

Facilitators can also foster inclusion by:

- **Inviting participants to introduce themselves.** If the teens in your group don't know each other well, consider providing name tags or name cards that teens can decorate and prop at their seats. Allowing participants to share the name they want to be called models that they are free to explore and construct their own identities.
- **Encouraging everyone to state their pronouns and respect each other's pronouns.** While encouraging everyone to state their pronouns is valuable, making it mandatory can risk teens feeling unsafe. Making an effort to use the correct pronouns and apologizing for any mistakes made can help foster trust with your group.
- **Swapping in they/them pronouns in scenarios.** In the fictional scenarios presented in some of the sessions, feel free to swap in they/them pronouns (this approach can also be applied to changing names, hobbies, turns of phrase, etc. to make the scenarios more diverse or relevant to your group).

These resources may help you learn more about creating a safe, welcoming space for teens with a range of gender identities and relationships to gender:

- "[Let's Talk: Discussing Gender in the Classroom](#)" from SPLC Learning for Justice (webinar)
- "[Gender Savvy: Creating an Inclusive School Climate](#)" from SPLC Learning for Justice (webinar)
- "[Next Steps in Inclusive Education](#)" from Stonewall
- "[Gender Triangle Education Guide](#)" and the "[Pronoun Guide](#)" from GLSEN, which include links to many other helpful resources for gender inclusivity

THEY DECEIVE PARENTS BY FRAMING THIS AS "LEADERSHIP TRAINING." FAR FROM IT.

This is **DELIBERATE PSYCHOLOGICAL MANIPULATION**; erasing biological reality, sowing division through victim hierarchies, and grooming children into radical ideology under the fraudulent banner of empowerment and mental health. Parents should be furious: **OUR DAUGHTERS ARE BEING TARGETED IN SCHOOL COUNSELING SESSIONS WITH ACTIVIST PROPAGANDA** that denies science, fractures identity, and weaponizes "inclusion" to indoctrinate the next generation of girls.

LEAN IN TO LUNACY

IN Lean In @LeanInOrg · 4/7/22 ✕
Congrats to Justice #KetanjiBrownJackson on her confirmation to the US Supreme Court. For the first time in the court's history, a Black woman will sit on the highest court in the nation. We hope Justice Brown Jackson continues to inspire more women to achieve their ambitions.



Congratulations to **KETANJI BROWN JACKSON** for becoming the first Black woman on the Supreme Court



DOESN'T KNOW WHAT A WOMAN IS



IN Lean In @LeanInOrg · 11/7/20 ✕
The wait is over. @JoeBiden & @KamalaHarris will be our next #president & #vicepresident. For the first time in history, our vice president will be a woman. And she's a Black & South Asian American, a child of immigrants – & a total badass. #Election2020results #Election2020



DIDN'T EARN IT (DEI HIRE)



IN Lean In @LeanInOrg
History was made for the #LGBTQ+ community in Nevada over the weekend. On Sunday, #KatalunaEnriquez beat out 21 other contestants to win the crown of Miss Nevada USA, becoming the first transgender woman to win a competition in pageant history.

NOT A WOMAN

It remains unclear whether schools adopting Lean In Girls are obtaining explicit parental consent. The program is framed as a "leadership" and "mental health" curriculum, potentially allowing districts to bypass standard notification and opt-out requirements.

This is especially concerning in light of the recent [\\$1.5 million settlement](#) in Montgomery County, Maryland ([Mahmoud v. Taylor](#)), where the school board was forced by federal court order to provide advance notice and opt-out rights for materials involving family life and human sexuality. That case demonstrates that districts can no longer hide behind vague "wellness" labels when introducing ideological content.

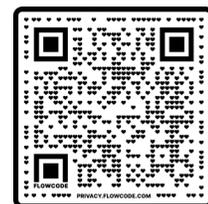
Parents are urged to take immediate action:

- Contact your local school counselor and principal in writing to ask whether **LEAN IN GIRLS** is being utilized at your school.
- [Insist on written confirmation](#) that parental consent will be obtained before any child is placed in these groups, in line with precedents like Mahmoud v. Taylor.
- Opt your child out of the program if it is in use.
- Share this information with other parents and school board members.

Courage Is A Habit calls on parents nationwide to stand up and protect their children.



[COURAGEISAHABIT.ORG](https://courageisahabit.org)



[COURAGEOUS SUPPORTER](#)

APPENDIX A

DOWNLOAD **Courage Is A Habit's groundbreaking report** released last year, titled "[Violation: American School Counselor Association](#)," which exposed how ASCA weaponizes "mental health" programs in K-12 schools across all 50 states to push divisive DEI, Critical Race Theory, and gender ideology agendas—often without parental knowledge or consent.

