Project Scream Foundation

The Girl Code Guide to Slaying University Life







Because smart is sexy, safe is power, and sisterhood is the vibe.

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Rule #1: The V is for Victory (and Vaginal Health)



Girl Code 101 ★★★★★

🩸 Track your cycle like it's your grades.

Girl Code 101 ★★★★★

💊 Contraceptives? Yes queen—be in the know before the oops.

Girl Code 101 ★★★★★

🧠 Consent isn't just sexy—it's legally necessary. No "maybe", no "not sure", no silence = NO.

Girl Code 101 ★★★★★

📞 Know your campus clinic's digits like you know your crush's 16 handle.

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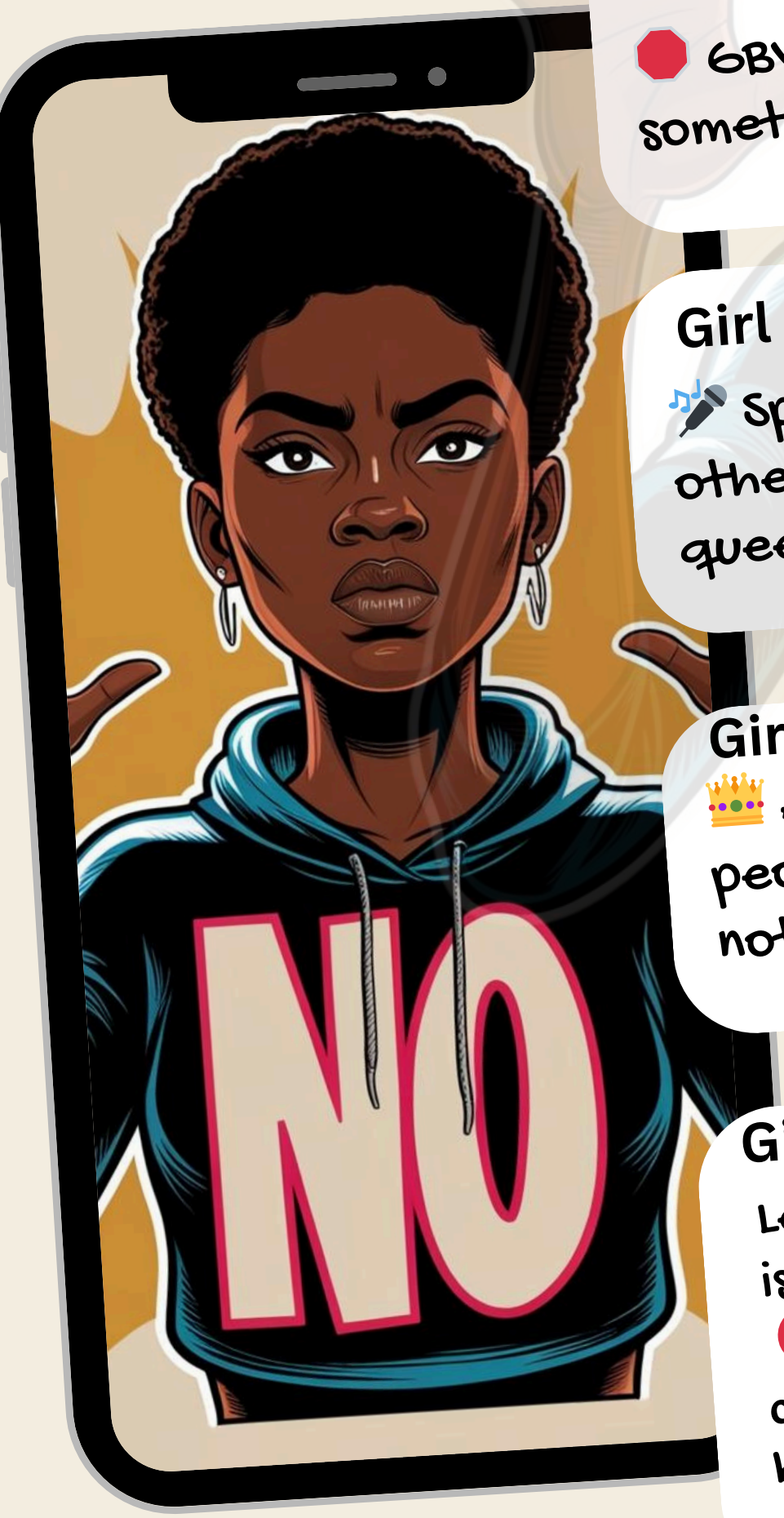
Rule #2: No Means Hell No, Sis



Girl Code 101 ★★★★★

🛑 GBV is real. Trust your gut—if something feels off, it probably is.

Girl Code 101 ★★★★★

🎤 Speak up. Report. Support each other. Your voice might save another queen.

Girl Code 101 ★★★★★

👑 Allies only. Surround yourself with people who respect your boundaries, not test them.

Girl Code 101 ★★★★★

Let's make one thing clear: violence isn't love, and fear isn't flirting. 🚫 Unwanted touching? Creepy comments? Call it out. You're not being "too sensitive", you're being sane.

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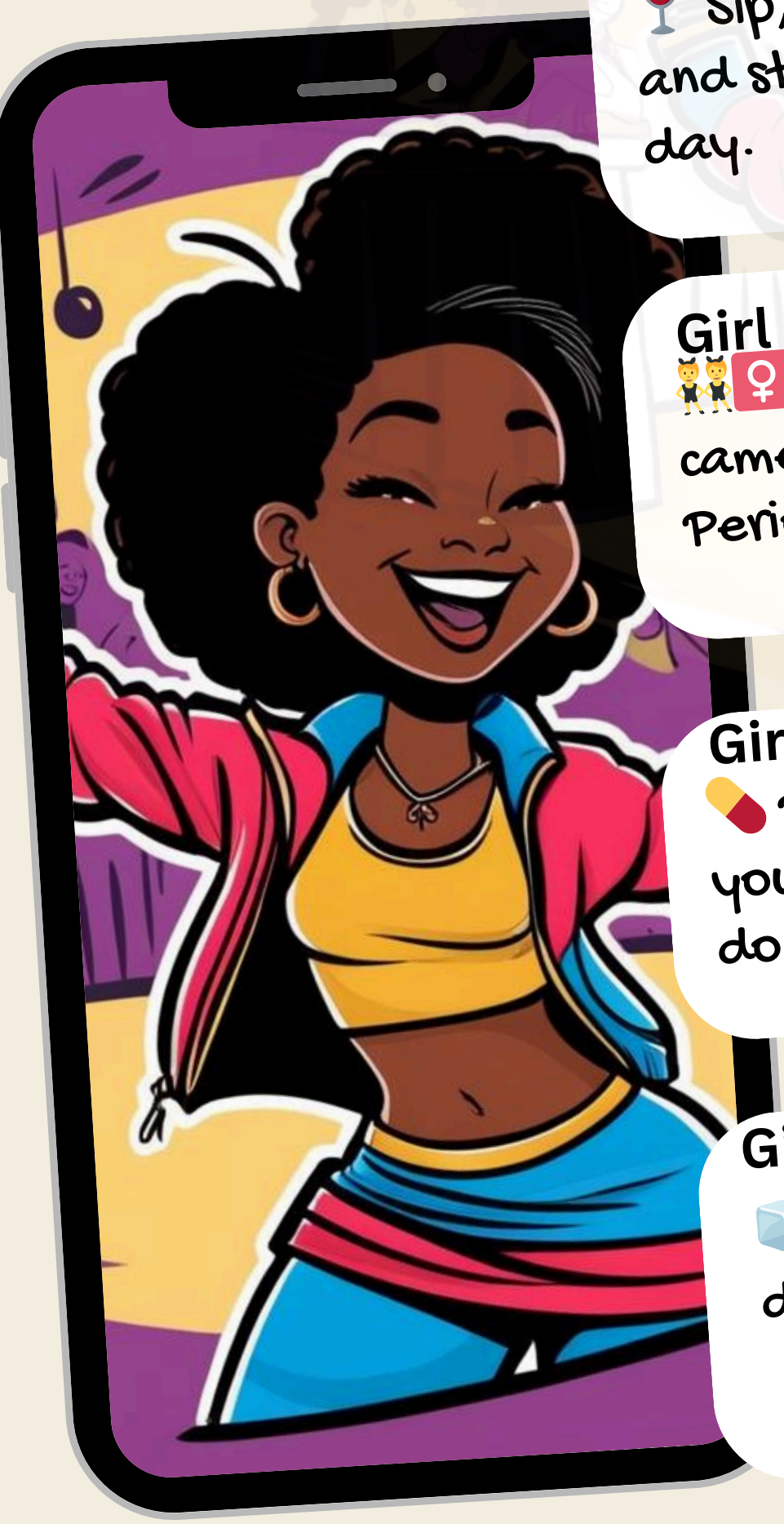
Rule #3: BYOB = Bring Your Own Boundaries



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🍷 Sip, don't sink. Know your limit and stick to it like lip gloss on a windy day.

Girl Code 101 ★★★★★

👯‍♀️ Buddy system is gospel. If you came with her, you leave with her. Period.

Girl Code 101 ★★★★★

💊 Pills, powders, mystery drinks? If you didn't see it opened or poured—do not sip it, queen.

Girl Code 101 ★★★★★

🧊 When in doubt, hydrate and dance it out.

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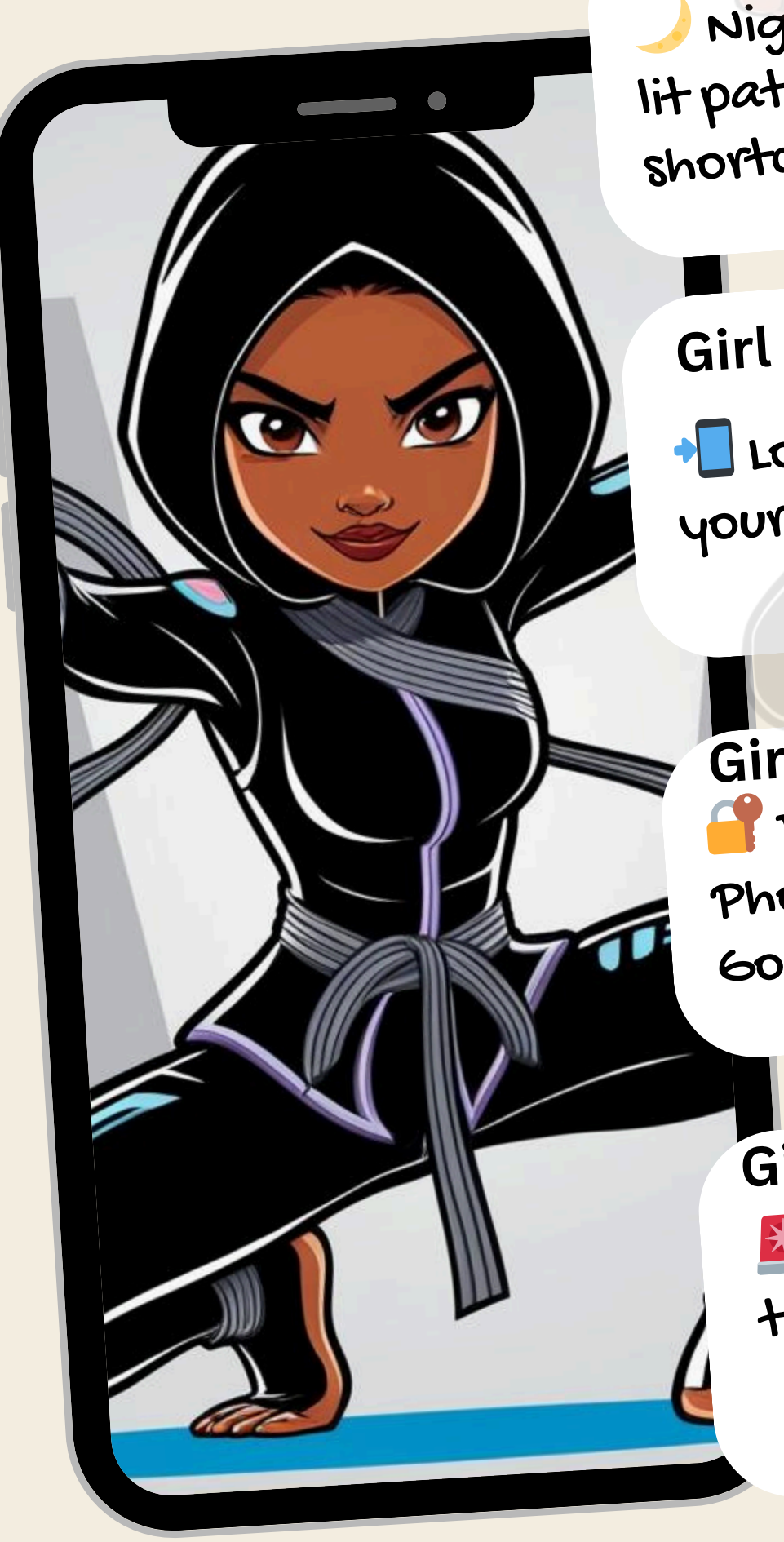
Rule #4: Safe Doesn't Mean Boring



Girl Code 101 ★★★★★

🌙 Nighttime = ninja mode. Stick to lit paths and skip the sketchy shortcuts.

Girl Code 101 ★★★★★

📲 Location-sharing is caring. Let your crew know where you at.

Girl Code 101 ★★★★★

🔐 Dorm locked? Windows closed? Phone charged? That's the ultimate goal!

Girl Code 101 ★★★★★

🚨 It's not lame to ask him to keep the door open if you don't feel safe

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Rule #5: Hustle, Heal, and Repeat



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Mental health is wealth. No shame in taking a break.
🤦‍♀️ Therapy isn't weakness—it's a power move.

Girl Code 101 ★★★★★

💜 You don't owe anyone your peace, energy, or body. Protect it like your WiFi password.

Girl Code 101 ★★★★★

📚 Academic stress? Normalize asking for help. Sleep is not optional; it's strategic.

Girl Code 101 ★★★★★

🌈 Joy is resistance—laugh hard, love gently, live loudly.

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Rule #6: Don't Be the Plot Twist in a Crime Doc



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💸 No money = no power. Always carry "get home" cash, even if you swear you won't need it.

Girl Code 101 ★★★★★

🍹 If you can't remember last night, your drink had too much drama. Know when to stop before the floor does it for you.

Girl Code 101 ★★★★★

🚗 He seems nice? Cool. He's also a stranger. First meetings do not end in his bed.

Girl Code 101 ★★★★★

📵 If your phone's dead, you better not be. Charge that baby like your life depends on it—because it kinda does.