

2017-2018 PROGRAM OFFERINGS

Girls Inc. offers a variety of programs that are designed to develop the whole girl and to encourage them to become self-sufficient and economically independent adults. Our various **STRONG, SMART, and BOLD** programs offerings are age appropriate, fun, interactive and are taught in a safe, inclusive environment.

The Following list of programs are offered through school partnerships and can be “mixed & match” to meet the needs of the girls in your school. All programs include our introductory Strong, Smart, and Bold session.

Strong, Smart, and Bold (ages 6 – 18):

- 1st – 12th grades
- 1 session
- 60 minutes
- 8 – 15 participants

This session introduces girls to the mission of Girls Inc. and helps them define what it means to be strong, smart, and bold. Girls identify ways in which they, and the women around them, exemplify these characteristics in day-to-day life.

I. STRONG: Healthy Living

Girls will participate in program activities and experiences that provide them with the knowledge, skills and encouragement to develop and sustain a healthy lifestyle leading to:

- increased knowledge of the dangers of unhealthy choices;
- increased level of physical activity;
- an improved body image;
- improved nutritional habits and consumption of healthy foods;
- decreased or delayed substance use and risky sexual activity;
- making healthy choices;
- learning about managing reproductive health.

1. Girls Inc. Health and Wellness – Girls will be STRONG enough to take care of and understand their bodies.

A. Girls acquire the knowledge and skills necessary to take charge of and to make informed, thoughtful decisions about their sexual health. Girls learn to identify ways and reasons to avoid early pregnancy and to prevent sexually transmitted infections, including HIV. Girls learn these skills through three age-appropriate components:

1. Growing TogetherSM (ages 9-11)

- 3rd – 5th grades
- 3 sessions
- 60 minutes a session
- 8 – 10 participants

This program was specifically designed to provide information about puberty and menstruation for an age group usually thought of as too young for this information, but which may already be experiencing secondary or even primary characteristics.

This program provides accurate, age-appropriate information on why and how their bodies are changing.

2. **Informed & In Charge**[®] (ages 12-14)

- 6th – 8th grades
- Has 4 modules, each with a varied amount of sessions and activities
 - *Module One: Healthy Relationships – 12 Sessions*
 - *Module Two: The Sexuality Thumbprint – 7 Sessions*
 - *Module Three: Sexual Health and Reproduction – 17 Sessions*
 - *Module Four: Sex, Media, and Technology – 8 Sessions*
- 90 minutes a session
- 8 – 15 participants

Utilizing the philosophy of Abstinence Plus, girls learn how to separate reality from myth, how to make difficult decisions, how to develop a positive peer support for abstinence including a Sister Support System, how to resist or withstand pressure, how to communicate their feelings, and how to recognize different kinds of relationships.

3. **Taking Care of Business**[®] (ages 14-18)

- 9th – 12th grades
- 10 sessions
- 90 minutes a session
- 8 – 15 participants

This program covers the same topics that are included in Informed & In Charge in a manner that is developmentally appropriate for high school age girls. Additionally, Taking Care of Business includes facts on contraception and protection using an Abstinence Plus approach.

B. **Mind+Body**SM(ages 6 – 18):

- 1st – 12th grades
- number of sessions dependent upon needs of girls (minimum 4)
- 60 minutes a session
- 8 – 15 participants

This initiative provides girls with the information, skills, motivation, and support to be in charge of their health. Mind + Body focuses on four key areas that are significant when it comes to girls' whole health: nutrition, physical activity, body image, and stress management. Comprehensive assessments are completed prior to the first session and the programs are tailored to meet the unique needs of each group of girls. Some common program goals are reducing rates of obesity and other eating disorders and substance abuse prevention. This program allows girls to take charge of their own health and ensure that they thrive in communities that invest in their total physical, mental and emotional wellness.

C. **My Girlfriend Zelda** (ages 6-9):

- 1st – 3rd grades
- 8 sessions
- 90 minutes a session
- 8 – 10 participants

A fun, hands-on program that introduces girls to the human anatomy, physiology, health and hygiene, and the roles and responsibilities of healthcare professionals. Girls learn about the body's organs by becoming surgeons who "operate" on a soft, cloth teaching doll with flaps that open to reveal her internal organs. Its two purposes are to help girls learn about their bodies and to acquaint girls with the roles and responsibilities of health care professionals.

D. Friendly PEERsuasion[®] (ages 11-14):

- 5th – 8th grades
- 15 sessions
- 90 minutes a session
- 8 – 15 participants

This program is more intensely focused on substance abuse prevention. Participants acquire the skills and knowledge needed to resist the pressure to abuse substances; and also form support systems. The program is unique in its approach, as it addresses substance abuse as a peer issue. This program has been nationally recognized by the Substance Abuse and Mental Health Services Administration (SAMSA) as an "Effective Substance Abuse Program."

2. Empowerment & Anti-Bullying – Girls will be STRONG while fighting against societal pressures

A. Stand UP! Standing up to relational aggression (ages 6-18):

- 1st – 12th grades
- 6 sessions
- 60 - 90 minutes a session
- 8 – 15 participants

This program is designed to teach girls to constructively resolve conflict, how to handle bullying of all kinds when it happens to them and how not to be a passive observer when it happens to those they know. Relational aggression- often referred to as "Mean Girl" behavior- is frequently rationalized as "girls being girls" or overshadowed by more overt forms of bullying. Relational aggression is often just as damaging to a girl's self-concept and interferes with her academic and physical development. Stand UP teaches girls how to identify relational aggression, how it effects their lives, and how to constructively resolve conflict. Relational aggression via text messaging and cyber-bullying is also addressed

B. Discovery LeadershipSM (ages 9-11):

- 4th -6th grade
- 12 sessions
- 90 minutes a session
- 8 – 15 participants

Girls build their leadership skills and create lasting social change through community action projects. Girls celebrate the heritage of girls and women as leaders and develop awareness of themselves as community resources and trustees of the common good. Girls discover the leader within themselves by practicing leadership skills, learning about women leaders, and creating lasting social change through community action projects.

C. Know Your Rights (ages 6-18):

- 1st – 12th grades
- 6 sessions
- 60 - 90 minutes a session
- 8 – 15 participants

Girls explore attitudes and expectations about body image, careers, and stereotypes while increasing their understanding of their rights as girls. Each session of Know Your Rights is dedicated to Girls Inc.'s Girls Bill of Rights, which states that girls have the right to:

1. Be themselves and to resist gender stereotypes.
2. Express themselves with originality and enthusiasm.
3. Take risks, to strive freely, and to take pride in success.
4. Appreciate and accept their bodies.
5. Have confidence in themselves and to be safe in the world.
6. Prepare for interesting work and economic independence.

II. SMART: Academic Enrichment and Support

Girls will participate in program activities and experiences that expand on and support their school-based learning and engagement leading them to:

- Motivated themselves to achieve;
- Graduates from high school and pursue post-secondary education;
- Setting & achieving personal, educational and career goals;
- An improved outlook and performance in school;
- Improved academic/school performance;
- Having educational aspirations beyond high school.

1. Girls Inc. Economic Literacy® – Girls will learn how to be SMART with their finances

A. Girls learn to manage money, invest, and begin to develop an appreciation for global economics. Girls as young as six explore how the economy affects us locally and globally and develop skills needed to be economically independent. Girls learn these skills through four age-appropriate components:

1. She's on the Money! SM (ages 6-8);

- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program builds girls' economic knowledge, skills, and abilities. Topics such as bartering, coins, bills, saving, using banks, wants versus needs, careers, charitable giving, responsible buying, and global economics will be covered.

2. Dollars, Sense, and Me SM (ages 9-11);

- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program builds girls' economic knowledge, skills, and abilities. Topics such as coins, bills, saving, using banks, wants versus needs, supply and demand, careers, volunteer work, responsible buying, stocks, entrepreneurship, labor relations, and global economics will be covered.

3. Equal Earners, Savvy SpendersSM (ages 11-14)

- 6th – 8th grades
- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program focuses on economic and financial topics such as wants and needs, career development, banking skills, loan options, credit cards, investment risk vs. return, consumer tips, media literacy, labor laws, taxes and government services, philanthropy, global economics, and fitting a career into a full, well-rounded life. The information is presented in a way that is inclusive and fun for girls.

4. Futures and OptionsSM (ages 15-18).

- 13 sessions
- 60 minutes a session
- 8 – 15 participants

This program focuses on topics such as attitudes and values about money, career strategies, worker rights, taxes and other paycheck deductions, planning and budgeting, banking, using credit, shopping tips, renting vs. buying, avoiding predatory lenders and other financial traps, and investment options.

2. Girls Inc. Operation SMART® – Girls will explore SMART STEM-related concepts with hands-on activities

Operation Smart: Girls Inc. Operation SMART is an APPROACH used to teach girls about science through hands-on and minds-on activities helping them get beyond the “yuk” factor sometimes surrounding science and math. Girls develop enthusiasm for and skills in science, technology, engineering, and mathematics (STEM). Girls explore, ask questions, and solve problems. They also consider careers in these fields by interacting with women and men pursuing such careers.

A. Robotics Program (ages 6 – 18):

Team members work together to design, build, and program a LEGO MINDSTORMS robot and solve real world problems using science and math skills.

B. ClubZOOMSM (ages 9 – 14):

- 4th – 8th grades
- 5-11 sessions
- 60 minutes a session
- 8 – 15 participants

This program aims introduced girls to the basic principles of engineering through interactive activities designed to inspire them to invent, brainstorm, design, and work together; and to remove the barrier of low-expectations that girls face in male-dominated fields. In ClubZOOM, girls learn the scientific process and tackle engineering challenges through

hands-on activities. A preliminary program evaluation reveals that the more a girl participates in ClubZOOM and other Operation SMART programs, the more favorable her attitude toward studying science and math.

C. Solar Power, Girl Power (ages 9 – 14):

- 4th – 8th grades
- 3 sessions
- 60 – 90 minutes a session
- 8 – 15 participants

Girls explore solar energy technology through the construction of their own solar-powered model car. Our goal is to give girls hands-on-experience with math, science, and relevant technology in a way that is fun and exciting!

D. Girls Dig ItSM: An Archaeology Program for Girls (ages 12-14):

- 15 sessions
- 60 – 90 minutes a session
- 8 – 15 participants

This program introduces girls to the dynamic interdisciplinary world of archaeology. Perhaps more than any other field, archaeology bridges the sciences and the humanities, combining the tools of scientific disciplines with the interpretive practices of humanities disciplines, such as history, art history, anthropology, linguistics, philosophy, folklore and folklife. Girls Dig It introduces girls to the analytical and interpretive skills used in these disciplines, as well as to the epistemological and ethical questions raised by archaeological investigation.

III. BOLD: Life Skills Instruction

Girls will participate in program activities and experiences that build the learning, skills, and behaviors that enable them to function independently and live a productive and fulfilling life leading to:

- Healthy relationships;
- Sound body image (which is related to self-confidence);
- Using her own voice & advocate for others;
- Increased persistence and resilience;
- Improved self and emotional control

1. Girls Inc. Media Literacy® – Girls will be BOLD while defying stereotypical depictions of women in popular culture

A. Girls increase their awareness of the scope and power of the media and the effects of media messages on girls and women. They learn to analyze critically what they see and hear in the media, advocate for change in entertainment, news, and advertising media, and create images that are more realistic and reflective of their lives. Components of the program include:

1. Media and MeSM (ages 6-8)

- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program encourages and equips girls and young women to think critically about how media messages are constructed. Participants will celebrate positive roles for girls and women in media, investigate different types of media, consider fiction versus nonfiction media content, practice creating their own media messages, and tackle issues of concern such as violence and stereotypes in media.

2. Media SmartsSM (ages 9-11)

- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program encourages and equips girls and young women to think critically about how media messages are constructed. Throughout Media Smarts, participants investigate the use of slogans, logos, merchandising, and target marketing in media; consider the realness of reality TV; find ways to overcome bias in the news; practice creating strong, smart, and bold characters, TV show treatments, and media campaigns; and tackle issues of concern such as beauty, diversity, and stereotypes in media

3. Girls Take Another LookSM (ages 12-14)

- 10 sessions
- 60 minutes a session
- 8 – 15 participants

This program encourages and equips girls and young women to think critically about how media messages are constructed. Throughout Girls Take Another Look girls explore the variety of media available to them; practice deconstructing obvious and hidden media messages; question the media's focus on appearance and narrow definition of beauty; experiment with character development and storyboarding; consider the relevance of new media; investigate the use of brand names, logos, and other marketing tools; learn how to influence the media by communicating their opinions to those in power; and explore careers in a variety of media fields.

4. Girls Get the MessageSM (ages 15-18)

- 12 sessions
- 60 minutes a session
- 8 – 15 participants

This program encourages and equips girls and young women to think critically about how media messages are constructed. Throughout Girls Get the Message, girls will explore the variety and prevalence of media in the modern world; learn to deconstruct variety of media messages; recognize the power of media to send either positive or negative health messages and to break or reinforce harmful stereotypes; practice creating and editing storyboards; analyze gender bias and other forms of bias in the news media; see through advertising techniques, including political advertising; question gender stereotyping, the focus on appearance, and sales pressures within mainstream magazines targeted at girls and women; explore the contributions of women to the film industry; experiment with developing strong, realistic female characters; explore issues of media ownership, regulation, and financing; and meeting women in careers in media and explore media career

options for themselves. This program is designed to be complimented by Girls Make the Message

5. Girls Make the MessageSM (ages 15-18).

- 15 sessions
- 60 minutes a session
- 8 – 15 participants

This program encourages and equips girls to think critically about how media messages are constructed. Girls Make the Message gives girls the skills and framework for making their own media in the form of public service announcements and community interviews. During the program, girls will examine effective social-issue media campaigns and learn how to conduct community interviews and produce public service announcements that can be used to engage community members in dialogue about their chosen issue.

B. Girls Inc. Project BOLD[®]: Girls learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online. Girls learn specific self-defense techniques and how to seek out and talk to caring adults about personal violence. Older girls also take on a community action project to advocate for a safer world for all women and girls. Components of the program include:

1. Be BOLD (ages 6-8)

- 12–13 sessions
- 60 –70 minutes a session
- 8 – 15 participants

This program focuses on girls' skills and personal power for avoiding or dealing with hurtful or dangerous situations and assists them in identifying resources that contribute to their safety. Parents have a key role in supporting girls throughout the program.

2. Action for Safety (ages 9-11)

- 14 sessions
- 60 –70 minutes a session
- 8 – 15 participants

The goal Action for Safety is increase girls' senses of personal safety through: Recognizing and celebrating girls' strengths and abilities; learning physical self-defense skills, including blocks, hand techniques, kicks, and releases to use in response to a variety of physical attacks. Experimenting with verbal responses to a variety of threats and situations. Distinguishing between an irritating, provocative or insulting situation and a dangerous one, and determining the appropriate responses to each. Exploring a wide range of self-defense options for girls, including running away from a dangerous situation, enlisting the help of others and telling others when they feel endangered or when they have been hurt or threatened. Declaring girls' self-defense rights.

3. Living Safe and Strong (ages 12-14)

- 15 sessions
- 60 –70 minutes a session
- 8 – 15 participants

Living Safe and Strong enables each participating girl to gain a deeper sense of personal strength and safety through: recognizing, understanding, and valuing herself, particularly in relation to others; understanding that personal strength reflects both an inward and outward confidence, and comes from building a strong mind, body, and spirit; furthering her understanding of the multiple ways girls and women experience (and respond to) violence.

C. Action for SafetySM (ages 9 – 11):

- 12–13 sessions
- 60 minutes a session
- 8 – 15 participants

Action for Safety builds negotiation, assertiveness, and self-defense skills. It facilitates open and honest discussions to increase girls' understanding about interpersonal violence as well as encourage, support, and lessen the fear and isolation of girls experiencing violence.

D. Living Safe & StrongSM (ages 12 – 14):

- 12–13 sessions
- 60 –70 minutes a session
- 8 – 15 participants

Living Safe & Strong continues the discussion of gender violence issues, reinforces and provides additional safety strategies and self-defense skills for teen girls, and introduces them to community experts and resources. Girls also develop and conduct community action projects addressing violence issues important to them.