

Girls Inc. Outreach



Strong, Smart & Bold

Girls Inc. programming empowers girls to be leaders today and in their futures by helping them master foundational academic skills, practice healthy behaviors, and build positive relationships with peers and adults.

Join us as we continue our mission
to encourage all girls to be
Strong, Smart & Bold

- ✓ Discover the leader within
- ✓ Develop positive relationships
- ✓ Become a role model in your community

For more information
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Girls Inc. Outreach Programs

Girls Inc. programs are hands-on, research-based programs that provide girls with the knowledge, skills and attitudes to set goals, overcome obstacles, and improve academic performance.

Be BOLD

KG-HS

Single Session Workshop

The component builds girls' skills and personal power for avoiding or dealing with hurtful or dangerous situations including teasing and bullying. Also, to encourage and support girls who are being hurt and lessen their fear and sense of isolation while assisting them in identifying resources that contribute to their safety.

Girls Inc. Operation SMART®

Kg-12th Grade

Multi Session

Girls develop enthusiasm for and skills in science, technology, engineering, and mathematics (STEM). Through hands-on activities, girls explore, ask questions, and solve problems. Girls deserve supportive, experiential, all girl environments where they feel invited and encouraged to join the fun of discovering the world around them and where they can prove to themselves that they do like and can be good at STEM. Such a foundation will be key to girls persisting in STEM education and preparing for lucrative STEM careers that most of them would otherwise never consider. It will also be important for girls to discover that they can excel in STEM courses and careers.

Healthy Relationships

Middle/ High School

Multi Session

Girls learn to identify, establish, and cultivate healthy relationships through assertiveness and negotiation skills. They have several opportunities to increase their understanding of self, including ways to demonstrate respect, equity, and fairness. Key program components include: Communication skills, Respect and trust, Self-esteem, Negotiation and compromise, and more.

Leadership and Community Action

3rd-12th Grade

Multi Session

Girls celebrate their heritage, investigate rights and responsibilities, practice leadership skills, and tackle issues of concern. Girls deepen their understanding of girls and women as social change agents and of leadership as a collective process grounded in belonging to and having responsibility for one's community.

Girls Inc. Friendly PEERsuation®

3rd-8th Grade

Multi Session

Girls develop skills to resist pressure to use harmful substances such as alcohol, tobacco, household chemicals, and other drugs. In this peer-education program, girls learn healthy ways to manage stress and confront peer, media, and other pressures and then assume the roles of PEERsuaders for young girls.

Mind & Body

4th -12th Grade

Multi Session

Girls receive information, resources, and skills to be effective partners in promoting their own healthy development; focus includes: Personal Health, Hygiene, Stress Management, and Body Image.

Media Literacy

1st-8th Grade

Multi Session

Media and MeSM

Celebrate positive roles for girls and women in media, investigate different types of media, consider fiction versus nonfiction media content, practice creating their own messages, and tackle issues of concern such as beauty, diversity, violence and stereotypes in media.

Girls Inc. Economic Literacy®

Kg-8th Grade

Multi Session

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: She's on the Money!SM; Dollars, Sense, and MeSM; Equal Earners, Savvy SpendersSM, and Futures and OptionsSM.

