



Inspiring all girls
to be strong,
smart, and bold

GIRLS
INCORPORATED
of Limestone,
Algonquin, and
Lakeshore



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School and Community Groups **The Girls Inc. School Group Curricula**

Girls Inc. Limestone provides life-skills education and mentoring programs for girls, and is at the heart of girls' lives and forefront of the girls' rights movement. With programs that are grounded in research and tested in the field, our organization celebrates and empowers girls and young women, and advocates for an equitable world. The provision of key support and education for girls will enable them to overcome and avoid adversity, focus on their education and careers, and strive for future self-sufficiency.

The programs we focus on in our School and Community Group Program are deliberately responsive to the status of girls and young women in our community:

- One in five girls will become the victim of sexual violence.
- Societal gender inequity is the leading cause of violence against girls and women. Gender equity is associated with more peaceful, stable communities, and overall economic growth.
- Unhealthy peer relationships, bullying and relational aggression have a significantly negative impact on a girl's ability to focus on achieving educational success.
- 78% of girls hate their bodies. Girls struggling with eating disorders and poor self-confidence are less able to strive for success.
- Young mothers and their children live in extreme poverty due to lack of education and employment options. The provision of support and education for school age girls will result in more girls positively focusing on the future.

Girls Inc. School and Community Group program delivery focuses a curriculum that best combats the above statistics, and importantly, that our school partner feels would be most beneficial for their girls.

Girls Inc. Media Literacy

Media Literacy is designed to assist girls in identifying and combatting the negative effects of media messages. 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.

Results: Girls learn to love and appreciate their bodies. They are better able to reject societal opinions on how girls should look and act, and gain a better appreciation of themselves.



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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-defence techniques and how to seek out and talk to caring adults about personal violence. Older girls take on a community action project to advocate for a safer world for all women and girls.

Results: Girls learn specific emotional and physical strategies that decrease their likelihood of victimization.

Girls Inc. Allies in Action

The Allies in Action curriculum empowers girls to acknowledge peer behaviours that are harmful to peer relationships and lead to a myriad of mental health issues. Allies in Action fosters critical thinking and pro-social skills and takes an empowering approach that is engaging, fast-paced and reflective. Owning and correcting individual behaviours that negatively impact others is a critical step to self-awareness.

Results: Girls learn how enacting bullying and hurtful behaviour affects others. They gain important communication tools to avoid being a perpetrator, and to successfully deflect bullying, exclusion and peer violence from themselves and others in their school or community.

Girls Inc. Friendly PEERsuasion

Girls from 11 to 14 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. They then assume the roles of PEERsuaders for young girls.

Results: Girls learn to avoid detrimental decisions that could lead to addictions and impact their ability to focus positively on the future.

Girls Inc. Healthy Sexuality

The Girls Inc. Healthy Sexuality curricula is divided into age-appropriate components to assist girls in understanding sexuality. Girls Inc. recognizes that sexuality is a key element of the whole girl. To be Strong, Smart, and Bold, it is critical that girls have the knowledge and skills necessary to take charge of and to make informed, thoughtful decisions about their health. Program components include:

Growing Together for ages 9 to 11 includes five interactive sessions designed to jump-start essential conversations between girls and their parents or guardians about sexuality issues.

Informed and In Charge for ages 12 to 14 contains four distinctive modules, each addressing a theme related to healthy sexuality: Healthy Relationships; Sexuality Thumbprint; Sexual Health and Reproduction; and Sex, Media and Technology.



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Taking Care of Business for ages 15 to 18 includes a series of 10 interactive, skill-building sessions that focus on the motivation and skills needed to avoid early pregnancy. The sessions center on recognizing and moving beyond stereotypes that are limiting for women; using values as a basis for positive decision making; acting assertively; developing relationship skills; career readiness, and avoiding pregnancy and STD/STIs.

Results: Girls understand sexuality with a positive, empowered approach that is built on a foundation of accurate information, cultural sensitivity, and values of inclusiveness and respect.

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School Group Coordination Process

Girls Inc. School Groups for girls are delivered in community schools throughout Frontenac, Lennox & Addington, Hastings and Prince Edward Counties.

The target audience for these groups is girls in grades 4 to 8, and high school girls when the necessary group time can be coordinated.

The following information is being provided to ensure all partners receive the information and support needed to operate a successful Girls Inc. Girls Group in a community school.

Preparation for Group Sessions:

Prior to commencement of the program, Girls Inc. staff will provide the school principal or his/her delegate, with the school group program outline, sample letter and consent form that will be sent home with participating girls. Input from the school pertaining to the information being sent to their school families is welcome.

Girls Inc. staff will work with their designated school contact to determine the following:

- Which Girls Inc. program will best meet the needs of the participants
- The day of the week group sessions will take place
- The preferred method of delivery (weekly, bi-weekly, monthly, etc.)
- The location within the school where sessions will be held
- The starting and ending time of each group session
- The number of eligible girls in the school
- School Rules – sign in/sign out, washroom keys, etc.

Girls Inc. staff will meet with all eligible girls at the school to introduce them to the program, and provide them with consent forms to take home.

Once the consent forms have been returned to the school, Girls Inc. staff will make copies of the consent forms, and provide the school with a registration list and copy of the consent forms.

Program Delivery:

Group sessions will commence in the school in accordance with the schedule developed with our designated school contact.

Girls who did not sign up prior to the commencement of the program may join at any time providing a consent form is first completed. At the final session of the series, the participant girls will be provided a participation certificate and will leave the program with a post-program plan to continue her progress.



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From time to time it may be necessary for Girls Inc. staff to contact the family of a participant. Examples of this would be working with the family to coordinate post-program support from the agency. The program consent form facilitates this process. In addition, all girls participating in our school groups will be added to our newsletter mailing list to enable them ongoing access to our information and programs.

Once the program is complete, Girls Inc. will forward a brief survey to our designated school contact to complete. Please take the time to provide us with this critical input. This information will be used to make our school group program the best it can be.

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