

There's no place like Girls Inc. !!!

girls inc.

OUTREACH PROGRAM



For girls grades K-12th



Girls Incorporated of St. Louis Outreach Program ensures each girl receives the true “Girls Inc. Experience”, which equips girls to navigate gender, economic and social barriers and grow into healthy, educated and independent adults.



STRONG

SMART

BOLD

MIND + BODY - MIDDLE & HIGH SCHOOL

Girls today face a broad range of challenges to their physical, mental, social, and emotional health: a culture of high-fat and high sugar foods; too little physical activity; media and cultural messages overemphasizing the importance of physical appearance; and unrealistic expectations and pressures from a variety of sources (including family, teachers, and peers).

INFORMED AND IN CHARGE- MIDDLE & HIGH SCHOOL

Girls learn to identify, establish, and cultivate healthy relationships through assertiveness and negotiation skills. They have several opportunities to increase their understanding of sexuality, including ways to demonstrate respect, equity, and fairness.

OPERATION SMART- KG - 6TH

Girls develop enthusiasm for and skills in science, technology, engineering and mathematics (STEM). Through hands-on activities, girls explore, ask questions, persist, and solve problems. By interacting with women and men pursuing STEM careers, girls come to view these careers as exciting and realistic options for themselves.

FRIENDLY PEERSUASION- KG - 8TH

Girls develop skills to resist pressure to use harmful substances, such as drugs, alcohol, tobacco, and household chemicals. After learning healthy ways to manage stress and to deflect peer, media and other pressures that contribute to substance use, girls become peer educators (PEERsuaders) for younger girls.

ECONOMIC LITERACY - KG - 5TH

Girls learn about money and the economy, including how to manage, invest and save money and how to help others through philanthropy. As girls explore how the economy affects everyone locally and globally, they develop skills critical to being financially savvy and to becoming economically independent adults.

PROJECT BOLD- MIDDLE & HIGH SCHOOL

Girls learn skills and strategies to lead safe 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.

BULLY BUSTERS AND HOW TO BE CYBER SAVVY- KG - 6TH

Girls learn skills and strategies to lead safe 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.

KID SAFE - KG - 3RD

A child safety program that includes home, fire, internet and automobile safety. This program also gives girls the tools to respond assertively in unsafe situations.

**For more information or to request application, please contact the
Outreach Director - Michelle Mitchell
at 314-385-8088 or at michelle.mitchell@girlsincstl.org**

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