

**We are Women. See Us Soar.**

**Dedicated to inspiring all girls to be strong, smart and bold.**

For almost 150 years, Girls Inc. has reached out to girls across the country by providing programs and advocacy that empower girls to reach their full potential and assert their rights.

In 2007, Girls Inc. Westchester opened its doors to fulfill that same mission here in Westchester.

At GIWC, we believe that girls deserve environments in which they are taken seriously for who they are, what they do, and how they think and feel. We also know that girls deserve relationships with adults who understand their needs and strengths, challenge them to take risks, and expect them to soar. Working together with schools and community organizations throughout the county, GIWC provides these life-changing experiences and role models to girls across Westchester.

GIWC programs are targeted to girls between the ages of 9 and 18 and ALL of them are girls-only. We currently focus mostly on girls in their middle and high school years – that developmentally crucial stage when having a safe space to embrace who you are and define who you want to be can make all the difference. Whether we are helping the girls develop leadership skills, teaching them how to keep themselves and their bodies safe, or showing them how to think critically about the images they see of girls in the world around them, GIWC is empowering and inspiring girls to grow up healthy enough, confident enough, independent enough, and strong enough to make their dreams come true and to change the world the way only a girl can.

**Girls Inc. National  
Standing Together. Growing Strong.**

Reaching far beyond Westchester, Girls Inc.® is a nationally recognized nonprofit organization which, for almost 150 years, has responded to the needs of girls and their communities and empowered girls to reach their full potential. Nationally, Girls Inc. reaches more than 940,000 6-18 year old girls *every year* through educational publications, through its website, and through its network of almost 100 affiliates like Girls Inc. of Westchester. Learn more about how Girls Inc. spans the country to serve as a strong leader and respected voice in all issues pertaining to girls. And, help us spread the word: Girls have something to say and Girls Inc. to help them say it.

## **Girls Inc. is Changing the World – One Girl at a Time.**

### Changing Lives

In three short years, GIWC has touched the lives of more than 1,000 girls. But there are thousands more behind them. Girls like the 8 year-old from Ardsley who didn't want to wear a softball pinny because it would "make her look fat..." Or the 11 year-old in our violence prevention program who – when instructed to name an adult she could turn to if something bad happened – asked her Girls Inc. group leader, "what if there isn't anybody you can trust?"

Too many girls in too many schools and too many families are still told they "can't." They need GIWC to help them see that they can.

### Changing Minds

In addition to offering direct programs and service to girls throughout the county, serves as an essential and powerful voice for girls in our area. Playing the vital role of advocate for Westchester girls who can't yet speak for themselves, we inform policymakers about girls' issues, we provide resources for parents and educators, and we educate the media and the public about critical challenges facing girls. We also empower the girls in our programs to begin using their own their voices to promote positive change for themselves and their communities.

### Changing Westchester

With roughly 66,000 girls between the ages 9 and 18 living in Westchester County, there is a tremendous opportunity for Girls Inc. to make a significant difference in our area. Despite the perception of Westchester as predominately affluent and privileged, 20% of local households have annual incomes under \$25,000 – that's an estimated 33,000 girls ages 9-18. These girls are especially in need of the kind of knowledge and support Girls Inc. programs provide. Girls Inc. is here in Westchester to support and inspire these girls, to change their lives, and to change the future.

## **Girls Inc. Makes a difference!**

### Research shows that girls who...

- Are involved with sports, or clubs and organizations
- Receive high levels of support from adults
- Believe that girls are no less competent than boys
- Can name three adults who could help with a problem

### Are more likely to be girls who...

- Are satisfied with their bodies
- Want to go to college
- Have a high quality of life
- Overcome the effects of gender stereotypes

## **These are Girls Inc. Girls!**

### **Why Girls Only**

#### **Picture the world through the eyes of a girl...**

#### **She is growing up in a place where:**

- sex appeal is promoted as girls' key driver of success for and women are more likely to be viewed as sex objects than as leaders.

- 56% of girls (78% of high school girls!) said that boys in school think they have a right to discuss girls' bodies in public.

- girls suffer depression twice as frequently as boys, smoke more than boys, and represent a disproportionate percent of victims of rape and other forms of violence.

- one in every three to four girls is sexually victimized by the time she is 18 or a senior in high school.

- women are still earning only \$.76 for every dollar a man earns.

- 65% of girls said that girls are expected to spend a lot of their time on housework and taking care of younger children.

- 75% of girls – 81% of high school girls – said girls are under a lot of pressure to dress the right way.

- women, and especially women of color, are extremely underrepresented in politics, where only 2% of her U.S. Senate is Hispanic, and where only 14% of U.S Senators are women (2007)

## **Programs**

**Learn, Believe, Imagine... Shine.**

### **Girls Inc. programs are:**

**Girl-Centered:** Available to girls 9-18 years of age, our programs create a space that honors, inspires, and supports girls.

**Community Focused:** Girls Inc. Westchester shapes our programs around the specific needs, interests, and schedules of each community we serve.

**Age-Appropriate:** Our programs are created with a continuum of services in mind. As girls' interests, needs, and abilities change with age, our programs change with them to help them develop from children into strong young adults.

### **Our Programs Empower Girls to:**

Use their voices

Form positive and trusting relationships with other girls

Prepare for interesting work

Take risks

Respect themselves and others

Speak in public

Overcome stereotypes

Ask questions/challenge & be challenged

Advocate for their rights

Learn new/different means of self-expression

Be themselves no matter what

Interact with girls of different backgrounds/experiences/cultures

Make decisions

Come up with their own ideas

Girls Inc. Westchester programs encourage girls to ask questions about themselves and the world, and to believe in the power of their own voices. From there, we know they can go on to do anything and be anything.

Some of our programs are offered in 10-12-week cycles, others as 2-4 session workshops, and still others as day-long or annual conferences. All of our programs have been developed by the Girls Incorporated National Resource Center, the country's largest and most comprehensive research center on girls; all have been tested nationally to confirm their impact; and all are conducted in girls-only spaces by facilitators who are trained to understand girls' needs. Focused on prevention, leadership and education, Girls Inc. programs are proven to make a difference in girls' lives.

We currently offer programs for 9-18 year-olds in the following critical areas:

**Careers and Life Planning:** Girls learn to manage money, set goals and build toward their dreams.

**Health and Sexuality:** Girls acquire the knowledge and skills necessary to take charge of and to make informed, thoughtful decisions about their bodies.

**Leadership and Community Action:** Girls develop leadership skills and create lasting social change through community action projects.

**Self-Reliance and Life-Skills:** Girls gain confidence, build self-esteem and learn to resist peer pressure and trust themselves.

***Stay tuned for STEM programming!*** Workshops will help girls develop enthusiasm for and skills in science, technology, engineering, and mathematics.

**GIWC programs help girls tackle the obstacles that face them today and the dreams that await them tomorrow.**

## **MIDDLE SCHOOL PROGRAMS**

GIWC's middle-school programs give girls the information, skills, strategies, and resources they need to make good decisions, solve problems, meet their own needs, and lead others. Activities provide opportunities for girls to experience success, accept new responsibilities, and face new challenges.

Some of the GIWC programs available to middle-school girls include:

**Will Power/Won't Power®:** a 10-session curriculum for middle school girls to learn why and how to postpone sex by recognizing, exploring, and practicing skills for dealing with sexuality issues during these high-pressure years.

**Girls Take Another Look:** Girls reflect on the messages and pressures conveyed by the media (music, TV, advertisements), addressing stereotypical ideas about girls and women, and the effects on body image and girls' behavior.

## **HIGH SCHOOL PROGRAMS**

GIWC's unique curricula give high school girls the tools, opportunities and encouragement to grow into formidable young women. Intentionally structured to meet the specific developmental needs of teenage girls, our high school programs offers opportunities for girls to unlock their talents, increase their capacity for resiliency, strengthen their capabilities as critical thinkers and make healthy life choices.

Some of GIWC programs available to high-school girls include:

**Taking Care of Business:** Girls acquire the knowledge and skills necessary to take charge of and make informed, thoughtful decisions about their sexual health.

**Futures and Options:** Girls learn how to manage money, invest, and begin to develop an appreciation for economics. Through hands on activities and lively discussion, girls gain the knowledge they need to begin their journey to financial independence.

**Girls Get the Message/Girls Make the Message:** Girls learn to think critically about media messages and advocate for change in entertainment, news, and advertising media, and create images that are more realistic and reflective of their lives.

**Living Safe and Strong:** Girls are empowered to lead safer lives by developing skills and strategies for self-defense, including physical techniques. Girls also learn how to seek out and talk to caring adults about personal violence and advocate against gender-specific violence issues.

## **CARE-GIVER/DAUGHTER WORKSHOPS**

### **A role-model is a powerful thing.**

Girls Inc. believes that parents and guardians are girls' primary educators and influences, so each year we bring girls together with their parents or caregivers to help them build a foundation for communicating with one another about important issues.

Recent Caregiver/Daughter workshops have included:

#### **Money Talks**

It can be hard to talk about money, but reaching your goals takes planning. This day-long workshop for middle school girls and their caregivers draws from Girls Inc.'s financial literacy curricula to teach girls the basics of spending and saving and how it impacts their futures. The program offers fun financial skill-building lessons for girls, helpful financial tools and advice for caregivers, and opportunities for both girls and their caregivers to learn to communicate more effectively about money and finances.

#### **Growing Together**

Adolescence is a difficult time for everyone. This day-long workshop for middle school girls and their caregivers focuses on the issues surrounding puberty and how to communicate about them. Girls get information about health, hygiene, and pregnancy, while interactive programs open the lines of communication between girls and their caregivers for conversations about girls' changing bodies and all that comes with them.

## **County-Wide Empowerment Conferences**

### **Reaching Out. Coming Together.**

At Girls Inc. Westchester we believe in the power of bringing young women together to share their strengths and challenges, and to envision and plan for a brighter future. We know that the power of 100 girls in a room supporting each other and re-imagining their futures is unmatched.

Recent County-wide Empowerment Conferences Include:

#### **LaTeenA: Claim Your Future**

In May, 2010, GIWC launched LaTeenA: Claim Your Future, the first ever Latina teen empowerment conference in Westchester.

This unique conference brings Latina girls together to embrace their common strengths and assets and to celebrate all that they are and all that they can be. Through interactive workshops, college tutorials, and exposure to successful Latina role-models, LaTeena provides girls with information, resources, and tools that enable them to envision a future that includes college and careers instead of pregnancy and poverty statistics. The LaTeenA Conference empowers Latina teens to see themselves as leaders and agents for change – in their own lives and in their community.

The 2010 LaTeenA: Claim Your Future Conference attracted teens from 21 communities across the county. Girls Inc. Westchester, the YWCA of White Plains and Central Westchester, and PepsiCo sponsored the event with support from the Westchester County Hispanic Advisory Board. More than 150 Hispanic girls gathered to consider their options and opportunities and to hear powerful Latina women tell them that success *is* an option.

#### “A Man Is Not a Financial Plan”

This empowering conference teaches high school girls how to manage money and inspires them to be proactive about their futures. Workshops challenge teens to differentiate between “wants” and “needs;” teach girls the importance of creating a budget; and give girls the opportunity to work together in groups to imagine their own financially independent woman. Through interactive workshops and panel discussions with successful women, girls take the first step on their journey towards financial independence and realizing their dreams.

More than 200 girls and their mothers flocked to the 3rd annual “A Man is Not a Financial Plan,” conference at Manhattanville College in November, 2010. Chubb Group of Insurance Companies and the Foundation for Financial Planning were the lead sponsors of the day with additional support from TD Bank and many other area companies and groups. Keynote speaker Sharon Epperson, a Senior Energy Correspondent and Personal Finance Correspondent for CNBC, gave the girls messages of strength and independence as she shared her journey to success.



Support Us

Change a Life Today

Girls Inc. girls belong to a community that empowers them to pursue the biggest dreams they can dream and are uplifted by the strength of a national organization that is committed to inspiring the leaders of tomorrow. This is how Girls Inc. celebrates girlhood. Join us.

**In just 3 years with only 2 full-time staff members, Girls Inc. Westchester has changed the lives of more than 1,000 girls.**

**We want to do so much more.**

**Help us give all Westchester girls a chance at a brilliant future.**

**We can't do it without you.**

**Make a donation today.**