

# GIRLS' BILL OF RIGHTS

Girls have a right...  
to be themselves—people first and females second—and to resist  
pressure to behave in gender-stereotyped ways.

Girls have a right ...  
to express themselves with originality and enthusiasm.

Girls have a right ...  
to risks, to strive freely and to take pride in success.

Girls have a right ...  
to accept and enjoy the bodies they were born with and not to feel  
pressured to compromise their health in order to satisfy the dictates  
of an “ideal” physical image.

Girls have a right ...  
to be free of vulnerability and self-doubt and to develop as mentally  
and emotionally sound individuals.

Girls have a right ...  
to prepare for interesting work and economic independence.

---

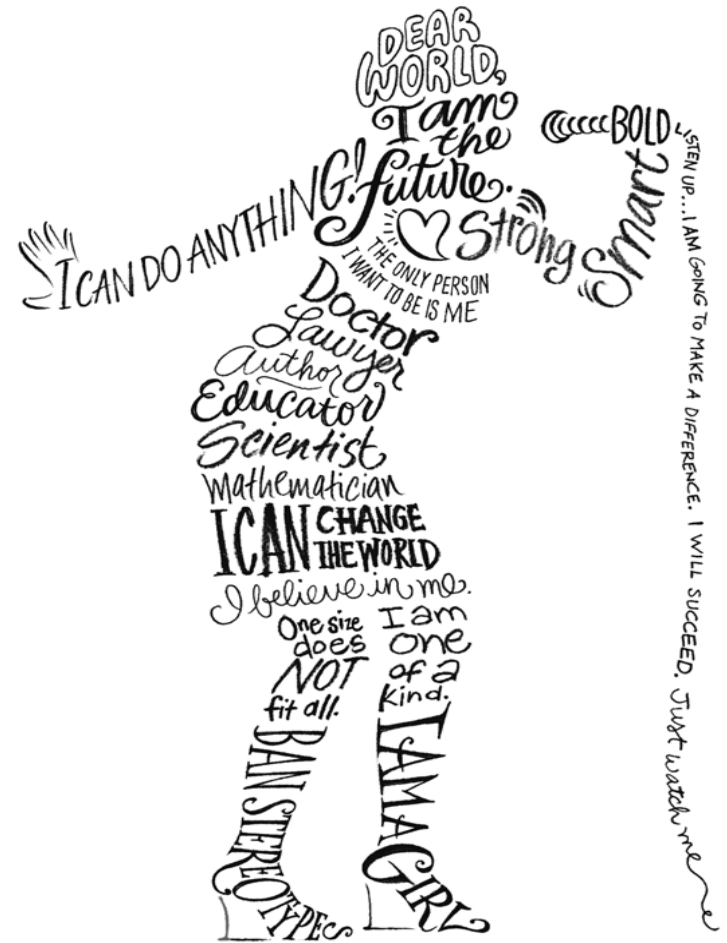
Mail or fax completed registration forms to:  
Girls Inc.® at the YWCA West Central Michigan  
25 Sheldon Blvd., SE  
Grand Rapids, MI 49503  
Fax : 616.459.5423

For More Information Contact:  
Phone: 616.459.7062 ext. 249 or 302.  
[www.ywcawcmi.org](http://www.ywcawcmi.org)



# Girls Incorporated® at the YWCA West Central Michigan

Inspiring all girls to be strong, smart, and bold<sup>SM</sup>



**HEAR ME OUT. WATCH ME SUCCEED.**

At Girls Inc. you are trusted, respected and most importantly, heard.

**2012 WINTER/SPRING REGISTRATION**  
January 12, 2012—May 17, 2012



## 2012 WINTER/SPRING PROGRAM SCHEDULE

### Girls Incorporated® at the YWCA West Central Michigan

Girls Incorporated® at the YWCA West Central Michigan offers programs that utilize the nationally-regarded, research based Girls Inc.® curriculum. Programming is designed to build girls' self-esteem and confidence, learn how to set boundaries, and develop healthy relationships – all key elements to building healthy young women.

Girls Incorporated® at the YWCA West Central Michigan understands the needs of girls and their communities. The advocacy and empowerment that Girls Incorporated® programming provides helps girls to reach their full potential, understand their value, and assert their rights.

#### The mission of Girls Incorporated® is:

Inspiring all girls to be Strong, Smart and Bold<sup>SM</sup>

#### The mission of the YWCA West Central Michigan is:

Dedicated to Eliminating Racism  
Empowering Women and Girls  
Promoting Peace, Justice, Freedom, and Dignity for All

## Girls Inc. Friendly PEERsuasion<sup>SM</sup>

#### About the Program

Friendly PEERsuasion<sup>SM</sup> responds to the needs of girls of all ages because it approaches drug abuse prevention as a peer issue, using the positive influence of young people modeling healthy behavior. This program begins by helping girls deal with the influences of peers. Participants build communication skills, learn to recognize stress, how to create boundaries, and learn how to respond to stress in healthy ways— this will enhance their decision-making and resistance skills.

#### Why This Program?

Girls deserve healthful environments, but they face many pressures that hinder their ability to make smart choices concerning the use of legal and illicit substances. Girls often are induced to use alcohol, tobacco, and other drugs to become or stay slim, manage stress, appear mature, be popular with peers of both sexes, or escape overwhelming problems.

All paperwork must be completed and submitted before child can start the program. Mail or fax completed registration/enrollment forms to location on back page.

### PROGRAMS :

Cost: FREE

**THURSDAYS 3:30—6:00 pm, January 12, 2012—May 17, 2012**

Girls Inc. Friendly PEERsuasion<sup>SM</sup> (Ages 9-12)

Girls Inc. Friendly PEERsuasion<sup>SM</sup> (Ages 13-18)

**Transportation is limited for pick up only for GRPS schools  
please call 616.459.7062 ext. 249 or 302.**

**CHILD'S NAME:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP CODE** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**SCHOOL NAME:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_

(please print)

**EMERGENCY CONTACT:** \_\_\_\_\_

**TELEPHONE:(Home)** \_\_\_\_\_ **(Cell)** \_\_\_\_\_

#### How Did You Hear About Us? (Check all that apply)

School Name \_\_\_\_\_  YWCA Counseling  Friend

Agency \_\_\_\_\_  Other \_\_\_\_\_