

## Girls' Bill of Rights

Girls have the right to be themselves and to resist gender stereotypes.

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

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

Girls have the right to accept and appreciate their bodies.

Girls have the right to have confidence in themselves and to be safe in the world.

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



## Girls Incorporated® of Owensboro-Daviess County

### Rolling Heights Campus

2130-G East 19th Street • Owensboro, KY 42303  
Bus: (270) 684-7833 • Fax: (270) 684-2238

### First Christian Church Campus

7th and JR Miller • Owensboro, KY 42303  
(270) 231-0440

#### Hours:

After school 2:00 – 6:30 p.m..  
In-service/summer 7:30 a.m. – 5:30 p.m.

#### Mailing Address

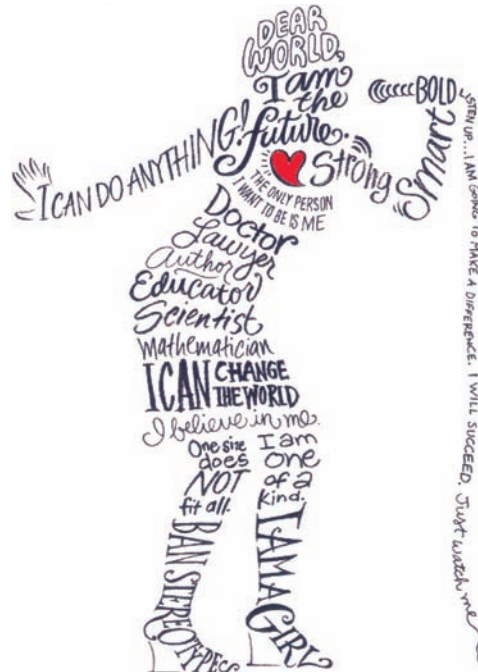
P.O. Box 1626 • Owensboro, KY 42302-1626

Website: [www.girlsincowensboro.org](http://www.girlsincowensboro.org)

Email: [girlsincoboro@bellsouth.net](mailto:girlsincoboro@bellsouth.net)

#### Mission:

To inspire all girls to be strong, smart, and bold.™



## Strong, Smart, and Bold





## Inspiring girls to be Strong, Smart, and Bold™

**Girls Incorporated®** is a national nonprofit youth organization dedicated to inspiring all girls to be strong, smart, and bold. With roots dating to 1864, Girls Inc® has provided vital educational programs to millions of American girls from all backgrounds, but particularly those in high-risk, underserved areas. Today, innovative programs help girls confront subtle societal messages about their value and potential, and prepare them to lead successful, independent, and fulfilling lives.



Girls Incorporated® of Owensboro-Daviess County has been in the community since 1969 as a provider of quality informal educational opportunities for girls between the ages of 6—18. Offering a full-day summer program and an after-school program, utilizing research based and age appropriate National Girls Incorporated program curricula with locally developed programs, fieldtrips and guest speakers. There are two campuses where comprehensive programming services are offered.

## Programs

**Girls Inc. Operation SMART®** builds girls' skills and interest in science, math, and technology. Hands-on activities give girls the opportunity to explore, ask questions, and solve problems.

**Girls Inc. Preventing Adolescent Pregnancy®** helps girls identify ways and reasons to avoid early pregnancy. The program fosters girls' communication skills, provides basic health education, and encourages girls to plan for the future through four age-appropriate components: Growing Together<sup>SM</sup>, Will Power/ Won't Power®, Taking Care of Business<sup>SM</sup>, and Health Bridge<sup>SM</sup>.

**Girls Inc. Media Literacy®** encourages girls to think critically about media messages and fosters their awareness of the



scope and power of the media and its effects on girls and women. Girls gain media literacy skills that enhance their ability to critically examine and advocate for

change in entertainment, news and advertising media.

**Girls Inc. Project Bold®** strengthens girls' abilities to lead safer lives. Girls develop strategies for self-defense (including physical techniques), for seeking out and talking with caring adults about personal violence, and for advocating on violence issues for girls and young women. Age-appropriate components include *Kid-Ability!™ (Kid Jr.)*, *Action for Safety<sup>SM</sup>* and *Taking Action*.

**Girls Inc. Economic Literacy®** introduces girls as young as six to basic financial concepts, including money management and investment. The program explores how money affects us locally and globally as it fosters development of the skills needed to be financially self-sufficient.



**Girls Inc. Friendly PEERsuasion®** builds girls' skills for resisting pressure to use harmful substances such as alcohol, tobacco, household chemicals and other drugs. The two-part substance abuse prevention program teaches girls ages 11 to 14 healthy ways to manage stress and confront peer, media and other pressures. The girls then assume roles as PEERsuaders for younger girls.

**Girls Inc. Sporting Chance®** builds movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in all sports as girls explore career opportunities related to sports and experience the benefits of healthy risk taking. The program lays a foundation for a lifetime of sports participation through two age-appropriate programs: *Steppingstones<sup>SM</sup>* and *Bridges<sup>SM</sup>*.

**Girls Inc. Discovery Leadership®** partners girls and women in community action projects chosen by girls, building leadership skills and creating lasting change. This leadership development program for girls ages 9 to 11 celebrates the heritage of girls and women as leaders, and fosters girls awareness of themselves as community resources and trustees of the common good.