

**STRONG  
SMART  
BOLD**

# Girls Inc. of Jacksonville 2019 – 2020 Elementary Mentoring Program

**girls  
inc.**  
of Jacksonville

For girls in 4<sup>th</sup> – 5<sup>th</sup> grades

Girls Inc. of Jacksonville equips girls to navigate gender, economic and social barriers and grow into healthy, educated, and independent adults. Our mentoring program focuses on age and developmentally appropriate experiential activities that enhance healthy living, academic achievement, and life skills development.

## 2019 – 2020 Programming

### STRONG

- I. Healthy Lifestyle
  - Exercise classes
  - Fitness Day

### SMART

- I. Kids Voting USA
- II. Common Sense Media
- III. Financial Literacy
  - Budgeting, Money Life-skills, Professional Financial Literacy.

### BOLD

- I. Overcoming Obstacles Curriculum
  - Social Emotional Learning
  - Life-skills Development



## Mentor Program Hours

After School –  
Hours range from 3 PM to 5 PM

The Girls Inc. Mentor Program will meet with enrolled girls twice a week during after school programming at the school they attend.

*Programming is free of charge and includes both snacks and lunch for mentees*

## Program Overview and Goals

### Overview

Our Strong, Smart & Bold programs address the myriad barriers girls from low-income families have in their lives that prevent them from graduating from high school and breaking female generational cycles of poverty and welfare. Our mentoring program focuses on age and developmentally appropriate activities that enhance healthy living, academic achievement, and bold skills development

### Goals

- To provide Strong, Smart, & Bold mentoring programming to 4<sup>th</sup> – 5<sup>th</sup> grade girls to support their ability to make good grades and on-time grade advancements.
- To provide girls with the tools they need to avoid risky behaviors, resist peer pressure, and to advocate for themselves and their needs.
- To develop the mindset and skills to make healthy lifestyle choices.
- To expose mentees to multiple opportunities, so as to expand their knowledge and worldview.

### Previous Outings - 2018

- Jaguars game – Honor Rows
- Relevant Movies
- Jacksonville Zoo
- Robotics Field Trip
- Fitness Day

## Mentor Program Contact Information

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