

**STRONG
SMART
BOLD**

Girls Inc. of Jacksonville

Middle School Program

Young Women's Leadership Academy

For girls in grades 6th through 8th

**girls
inc.**
of Jacksonville

Girls Inc. inspires all girls to be strong, smart and bold through life-changing programs and experiences that help girls navigate gender, economic and social barriers. Throughout the school year, girls participate in our researched-based programming focused on our core values of Strong, Smart, & Bold.

Program Cycles

The Girls Inc. Experience

STRONG: Supports the whole health of all girls building the foundation for enjoying a healthy lifestyle through physical fitness, nutrition, and health education.

SMART: Empowers all girls to succeed both academically and personally to pursue their goals through reading, economic, & media literacy and academic enrichment through STEM exploration.

BOLD: Strengthens all girls through learned skills and strategies to lead safer lives in their homes, relationships, community and online. Builds unique the leadership skills of girls and creates lasting social change through community action projects.

Program Clubs

Girls in the Girls Inc. Jax Middle School programming are encouraged to join one or more of the additional clubs we offer to find common interests and develop new close friendships.

These clubs include:

- The "Super Girl" Club
- "Battle of the Books" Book Club
- Speakers "Stand Up" Club
- 1 C\$nts Club
- Diversity Club
- Black Inventors Club
- **She Votes**

Module Overview

Girls Inc. Friendly PEERsuasion Develops the skills of girls ages 11 to 14 to resist pressures to use harmful substances like drugs, alcohol, tobacco or household chemicals. Girls learn to build leadership skills that help them plan substance prevention activities.

Module 1: Building a Supportive Learning Community helps girls develop important study and organizational skills such as managing their time, building rapport with teachers, participating in class and keeping a planner. Module 1 also begins to introduce Social Emotional Learning (SEL) including the importance of collaboration and active listening.

Module 2: Developing Self-Awareness and Self-Management introduces helpful strategies for deescalating anger and anxiety. Lessons in Module 2 help girls gain an understanding of the impact of their thoughts and habits.

Module 3: Building Relationships and Resolving Conflicts engages girls in interactive activities that take a proactive approach to common Middle School issues like gossip or cyber-bullying. Girls have the opportunity to develop authentic empathy and compassion for their classmates and others.

Modules are taught through School-Connect Curricula



Program Contact Information

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