

**STRONG
SMART
BOLD**

Girls Inc. of Jacksonville

Middle School Program

For girls 6th-8th grade

**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.

2019 - 2020 Program Cycles

Module Overview

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.

Free2LUV—EXPRESS IT! Program

EXPRESS IT! combines interactive, guided workshops and a mental health creative expression activity book utilizing Social-Emotional Learning (SEL) practices, art therapy techniques, and writing/journaling to educate teens and young adults about mental health, help them express their thoughts and emotions, improve their moods, deal with their stressors in more positive ways, and enhance lives.

Youth Prevention Programming

Youth Prevention Programming encourages girls to make healthy choices in their lives as it relates to alcohol, marijuana, e-cigarettes & tobacco. Youth Prevention Programming also encourages girls to identify their emotions, communicate and provides techniques for self-care and stress management.

Girls Inc. National Identity Programming

Girls Inc. National Identity Programming will differ on a case-by-case basis depending on the needs of the programming site.

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**WOMEN'S GIVING
ALLIANCE**
THE COMMUNITY FOUNDATION



Program Contact

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Program Locations

KIPP Academy
School of Success (SOS) Academy
Young Men and Women's Leadership Academy