

HANDS-ON OPPORTUNITIES, MINDS-ON EXPERIENCES

Learning with Girls Inc. @ H.O.M.E.



**girls
inc.**

of Greater Philadelphia
& Southern New Jersey

Spring 2021

VIRTUAL COURSE CATALOG

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ABOUT GIRLS INC.

Girls Inc. of Greater Philadelphia & Southern New Jersey has been serving the region since 1961, beginning as Teen Aid before becoming an independent affiliate of the national organization, Girls Inc., in 2002.

Girls Inc. of Greater Philadelphia & Southern New Jersey uses a whole girl approach to inspire all girls to be **strong, smart, and bold**. Girls learn to value themselves, take risks and develop their inherent strengths through a combination of **research-based programs, mentoring relationships, and a pro-girl environment**.

At Girls Inc. of Greater Philadelphia & Southern New Jersey, our programs focus on **leadership development, community action, STEM, early literacy, financial literacy, media literacy, and healthy decision making**. Through these research-based programs, our participants gain the skills to navigate gender, economic and social barriers, and grow into healthy, educated, and independent young women. **Over 3,000 girls** participate in our programs each year from over 40 schools, the Philadelphia Juvenile Justice Services Center and women and children shelters.



A MESSAGE FROM OUR ASSOCIATE DIRECTOR

Dear Parents, Participants, and Community Partners,

Girls Inc. of Greater Philadelphia & Southern New Jersey is pleased to present our Spring 2021 Learning with Girls Inc. at H. O. M. E. virtual course catalog.

We are committed to ensuring that girls and young women have the tools and skills they need to grow into healthy, educated, and independent young women. Our theme this year is “Inspiring the Next Generation of Future Leaders.” Our programs are open to girls in kindergarten through 12th grade in Pennsylvania and New Jersey.

Our virtual programs provide girls with the following:

- Trained and engaging program facilitators
- Strong, Smart, and Bold Curricula with a specific focus on Healthy Living (Strong), Academic Engagement and Success (Smart), and Life Skills (Bold)
- Interactive group mentoring experiences
- Career exploration and leadership development sessions
- Hands-on & minds-on activities that can be completed safely at home
- Connection with Girls Inc. participants locally and nationally

We look forward to learning and growing with you!

Sincerely,

Cherice G. Arrington

CArrington@girlsincpa-nj.org

Associate Director of Programs and Advocacy



HOW TO ENGAGE WITH US VIRTUALLY

In order to provide quality virtual programs during the COVID-19 pandemic, Girls Inc. of Greater Philadelphia & Southern New Jersey has launched the Learning with Girls Inc. at H. O. M. E. initiative. The safety of our girls, their families and our staff remains our number one priority, which is why we made the decision to continue operating virtually through the Spring 2021 term. We are continuing to plan safe, fun and educational courses using input from our families and local leaders in accordance with health and safety guidelines issued by the Centers for Disease Control and Prevention (CDC). The Learning with Girls Inc. at H.O.M.E. initiative engages girls in hands-on, minds-on activities designed to inspire participants of all ages to be strong, smart, and bold.

Our courses will be offered through ClassDojo, Band App and Zoom to allow participants, parents and guardians to communicate and engage in Girls Inc. programs virtually. Class Dojo and Band App will be used to communicate with you, share photos & videos, and post updates. Zoom will be used to host Girls Inc. live sessions and courses. Participants will have the option to join Zoom sessions with or without video and audio and may discontinue sharing video or audio at any time. Please be advised that Zoom has its own privacy statement and terms of service which participants must adhere to, so please review these carefully before registering your child.

In order to participate in Learning with Girls Inc. at H. O. M. E., you will need a computer, mobile phone or tablet device with access to reliable internet as well as a distraction-free and well-lit area. If you do not have a device or internet access, please indicate in the registration application if you'd like to be connected to those resources. Participants will receive at-home kits containing all other supplies needed to engage in course activities.

Please complete the interest form at the end of this catalog to register your child for any of our Learning with Girls Inc. at H. O. M. E. courses. If you have any questions, please contact Cherice Arrington at CArrington@girlsincpa-nj.org.

Though this year has been difficult, Girls Inc. of Greater Philadelphia & Southern New Jersey is here to support you and will continue to serve as a safe haven for your child. We will get through this together and come out stronger!



SATURDAY PROGRAMS

Operation SMART

STEM GEMS

Ages 9 - 11

Sat. 10:00 am-12:00 pm

Girls participate in hands-on activities where they explore, ask questions, and solve problems. Girls learn to view Science, Technology, Engineering, and Math (STEM) careers as exciting and filled with new opportunities. STEM Gems inspires girls to have fun while exploring chemistry, electrical engineering, environmental science, and media arts. This program is offered in partnership with Lockheed Martin.



Leadership & Community Action

RISING STARS

Ages 12 - 14

Sat. 10:00 am-12:00 pm

Rising STARS is a leadership program for middle school girls designed to equip girls with the skills to investigate their rights and responsibilities and create lasting change within their communities. Participants partner with professional and college mentors to complete a community action project. Through Rising STARS, girls learn how to successfully navigate middle school, develop their confidence, dream big and achieve their goals. This program is offered in partnership with the Temple Law Alumni Association Women's Leadership Initiative.

SATURDAY PROGRAMS

Operation SMART

EUREKA!

Ages 12 -14

Sat. 10:00 am-12:00 pm

Recruiting 7th & 8th grade girls! The Eureka! program is a five year STEM-based program that builds confidence and skills through hands-on opportunities in science, technology, engineering, and math. Utilizing a whole girl approach, the program also incorporates physical fitness, personal development, and college and career readiness.

Eureka! broadens girls' academic and career interests, encourages enrollment in advanced math and science courses, promotes positive risk-taking, and assists girls in developing professional networks. Offered in partnership with Drexel University and Penn Athletics.



Operation SMART

G3: GENERATION GIGA GIRLS

Ages 14 - 18

Sat. 10:00 am-12:00 pm

G3: Generation Giga Girls is a new high school program launching at Girls Inc. this winter! In G3, participants will dive into the world of data analytics – learning about statistics, social justice, and finding the power of utilizing data to change the world.

SATURDAY PROGRAMS

Leadership & Post-Secondary Readiness

Ambassador Club

Ages 15 - 18

Sat. 10:00 am-12:00 pm

Ambassador Club is a program designed to help high school girls develop leadership skills, gain exposure to professional development opportunities, and create lasting social change.

The club partners professional women with girls to complete participant-selected community action projects. Through this program, Ambassador Club participants gain exposure to a broad range of career and professional development opportunities, attend and speak at high profile events in Philadelphia, New York, and Washington, DC, and develop post-secondary plans.



WEEKDAY PROGRAMS

Sporting Chance

GOGIRLGO!

Ages 6 - 8

Mon./ Wed. 3:30-5:30 pm

GoGirlGo! focuses on improving the social and emotional health and well-being of girls by combining sports, physical activity, leadership, and education. Activities will include yoga and dance, sports games, cooking classes, and more.

Through interactive activities and mentorship, girls will learn to become healthy, active, and confident.



Operation SMART

TECHBRIDGE GIRLS

Ages 9 -11

Mon. 3:30-5:30 pm

4th-5th graders will have fun discovering their passion for science, technology, engineering, and math (STEM) in this innovative program. Participants will experiment with hands-on & inquiry-based projects, engage in career exploration, interact with role models, and attend virtual field trips. Girls will build their leadership skills, gain confidence, and develop problem-solving abilities.

WEEKDAY PROGRAMS

Project BOLD

BOLD FUTURES

Ages 9 -11

Mon./ Thurs./ Fri. 3:30-5:30 pm

Ages 12 - 14

Tues./ Wed./ Fri. 3:30-5:30 pm

This year-long mentoring program equips girls with the guidance, support, and skills necessary to be engaged in school, build healthy relationships, and reduce risky behaviors. Participants are supported by university and professional mentors who facilitate a wide range of engaging activities throughout the year. Participants meet twice a week and may join optional Friday sessions for homework support, wellness check-ins, or to make up missed sessions.



Operation SMART

BLISSFUL CODING CLUB

Ages 9 - 11

Thurs. 4:00 - 5:00pm

Ages 12 - 14

Thurs. 5:00 - 6:00pm

Ages 15 - 18

Thurs. 6:00 - 7:00pm

Girls Inc. is partnering with Blissful Us, a local non-profit based in New Jersey, to provide coding courses for girls in 3rd - 12th grade. Girls will explore the world of coding in a virtual, small group environment. This six week course will teach girls the foundations of Python. This course is open to girls in Pennsylvania & New Jersey.



WEEKDAY PROGRAMS

Economic Literacy

PHILADELPHIA YOUTH NETWORK (PYN)

Ages 12 -14

Tues. 3:30-5:30 pm

This program will provide participants with the opportunity to explore various career fields, develop leadership and financial literacy skills, and increase potential for success. This program is only open to girls residing in Northwest and Southwest Philadelphia. This is an incentive-based program. To apply, use [referral code SY005](#) at [workready.org](#) to connect with Girls Inc.



Friendly PEERsuasion

FRIENDLY PEER

Ages 12 -14

Thurs. 3:30-5:30 pm

Friendly PEER helps girls resist negative peer pressure and develop healthy responses to stress. Girls identify pragmatic alternatives to risky behavior, learn about various legal and illicit substances, understand responsible use of medication, and analyze media messages that glamorize substance abuse. Participants also build leadership skills that help them plan and implement substance abuse prevention activities with their peers.

WEEKDAY PROGRAMS

Leadership & Community Action

YOUTH LEADERSHIP COUNCIL (GIYLC)

Ages 15 - 18

Tues. 5:00-6:30 pm

GIYLC is a governing body committed to taking action to achieve equity for girls and young women. GIYLC participants will learn about social change tools, develop public speaking and communication skills, design and lead community action projects and advocacy summits, educate Girls Inc.'s board & constituents about issues concerning girls in our region, represent Girls Inc. at events, and serve as mentors to younger Girls Inc. participants.



NEW JERSEY PROGRAMS

Early Grade Literacy RALLY FOR READING

Ages 6 - 8

Tues./ Thurs. 3:30-4:30 pm

Rally for Reading encourages participants to explore themes including nature, science, technology, leadership, art, history, and culture through engaging and interactive literacy-based activities. Participants work closely with mentors who encourage a life-long love of learning, literacy and academic success.

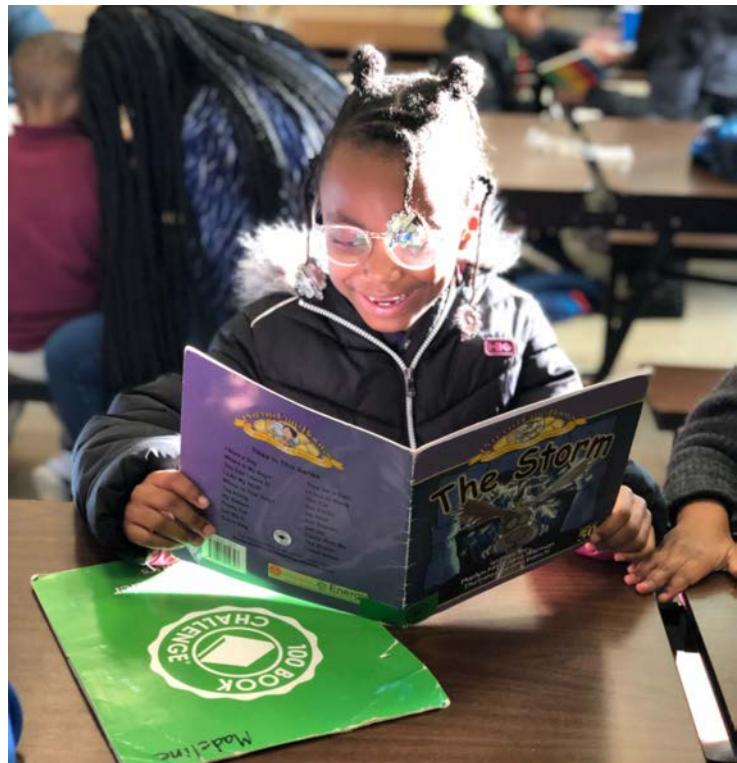


Project BOLD BOLD FUTURES

Ages 9 -11

Wed. 3:30-5:30 pm

This mentoring program for girls age 9-11 equips participants with the guidance, support, and skills necessary to be engaged in school, build healthy relationships, and reduce risky behaviors. Participants are supported by university and professional mentors who facilitate a wide range of engaging activities throughout the year.



NEW JERSEY PROGRAMS

Operation SMART

BUILD IT

Ages 12 -14

Mon. 3:30-5:30 pm

Build IT introduces girls to engineering and Information Technology (IT). Through interactive activities and guest instruction from design engineers and IT professionals, participants learn the engineering design process and design their own 3D clubhouses. Girls engage directly with STEM concepts and are exposed to careers in engineering, construction, architecture and design.

Operation SMART

G3: GENERATION GIGA

GIRLS

Ages 15 - 18

Sat. 10:00 am-12:00 pm

G3: Generation Giga Girls is a new high school program launching at Girls Inc. this winter! In G3, participants will dive into the world of data analytics – learning about statistics, social justice, and finding the power of utilizing data to change the world.



INTEREST FORM

If you are interested in any of the programs above, please fill out the Spring 2021 Interest Form [here](#) and a staff member will be in touch.

