

# GIRLS TO WOMEN MENTORING HAWAII



# Mission

## Girls To Women Mentoring Hawaii

Our Mission is to support girls to encourage and inspire each other and develop the confidence, character, skills and resilience to thrive on their journey into womanhood through school-based group mentoring programs, workshops and adventure weekends.

**Girls To Women Mentoring Hawaii** is a non-profit organization with a mission to support, inspire and empower adolescent girls in Hawaii through school based group mentoring circles. Girls Circles are guided by a trained senior facilitator and two or three young adult Mentors. Our programming is grounded in a foundation in gender-specific, evidence-based experiential learning which had been proven to address the needs and challenges of Adolescent Girls.

In addition, what is unique to our program is that the girls are invited to co-create the program by defining the priorities of needs and support from their own experience and that a core value of our program is to support the girls to discover and develop the resources both internal and external that are available to them from connecting with the Hawaiian culture and environment.

Our circles offer girls the opportunity to develop the skills, self-esteem, resilience, relationships and resources from within themselves and the indigenous culture and environment around them.

We give girls the confidence and tools to rise above the many challenges they face and grow into healthy, empowered, vibrant young women.

# Background

GTWMH was formed in October 2017 by a group of women with a vision to share the transformative benefits of sitting women's circles to help Hawaii's teenage girls to navigate their journey into womanhood.

Some of us were fortunate to have trusted adults to turn to for encouragement as teens but all of us believe that every girl would benefit from having a safe and creative space for self-discovery and empowering peer relationships, where she receives encouragement, inspiration, affirmation and support to define and grow into her unique definition of womanhood.

Our girls program was inspired by the requests of girls in our community who noticed that their male counter-parts were being offered a program called Boys To Men. The boys to Men program was created in San Diego and has been running successfully all over the US ever since. On the Big Island, Maui and Oahu, school based group mentoring and adventure weekends are provided by Boys to Men Mentoring Network of Hawaii.

GTWMH evaluated the long term success of this program and researched gender specific needs for mentoring girls in order to design the program which will be launching in January 2019 in Pahoa and expanding to Kona in the 2019/2020 School year.

# Timeline

- Girls to Women Mentoring Hawaii registered as a non-profit corporation started on the Big Island of Hawaii in October 2017.
- December 2017 Recruitment and training of 20 adult volunteer mentors
- October 1st 2018. Announcement and Fundraising Launch of Programs of school-based group mentoring circles in East Hawaii beginning in January 2019
- January 2019 Program begins a semester of circles for middle and high school circles in East Hawaii
- August 2019. Program is expanded to a year long offering in both East and West Hawaii Counties

# About Girls Circle

GIRLS TO WOMEN MENTORING HAWAII

presents

GIRLS CIRCLE® from One Circle Foundation

# Girls Circle® Vision

**Girls and young women experience a safe, welcoming and inclusive community that offers caring, support, healthy connections and skills to navigate relational and social-emotional challenges.**

**Buoyed by these strengths, they grow and develop beyond imposed cultural limitations as connected, active, engaged and authentic young women.**

# Brief Program Description

Girls Circle® is a structured support group for pre-teen and adolescent girls and young women, and LGBTQ youth who identify with female adolescent development 9-18 years, regardless of risk level.

Girls circle integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls.

Originally developed in 1995, Girls Circle aims to counteract social and interpersonal forces that impede girls growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices.

# Structure

- 1 or more sessions per week, depending on setting
- 60- 90 minutes
- 8 - 12 sessions or more, OR, in high transition settings (i.e., hospitals, detention, community schools) may be offered in distinct one-session units
- 5 - 10 youth of similar developmental age (or more in classroom adaptations)
- 1 or 3 trained adult female mentors as facilitators, typically
- Physically, culturally, and emotionally safe; protected, confidential
- Co-created group guidelines and expectations based in mutual respect, caring, inclusion, confidentiality
- Legal, ethical guidelines

# Format

The 6-step Girls Circle format promotes safety, consistency, relationships, a range of expressive opportunities, skill building and empowerment as follows:

1. Opening Ritual

2. Theme Introduction

3. Check-in

4. Activity

5. Sharing of Activity

6. Closing Ritual

# Evidence-Based Practices

- Strengths-Based Approach \*
- Motivational Interviewing\*\*
- Gender-Transformative

\*Galassi, J. (2008). Strengths-Based School Counseling and the ASCA National Model. *Professional School Counseling*, , 12(2), 176-181. Retrieved from EBSCOhost.

\*\*Saleebey, D. (ed.) (2002), *The Strengths Perspective in Social Work Practice* . 3rd Edition. NY: Longma

# Proven results

## Increases:

School Attachment

Educational Expectation

Educational Aspirations

Social Support

Positive Body Image

Self-efficacy

Communicating with Adults

## Decreases:

Self-Harm

Alcohol and Drug Use

# Gender specific support

Girls learn specific skills in self-awareness, emotion identification, listening, empathy, emotional identification and expression, self- regulation, interpersonal communication skills, decision-making skills.

Girls are motivated to attend when relationships are caring and consistent, and topics are relevant and applicable to their daily lives.

- Girls Circle is a relational-cultural program that creates safety and builds and restores relationships by harnessing strengths, providing respect and a listening environment and promoting skills to identify, reflect and communicate experiences amongst participants.
- Respect and other relational intentions and behaviors evoke restorative and healing experiences motivated by relationships and community support—through use of honesty, perspective-taking, self-expression, listening.
- Accountability is built into the structure of the circle, beginning with development of group agreements by participants and by their application during sessions.
- Girls develop social problem-solving skills, especially by listening and sharing as well as through targeted skill building for communication, emotional expression, and develop optimism that relationships can heal and that, amongst girls, relationships can be a resource of genuine support, friendship, healing, and repair.

# PARTNERSHIPS

- Hawaii Academy of Arts and Social Science
- UNIVERSITY OF HAWAII Department of Sociology
- One Circle Foundation
- Triangle Advising

# MENTORS

- Community Adult Mentors
- Student Interns
- Peer Mentors

# Funding

Tax-deductible Donations through our Fiscal Sponsor,  
Triangle Advising

Individual Donations:

GoFundMe:

Corporate Donations

Grants

# Action

Please help Hawaii's girls to Thrive with us

## Donate

**Any amount will help us do this much needed work: <https://bit.ly/2N0O8dL>**

## Volunteer

**Come join us please. It's fulfilling and we make sure it's fun too!**

**We need people from all walks of life with many diverse skills to help us set up and run our programs.**

**We are interested in hearing from people interested in becoming mentors**

## Spread the Word

**Let friends, family and your network know about us.**

**Ask them to or volunteer and donate to our Go Fund Me for our initial programming <https://www.gofundme.com/support-girls-to-women-hawaii>**

**Talk about us with potential partners and stakeholders in the community**

## Join us

**We welcome interest to advise or participate on our board**

1)Email your friends and family and ask them to contribute Use the Paypal link <https://bit.ly/2N0O8dL> 2)Post on Social media . Use the Go Fund Me Link [gf.me/u/mg36bd](https://gf.me/u/mg36bd)

3) Share the newsletter by forwarding it to your friends and family.

# How to help

- 1) Email your friends and family and ask them to donate;**  
Use the Paypal link [\*\*https://bit.ly/2N0O8dL\*\*](https://bit.ly/2N0O8dL)
- 2) Post about us on Social media**
- 3) Share the Go Fund Me Link [\*\*gf.me/u/mg36bd\*\*](https://gf.me/u/mg36bd)**
- 4) Share the newsletter by forwarding it to your friends and family and asking them to join our mailing list**

# Sample Email 1

Aloha everyone,

I'm excited to share with you an opportunity for adolescent girls on the Big Island to explore themselves and strengthen community through *Girls to Women Mentoring Hawaii* , a school based mentorship program that is launching in schools in 2019.

Students on island have advocated for this program, and *Girls to Women Mentoring Hawaii* is listening and responding.

Join us by participating in and sharing the GoFundMe campaign to raise money for Girls to Women Hawaii's official launch in January 2019. All donations are tax deductible and are deeply appreciated, thank you! - Girls to Women Mentoring Hawaii <https://www.gofundme.com/support-girls-to-women-hawaii>

# Sample Email 2

Calling all who believe in teenage girls!

*Girls to Women Mentoring Hawaii* is here to listen to what the statistics show on the effects of mentorship for adolescents. Women have gathered for a year to create school based mentorship circle opportunities for adolescent girls on the Big Island. We're excited to announce that our official launch is in Puna in January 2019 with planned expansion in August 2019. We're inviting you to support the girls by contributing to our GoFundMe campaign, through participation and/or sharing! Your support to the organization enables us to reach over 50 girls in 2019, we thank you for your contributions. <https://www.gofundme.com/support-girls-to-women-hawaii>

Aloha,

Supporting *Girls to Women Mentoring Hawaii*

# Sample Email 3

A passion of many: allowing young girls to know their voice, develop themselves, be seen by community. I am honored to share with you *Girls to Women Mentoring Hawaii*; a school based mentorship program that is launching in schools in 2019.

Join the Ohana, join the organization, and if you feel called share the GoFundMe page.

All donations are tax deductible and sincerely appreciated. Together we support the adolescent girls of our communities.

<https://www.gofundme.com/support-girls-to-women-hawaii>

# Sample Email 4

Supporting the youth of the Big Island!

It is so present the need for positive peer relationships amongst adolescents, as well as a growing relationship to self.

*Girls to Women Mentoring Hawaii* feels the place for this is at schools, through mentorship circles that promote healthy community.

Youth identifying as girls will benefit from your support in the launch of a school based mentorship program.

Help to gift girls on this island with the support they deserve by sharing and contributing to this GoFundMe campaign, as they prepare to launch for the first school in Puna in January.

Girls in schools have advocated for this, will you listen?

<https://www.gofundme.com/support-girls-to-women-hawaii>

## Images you can use



**MAHALO**