

CALLING ALL 8TH & 9TH GRADE GIRLS!



GIRLS INC. EUREKA! STEM PROGRAM

Program Overview

- 8th Grade: STEM College Camps
- 9th Grade: STEM College Camps
- 10th Grade: Job Shadowing
- 11th Grade: Summer College ACT/SAT Prep
- 12th Grade: Summer Internship

Eligibility

- Interest in STEM (science, technology, engineering, math)
- 5 year commitment
- Attendance at summer camps and monthly meetings

CLICK HERE FOR MORE INFO

EUREKA@GIRLSINCDALLAS.ORG | 214-654-4530

SPRING 2022

**girls
inc.**

of Metropolitan Dallas

Girls Inc. of Metropolitan Dallas is an innovative youth development organization whose mission is to inspire all girls to be strong, smart, and bold. We partner with schools and youth organizations to deliver targeted solutions to the unique challenges girls face. Our innovative academic and social emotional learning programs will help meet girls where they are, minimize academic loss, and empower them to grow up healthy, educated, and independent.

ACADEMIC SUPPORT AND LIFE SKILLS PROGRAMS



VIRTUAL HOMEWORK HELP

This program offers virtual homework guidance for 4th-8th grade girls while providing mentorship from an industry professional. In these two-week programs, girls will work with a volunteer to build the study skills necessary to complete homework independently in the future. (middle school)



ECONOMIC LITERACY: EQUAL EARNERS, SAVVY SPENDERS

Girls explore economic and financial topics such as wants and needs, career development, banking skills, loan options, credit cards, investment risk vs. return, consumer tips, labor laws, taxes and government services, philanthropy, global economics, and fitting a career into a full, well-rounded life. (middle school)

GENERATION GIGA GIRLS (G3)

Girls learn to use data analytics to assess social justice issues that affect them. Girls explore real-world applications and career opportunities in the realm of big data and discover how they can use data to solve problems today and in their future careers. (high school)





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ELEMENTARY SCHOOL PROGRAMS

STRESS MANAGEMENT

Girls will explore destressing strategies to aid them mentally and physically prepare for the stress of testing.

FRIENDLY PEER-SUASION

Girls explore the impact and importance of communication and peer pressure in healthy relationships.

COSMETIC CHEMISTRY

Girls will be introduced to cosmetic chemistry and see it come to life by creating their own cosmetic from scratch.



UNIQUELY YOU

Girls explore their self-image and identify, and practice ways to combat negative self-image and negative self-talk.



NAVIGATING SOCIAL MEDIA

Girls investigate how social media impacts their daily lives and identify strategies for healthy uses of social media.





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ELEMENTARY SCHOOL PROGRAMS

UNIQUELY YOU

Helps girls improve self-esteem by exploring their emotions, self-care strategies, preferences and body image.

GIRLS INC. MEDIA LITERACY

Helps girls develop the critical-thinking skills they need to wade through the myriad of media messages they encounter. Encourages girls to evaluate the messages in media to promote healthy body image and self-confidence.

TECHBRIDGE GIRLS

Builds girls' STEM excitement, joy, and belonging through culturally-relevant, scaffolded, story-based, hands-on STEM learning. Curriculum centers BIPOC contributions to STEM and empowers girls to envision their own STEM futures.



IMAGINE SCIENCE'S COSMETIC CHEMISTRY

Teaches girls how to formulate, test, and produce various beauty and health products. Girls will learn about scientific properties such as chemical bonding, formulas, and types of mixtures.



GIRLS INC. DALLAS DIVERSITY, EQUITY AND INCLUSION

Focuses on identity, diversity, justice, and action. Girls build confidence in their own identities and learn the value of diversity. They are equipped with actionable steps to combat discrimination, advocate for equitable communities, and engage others in these important conversations.



GIRLS INC. ECONOMIC LITERACY

Develops in girls critical skills to becoming economically independent adults. Girls learn about money and the economy, including how to manage, invest, and save and how to help others through philanthropy.

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HIGH SCHOOL PROGRAMS

STRESS MANAGEMENT

Girls will explore destressing strategies to aid them mentally and physically prepare for the stress of testing.



FRIENDLY PEER-SUASION

Girls explore the impact and importance of communication and peer pressure in healthy relationships.



UNIQUELY YOU

Girls explore their self-image and identify, and practice ways to combat negative self-image and negative self-talk.



NAVIGATING SOCIAL MEDIA

Girls investigate how social media impacts their daily lives and identify strategies for healthy uses of social media.





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MIDDLE SCHOOL PROGRAMS

STRESS MANAGEMENT

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FRIENDLY PEER-SUASION

Girls explore the impact and importance of communication and peer pressure in healthy relationships.

COSMETIC CHEMISTRY

Girls will be introduced to cosmetic chemistry and see it come to life by creating their own cosmetic from scratch.



UNIQUELY YOU

Girls explore their self-image and identify, and practice ways to combat negative self-image and negative self-talk.



NAVIGATING SOCIAL MEDIA

Girls investigate how social media impacts their daily lives and identify strategies for healthy uses of social media.





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SOCIAL AND EMOTIONAL LEARNING (SEL) PROGRAMS

HARMONY THROUGH H.E.R. HONOR, EMPATHY, REFORM

Girls explore diversity, equity, and inclusion concepts and learn to build confidence in their own identities, appreciate the value of diversity, recognize injustice, take action to combat discrimination, and advocate for equality. (middle and high school)

GIRLS INC. MIND + BODY

Mind + Body promotes the whole health of girls, recognizing that many factors, including physical and mental wellness, contribute to girls' health. This program focuses on stress management, body image, physical activity, and nutrition. (middle and high school)

GIRLS INC. FRIENDLY PEERSUASION

Friendly PEERsuasion targets the years during which girls begin to experience influence and pressure from peers to participate in risky behaviors, including pressure to use harmful substances. Girls build knowledge and skills to resist negative peer pressure, learning to identify healthy alternatives to risky behavior and how to invite peers to join them in their smarter choices. (middle school)

GIRLS TAKE ANOTHER LOOK

Girls explore a variety of media, practicing deconstructing obvious and hidden media messages. They learn to question the media's focus on appearance and narrow definition of beauty and how to influence the media by communicating their opinions. (middle school)

UNIQUELY YOU

Helps girls improve self-esteem by exploring their emotions, self-care strategies, preferences and body image.

COLLEGE ED

This college planning and career exploration program provides students with the tools they need to explore, plan for, prepare for, and ultimately attend and succeed in college. (middle and high school)





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GIRLS INC. DESTRESS BEFORE THE TEST

GIRLS WILL EXPLORE DESTRESSING STRATEGIES TO AID THEM MENTALLY AND PHYSICALLY PREPARE FOR THE STRESS OF TESTING.

- 60 minute workshop
- Designed for large groups of girls
- Workshops offered for elementary, middle school and high school girls