

## MISSION STATEMENT

We want girls to know just how special they are here at Island Girl Power! We believe that each girl has the ability to create positive change in her life. If every girl makes it her goal to do her best, how can we go wrong? We want to give girls ages 7 to 14 a safe and enjoyable place to learn and play.

By making girls wiser to the world around them girls will make smarter choices in life - and maybe even help a friend. By accepting all girls, regardless of income or status, we help bridge the gap between the haves and the have-nots.

Being part of a club means so much to girls. The acceptance and pride felt when you are part of a group is irreplaceable. We can also help these girls understand the importance of community service by showing them the example of the wonderful people who volunteer to create a place just for them.

Our goal is to decrease the incidence of teenage pregnancy, suicide, sexual and substance abuse. These are the most serious challenges facing our girls today.

We know that we can't change the island overnight. But we can make it better - One girl at a time!

## What you can do

- Work with us to coordinate a program in your village or school.
- Encourage girls by volunteering to instruct a class of your design.
- Help us supervise a couple hours a month, be a positive male or female role model.
- Give a girl or girls a ride to the clubhouse or other classes.
- Donate supplies, snacks or money to our organization.
- Help girls understand that alcohol, tobacco, and drugs are unhealthy, dangerous, and illegal. Show by example.
- Encourage girls to be active and exercise.
- Help girls to perform their best in school. Be a mentor or tutor.
- Help expand their dreams for the future.
- **Assist with fund raising efforts.**

- Help spread the word!

## ISLAND GIRL POWER!

IS...

- A local program, taken and expanded from a National program Girl Power.
- A prevention program focusing on offering girls varieties of classes, activities in hopes of expanding their goals.
- A safe place where people can come to volunteer at their leisure.
- A clubhouse in Dededo where girls can come every Saturday from 9-3 to learn and play. Opening April 2005.
- Expanding into the community through volunteers and centers willing to offer classes.
- Offers after-school self-defense classes, Jump Rope, Island Style Dance Classes in Benavent Middle School, occasional classes in Gef Pago, and a big sister club in JFK. Call for more information.

### Why Girls 7-14 Need

## ISLAND GIRL POWER!

The transition from childhood to adolescence occurs during these years. This is often the time when girls start to lose the Island Girl Power! They had in childhood. During this transitional time girls begin to respond differently to what others say. For example:

- Girls who performed well in the classroom at ages 7, 8 or 9 often perform less well in school at age 14.
- Girls in their early teens are often encouraged to place more emphasis on their personalities, social skills, looks and abilities to please others rather than develop their own interests and aspirations.
- Some girls who earlier experienced adult and peer approval for demonstrating athletic abilities before puberty are often discouraged from participating in many sports once their bodies show signs of maturing.
- This is often the first time that girls are exposed to drug use and other risky behavior.