

Teen Summer Institutes Overview 2013

Young ladies can be dropped off and picked up at any of our following four campus locations.

Love Field Campus 2040 Empire Central Dr. Dallas, TX 75235	Oak Cliff Campus 350 N. Zang Blvd Dallas, TX 75208
West Dallas Campus 2607 Toronto Street Dallas, TX 75212	South Dallas Campus 4411 Meadow Street Dallas, TX 75215

****Transportation and lunch will be provided for all institutes.
Young ladies will need to be dropped off at the nearest
campus location by 8:00a.m.***

For more information, contact one of our *Teen Program Facilitators*:

Ingrid Baylon 214-654-4512
ibaylon@girlsincdallas.org

Temika Rice 214-654-4523
trice@girlsincdallas.org

For more information regarding our *Girls Getting Ready!* program, contact:

Lorenza Martinez 214-654-4545
lmartinez@girlsincdallas.org

To download a registration form, visit Girls Inc. online at www.girlsincdallas.org. Once the registration form is completed, registration forms and registration fees can be mailed or brought to the Main Office at 2040 Empire Central Drive, Dallas, Texas 75219. (Registration fees must be paid with a money order.)

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TEEN INSTITUTES



**Now Registering for 7 Different Institutes
June 24-Aug. 09, 2013**

- Who:** Young women in grades 9th-12th
- When:** Monday through Friday
June 24 - August 9 for seven institutes
8 a.m. to 5 p.m.
- Cost:** \$175 (\$205 for non-members) for 7 different week-long institutes
\$30 additional membership fee for new members.
- What:** Young ladies learn the value and fun of sharing experiences in an all-girl environment with caring, trained, adults serving as mentors and role models. All activities are designed with girls in mind to spark their interests, build their skills, and explore the world around them.
- Deadline:** We welcome full payment up front for the full 8 weeks. All institute fees must be paid prior to participation.



June 24-28: Love is Not Abuse

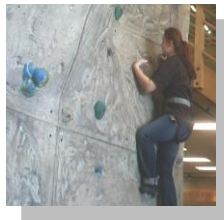


Bullying of any kind is a big problem, and just as prevalent is the issue of teen dating. With one in three adolescents in the U.S. being a victim of physical, sexual, emotional, or verbal abuse from a dating partner, this figure far exceeds rates of other types of youth violence*. This institute will raise awareness of healthy dating behaviors to prevent dating abuse among 13-18 year olds. Hear from other girls

and professionals about this important matter! *source: loveisrespect.org

July 1-5: Let's Get Physical!

Did you know that some 80-percent of women who are managers in Fortune 500 companies had backgrounds in athletics and sports! This institute teaches fun, nontraditional, ways to make sure you are keeping your body healthy and fit by learning about a diverse range of sports and how active lifestyles can impact your future!



July 8-12: Cooks and Eats!



We are taking the basics to the next level...like cooking at a professional kitchen, visiting with culinary schools, all while learning the importance of nutritional value in our everyday meals. Young ladies will have the opportunity to take a second look at their everyday diets and see where they need improvement. By having the opportunity to hear from a professionals and learning simple ways to better their

meals, young ladies will complete two-weeks of examining their lifestyle and ways to become healthier

July 15-19: Girls Inc. Teen University

What does your future hold? Ladies will explore various higher education institutions and programs, attend a college fair and learn important skills necessary for college in this institute. They will have the opportunity to explore many different options, like a 4-year institution, a community college, and a technical school. Young ladies will learn the importance of setting achievable education goals and learn how to work towards achieving them.



July 22 – 26 : Career Launch: Fashionistas!

Explore the in's and out's of fashion and express your inner fashionista through bold and creative design! Ladies will learn how to search for a career, while at the same time, learn about the fashion industry. They will have the opportunity to visit schools with fashion media programs, speak with a designer in the fashion industry and participate in our annual fashion show by making their own deconstructed prom dress.



July 29 – August 2: It's a GAS! (Girls and Science)

Ever wondered about the science behind our favorite superheroes? Or what it is like to work at a Planetarium? This STEM exploratory week is filled with interactive visits to the Perot Museum and The Planetarium at the University of Texas at Arlington that will engage your interest in science in new ways! All workshops are aligned with TEKS curriculum and are promised to be a fun learning-environment.



August 5 – August 9: Dare to CARE

Young ladies will participate in a week full of civic engagement and involvement through various community projects that will raise awareness of different agencies making a difference in Dallas. Discover the power of paying it forward and contributing to the common good. Become a volunteer and make a difference with Meals on Wheels, Shoes for Orphan Soles, Dallas Life and others.



Girls Getting Ready! Reducing the Risk

Introducing our new and innovative healthy lifestyle choices, ***Girls Getting Ready! Reducing the Risk***. Each morning, young ladies will receive one hour of programming that will help them become more informed on pregnancy prevention, STI's and other infections, as well as develop effective refusal skills. Girls will learn the importance of setting life goals and using them as motivators to remain abstinent.