

Girls Incorporated[®] of Metropolitan Dallas Programs

Educational Enrichment

Operation SMART[®] develop enthusiasm for and skills in science, technology, engineering, and mathematics.

Homework/Tutoring girls are provided guidance along with homework assistance and tutoring by individuals of all ages.

Mentoring - by corporate volunteers and business owners.

Sports & Adventure

Sporting Chance[®] girls learn to appreciate an active lifestyle as they develop movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in sports and adventure.

Mind + BodySM girls learn about (1) regular physical activity, (2) nutrition and healthy eating (3) healthy stress management and (4) positive body image.

Career & Life Planning

College Career Readiness including structured process and age-appropriate activities that will assist girls in pursuing their college and career goals after high school.

Economic Literacy[®] Girls learn to manage money, invest, and begin to develop an appreciation for global economics.

YWCo (Young Women's Company) activities improve girls' academic, business, technology & life skills through entrepreneurship education.



Health & Sexuality

Preventing Adolescent Pregnancy[®] bolsters girls' communication and skills as well as their motivation and resources for being in charge of their sexual health and avoiding teen pregnancy.

Friendly PEERsuasion[®] builds girls' skills for resisting pressure to use harmful substances such as alcohol, tobacco, household chemicals, and other drugs.

Project STRONG girls participate in educational and physical activities in the areas of health, nutrition, obesity and fitness.

Self Reliance & Life Skills

Media Literacy[®] encourages girls to increase their awareness of the scope and power of the media and the effects of media messages on girls and women.

Project BOLD[®] through innovative programs in a non-threatening and supportive environment, girls learn to lead safer lives by developing skills and strategies for self-defense.

Leadership & Community Action

Leadership DiscoverySM builds leadership skills and creates lasting social change by partnering girls and women in community action projects chosen by girls.

Conflict Resolution & Peer Mediation teaches techniques, skills to resolve a situation in a non-violent manner before it becomes an angry or violent confrontation.

Arts, Culture, & Heritage

Art Exploration girls broaden their experiences in poetry, painting, sculpting, dance, and drama.

Culture & Heritage girls develop an appreciation for their heritage and the diversity of cultures around them.

**girls
inc.[®]**

www.girlsincdallas.org