

"Empower, Educate, and Encourage"

GIRLS IN ACTION (GIA)

Bi-Weekly Talk

April 2, 2011

GIAgirl Talk Session: "Girl Positive: I'm Worth IT!"



"Girls Empowered"

Girls In Action GIAgirl Talk Session: **"Girl Positive: I'm Worth IT!"** Talk Session was scheduled, Saturday, April 2nd at 4:00PM. We had a total of 5 girls in attendance, ages range from 9 to 15 years old and 2 volunteers. The low attendance was probably due to the inclement weather. It was tempting, but I did not allow the mild storm to cancel the program. If we can help save and encourage one (1), it is our mission to do it. However, the session was very intimate and the girls were very open and shared their opinions about the letters written by adults to their younger selves. The session lasted for three (3) hours.

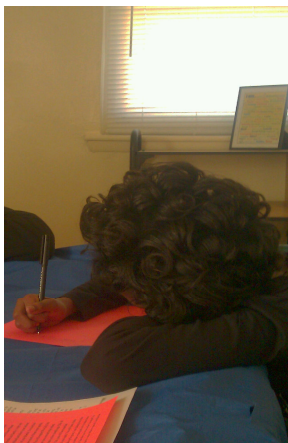
Ikisha Little, Founder of Girls In Action sent a mass email to friends, family, volunteers and supporters asking if they can write letters to their younger selves to help encourage, empower, and educate our female youth. Our volunteers also forwarded the email to their friends. They were asked "If you could write a letter to your younger-self say, when you are 8, 11, 13, 15, or 18 years old, what would you write? **What would you say? What wisdom would you impart?**" The question was asked because we wanted adults to take the time to write a "Letter to Your Younger Self" about their past experiences offering advice to their tween or teen-selves that they wished they would have known growing up. Prospective Writers were asked to address the letters as "Dear Teen Me" or "Dear Tween Me" or however they choose. I was informed that the letter writing experience was enlightening and self-empowering for the writer as well as the GIAgirls reading them. This experience helped them know that we as adults dealt with the same issues and problems that they are growing through or will go through. Whatever issues (bullying, gangs, teen mom, teen dad, obesity, loneliness, overachiever, depression, runaway, incarceration) we faced, we were able to overcome it or working on it.



Each GIAgirl and volunteer read a letter. After a letter was read, we discussed how the trials the writer dealt with and how they overcame or wish they would have overcome their experiences. Most importantly, what did they learn from it.



In the pics below, GIAgirl Kajah(left) is writing down her thoughts so she will not forget the wealth of information that was building inside of her. (smile) GIAvolunteer, Eileen (middle pic) is reading a letter that was written by another writer. The letter focused on utilizing the resources at school such as your guidance counselors and teachers. They are there to help guide you about choices needed for higher education. The writer also told her younger self to “Dream More and Have goals to accomplish while you are young.” Taylor (right pic) was sharing her thoughts about the letter she read. The girls felt that the adults had a lot of regrets about their past. We received lots of letters from women residing in the DC/MD/VA metro area. We also received a letter from a man who grew up in the Sursum Corda Community offering his advice to the girls. He made the decision to no longer allow his environment to dictate his future.



Our only hoped was that more girls were in attendance to take advantage of this empowering session. Because we feel that this session is very important, we will have a Part 2 at the beginning of the budgeting session, next week. One writer discussed finances. See below

“If I can turn back the hands of time, I would definitely have been a better steward over my finances and money! I am now 50 years old and I feel very young, but let’s face it... the clock does not stop for no one. If something was to happen to me right now, this very day.... I do not have the proper money set aside for burial and funeral expenses or to leave my only daughter some money.”

I strongly believe that we need to teach our youth now to be “Money smart” so they will make the right financial choices and not ruin their credit when they become adults.

Quote: “Wisdom is learning from the mistakes of others or from your own mistakes...The wisest choose to learn from others....”



SPEACIAL THANKS TO VOLUNTEERS & GIAGirls

I want to give a special thanks to all the GIAGirls and volunteers who attended and donated food to our GIAGirls Talk session. The volunteers who attended were Eileen Owens and Nikita Reed. I want to also give a special thanks to Nichelle Boone, Tangela Anderson, and Bernadette Brawner who were unable to attend the session, but made a monetary contribution via our PayPal account. We are grateful and thankful for your support in our mission to empower, encourage and educate our female youth.

Girls In Action is very thankful for their volunteers and supporters. We appreciate you.

GREAT NEWS:

Girls In Action has launched their first blogs, Monday, April 04, 2011. If you have not written a letter to your younger self, you can still write one by commenting via our blog site so we can share them at the next session. Click on the links below to visit and support and encourage our GIAGirls. Thanks!

<http://www.girlsinaction.org/blog.html>
<http://theencouragingone.blogspot.com/>

At the March 12th Talk Session, Licensed Hairstylist and Teacher, Katina Rayford informed us that she will ask her school to volunteer at the GIAGirls Spa Day**, Saturday, May 21, 2011. The princess Divas will be treated and pampered like the princesses they are. They know that they are beautifully and wonderfully made by God. They will continue to learn what one of our mottos means "Feel Good = Look Good." ****All participants must have attended at least two GIAGirls Talk Sessions during the month of March and April 2011 to participate in Spa Day.**

We are looking for individuals in the Beauty Industry to volunteer there time and service(s) at the GIAGirls Spa Day to give the Princess Divas a Mini-Makeover: Nails(Pedicure/Manicure), Mild Make-Up and Massages. Please let me know if you are interested in the session that is scheduled, May 21, 2011

TO SUPPORT GIRLS IN ACTION LITERACY INITIATIVES to inspire reading amongst our female youth, Please visit our Amazon.com Books Wish List TO PURCHASE & DONATE A BOOK(S) - <http://amzn.com/w/2GGK5MPGI6S8W>

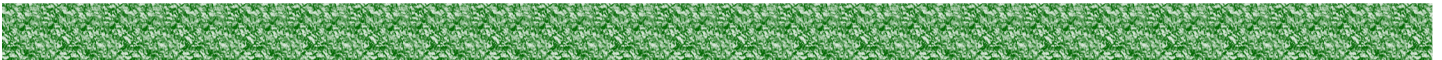
The next rap session is Saturday, April 9, 2011 at 4PM.

Topic: "Teach Me How To Budget" (Part 2)

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