

“Empower, Educate, and Encourage”

GIRLS IN ACTION (GIA)

March 19, 2011

Bi-Weekly Talk

GIAgirl Talk Session: "[Mean Chicks & Cliques: Take A Stand Against Bullying](#)"



“Girls Empowered”

Girls In Action GIAgirls Talk Session "Mean Chicks & Cliques: Take A Stand Against Bullying" Talk Session was scheduled, Saturday, March 19th at 4:00PM. We had a total of 14 girls in attendance, ages range from 8 to 15 years old and 6 volunteers.



I must say that I thoroughly enjoyed being in the company of my GIAgirls. It was refreshing to see the old faces of my regular attendees. We welcome newbies, but the GIAgirls who are use to the TALK Session setting were super engaging and had a wealth of information to share with others. They were open and receptive as we discuss Bullies, Cyber-bullying, Mean Girls, Cliques, Gossip Girls, Bystanders and How to take a stand against bullying. One of the GIAgirls suggested that we start the session by sharing what we did the prior week. **The GIAgirls shared their experiences on bullying. One GIAgirl told us about movies that she has seen that relates to bullying. She also told us how the young girl stood up and befriended her bully.**



The GIAgirls were asked to identify different types of ways to share what is Bullying. Here is the list of examples the girls stated were bullying:

- Leaving someone out of group activities on purpose.
- Giving someone the “silent treatment.”
- Making faces and/or bad gestures with your hands at someone.
- Making fun of someone for being “different.”
- Name-calling, teasing, gossiping, and/or spreading rumors.
- Hair pulling, biting, and pinching.
- Threatening and scaring others.
- Hitting, punching, and shoving.

The girls shared that bullies bully people who they are jealous of, have a disability such as dyslexia, people who may be “richer” or “poorer” than them, and girls with low self-esteem.

They were informed that bullying hurts the person being bullied and could damage their self-esteem. Bullying is one person or a group of people who tries to scare or hurt another person over and over again. The majority of the girls were unfamiliar with the term “Cyber-bullying.” However, one of the GIAgirls stated that Cyber bullying is writing “mean” messages on the internet such as MySpace and Facebook. I added on to her statement that Cyber bullying is also being mean to someone through e-mail, blogs, text messages, and chat rooms. They were informed that if someone sends them a threatening message, you should not respond but save it and show it to a parent or trusted adult. They were also informed that Bullying and Cyber bullying is a crime and punishable by law. The law enforcements are very serious about protecting its citizens from people are who bullied. They learned that Taking a stand against bullying is telling a responsible adult and standing up for a friend if they see her being bullied. They were reassured that it may feel like tattling, but it is not. You are protecting the person or yourself from the bully by informing a trusted adult about the situation(s).

The other volunteers shared with the girls that bullies have low self-esteem and may want positive attention, but look for it the wrong way. One of the GIAgirls shared that if you take the time to befriend a bully, you may end of being friends.

One Teen who attended the Girls In Action talk Session for the first time stated “I did not know that Talking amongst friends in a group setting was so much fun and enlighten. I learned a lot and I am coming back. I really enjoyed myself. Can I sign-up now?”

The session closed with each girl sharing what they learned from today’s session. Also, the Girls who were issued a book "Just Kidding," by Annie Bryant or "Trouble In My Way," by Michelle Stimpson shared what they thought the girls in the books were experiencing being bullied or acting as a mean girl.



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 are Halima, Tangela, Ronita, LaJuan, Nikki and Robyn.

The chicken, cupcakes and fruit salad donated by Tangela Anderson and Ronita Simmons were a big hit with the girls. They kept saying, "This chicken is grreaattt!" Girls In Action is very thankful for their volunteers and supporters. We appreciate you.



GREAT NEWS:

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. The princess Divas will be treated and pampered like the princesses they are.

On Monday, March 14, 2011, Ikisha Little, Founder of GIA received an email from Mrs. Emani White, Founder of "In My Sister's Shadow" asking if she can be a guest speaker at one of GIAGirl Talk Session to speak with the girls about overcoming painful situations in their lives. We gladly accepted her offer.

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 2, 2011 at **4PM**.**

Topic: "Girl, Positive: I'm Worth the Wait"

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