



of Westchester County

PARENT HANDBOOK

Welcome to the Girls Inc. of Westchester Family!

We inspire all girls to be **Strong, Smart, & Bold!** We put our mission into practice through the Girls Inc. Experience that equips girls to navigate gender, economic and social barriers and grow into healthy, educated and independent adults.

The essential elements and foundation of the Girls Inc. experience have been developed over decades of Girls Inc. affiliate experience, guided by our Research and Evaluation and Learning Central Departments, and documented in the Girls Inc. Programming Toolkit.

MORE ABOUT THE GIRLS INC. EXPERIENCE

The Girls Inc. Experience consists of people, an environment, and program content and practices that together empower girls to succeed. To be specific, there are six essential elements of the Girls Inc. Experience:

Environment:

A pro-girl and girls-only environment that is physically, socially and emotionally safe and confirms that girls can succeed and deserve to be taken seriously for the persons they are now and the women they will become;

People:

- Trusting, mentoring relationships with adult staff and volunteers trained in an approach that is grounded in a belief in girls' rights and abilities;

Program:

- Holistic, compensatory, and intentional programming focused on girls' needs and that provides exposure to a wide variety of experiences and options that girls might not have experienced otherwise;
- Relevant, field-tested, and research-based curricula that confront the serious needs of girls while building the knowledge, skills, and attitudes to enable girls to be competent, confident individuals and adult women;



of Westchester County

- Girl-centered, motivating, deliberate, and interactive activities that develop and promote girls’ strengths.
- Sustained exposure to programming and connection with a girl over time to increase positive outcomes and reduce the potential for negative outcomes.

The Girls Inc. experience is designed to lead to these long-term outcomes:

Strong/Healthy:

- ❖ Makes healthy choices
- ❖ Manages reproductive health

Smart/Educated:

- ❖ Motivated to achieve
- ❖ Graduates from high school and has post-secondary education
- ❖ Sets & achieves personal, educational, and career goals

Bold/Independent

- ❖ Has healthy relationships
- ❖ Has sound body image (which is related to self-confidence)
- ❖ Uses own voice & advocates for others
- ❖ Is resilient

Our (virtual) program is an exciting opportunity for girls ages 9 to 18 years of age to enjoy programming that includes Self-Care, SAT/ACT Prep, Leadership and Community Action, STEM, Creative Writing, Digital Media, Public Speaking, mentoring opportunities and more. Girls will learn from local and national artists, educators and be inspired by professionals in the industry. Girls Inc. Westchester continues to bring together the current research and best practices for promoting literacy with the social emotional lens of the youth development framework and the Girls Inc. programming approach to support the whole girl.

ANNUAL MEMBERSHIP BENEFITS

All participants are required to be members of Girls Inc. of Westchester. The membership year runs from June – July. A new membership will be required during this cycle regardless of when the previous membership application was



of Westchester County

completed and accepted. The Girls Inc. Experience consists of people, an environment, and program content and practices that together empower girls to succeed.

HOW TO REGISTER?

If you would like to review a summary of our Girls Inc. of Westchester Virtual Program Framework click here: [GIRLS INC OF WESTCHESTER 2020-2021 VIRTUAL PROGRAM FRAMEWORK](#).

The Girls Inc. of Westchester 2020-2021 Virtual Registration is done in 3 easy steps:

- 1) You must fill out our Girls Inc of Registration Form using Google Form: [Girls Inc. of Westchester 2020-2021 Virtual Registration Form](#)
- 2) You will receive a confirmation email that will prompt you to register your daughter in 2020-2021 Girls Inc. Westchester's Zoom Lounge: [2020-2021 Girls Inc. Westchester's Zoom Lounge](#)

Meeting ID: 891 1509 8001

Passcode: 103144

When registering, please use HER NAME and not yours. We would like her name to personally appear in her Girls Inc. virtual space.

- 3) View our 2020-2021 Girls Inc. of Westchester Year-At-A-Glance Schedule here for sessions, events and additional workshops. We offer programming Monday-Saturdays. Please be sure to check the schedule for your girl's session. [GIWC 2020-2021 Virtual Program Schedule](#).

GIRLS INC. OF WESTCHESTER GROUP GUIDELINES FOR VIRTUAL PROGRAMMING

- **WE SUPPLEMENT WORDS WITH ART AND MEDIA:** Media is a staple in online communication that increases motivation. Another

Girls Inc. of Westchester
www.GirlsIncWestchester.org
(914) 419-0764



of Westchester County

advantage of art and media is the usage and the ability to allow students to explore sessions on their own time, preserving Girls Inc. time for interactive discussion. Digital worksheets are collected for reflection, conclusion and understanding.

- **WE REQUIRE ALL GIRLS TO PARTICIPATE & LEAVE THEIR CAMERAS ON:** To effectively be a Girls Inc Girl, you will need to encourage interaction with the other girls. You are expected to sign in using your email address, digitally participate in the activities, events and online surveys and leave your camera on so that we can see your bright and pretty faces!
- **PARTICIPATION GUIDELINES:** Online Program etiquette are the rules for behavior and interaction in your online Girls Inc. format. Girls must be fully dressed and appropriately clothed to participate. The one mic rule applies in the chatrooms and girls must respect each other's voice and raise their hand to speak. Cell phones are only allowed during activities that require mobile technology. Discussion topics are prepared by listening to the voice of the girls to promote interesting discussions and conversation. No voice is left behind.

If you have any questions or concerns please contact Monette Hamilton, Program Director at mhamilton@girlsincwestchester.org or 914.419.0764.

Again, Welcome to the Girls Inc. of Westchester Family!