



# About

## *Girls Inc. of Metro Denver*

Girls Inc. inspires all girls to be **Strong, Smart, and Bold** through life-changing programs and experiences that help girls navigate gender, economic, and social barriers. Programs are research-based and delivered by trained, mentoring professionals in a positive all-girl environment.

## Contact

### Middle School Program Staff:

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# Classes

During the summer sessions, girls participate in two classes each day. Girls attend a morning class, break for lunch, and then attend an afternoon class. If a girl participates in both summer sessions, she will benefit from all four classes listed below.

## Colorado Girls

In this class, girls will discover the outdoors through daily adventures. Girls will challenge themselves to set personal fitness goals and learn how to incorporate outdoor activities into their lives. Class activities will promote participation, team building, nutrition and healthy lifestyles.

## Psychology and Me

Girls will investigate the field of psychology by exploring ways that the science of psychology affects their everyday lives. In this class girls will learn about their brain, how to recognize and interpret micro facial expressions, ways to train their brain and tools to help them navigate their social world. Girls will engage in social experiments and learn about the different stages of development.

## StartUp Girl

YouthBiz StartUp Girls will learn the foundations of entrepreneurship and business, enabling them to think, learn, speak and act as entrepreneurs. Girls will learn about themselves and others in order to create their own business power team. Girls will begin by learning about the business cycle, finance, and invention basics, and will go on to create their own business plan, from ideation to prototyping. The program culminates with a business pitch competition with a cash prize of \$100 for the winning group!

## Creating Art with Math

This class is an investigation of the connections between mathematics, art and design with emphasis on mathematical inquiry and discovery. In this class, girls will explore how math and art intertwine to create masterful creations!

“ I am bold. ”

Girls Inc. not only made me a strong, smart, and bold woman, but they made me a leader, a role model, and a wonderful woman.”

# Important Info

## Session Dates

**Session:**                      **Dates:**  
Session One                      June 3 – 27  
Session Two                      July 8 – 25

**Special Program Week** (optional)  
July 1 – 2

## Class Schedule

**Session 1:** Colorado Girls  
Psychology and Me  
**Session 2:** Creating Art with Math  
StartUp Girls

<b>Summer Program Hours</b>	
Monday – Thursday: 8:00 a.m. – 5:30 p.m.	
8:00-8:45	Drop-off / Breakfast / Free time
8:45- 9:00	Clean-up & Announcements
9:00-12:00	Morning Class
12:00- 12:45	Lunch
12:45- 1:30	Clean up/Free-time
1:30- 4:30	Afternoon Class
4:30-5:30	Clean up / Chores / Family Pickup

### **MANDATORY New Parent Orientation:**

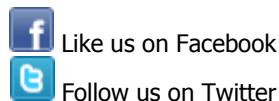
ALL new parents must attend before daughter(s) begin summer program

**Saturday, May 18<sup>th</sup>, 2019**  
**10:00 a.m. – 11:00 a.m.**

**\*Please note if a parent does not attend an orientation their daughter's space in program will be forfeited and given to a girl on the waiting list.**

## Girls Inc. Girls' Bill of Rights

- ★ **Girls have the right to be themselves and to resist gender stereotypes.**
- ★ **Girls have the right to express themselves with originality and enthusiasm.**
- ★ **Girls have the right to take risks, to strive freely, and to take pride in success.**
- ★ **Girls have the right to accept and appreciate their bodies.**
- ★ **Girls have the right to have confidence in themselves and to be safe in the world.**
- ★ **Girls have the right to prepare for interesting work and economic independence.**



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## Middle School Programs Summer 2019



# Be Strong, Smart & Bold!

For girls entering  
6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade

**girls  
inc.**

of Metro Denver