



# Girls Incorporated of Upper Canada Annual Report 2012



### About Us

Girls Incorporated of Upper Canada is committed to advocacy for all girls, through public education, program development, research, publications, community events, and media relations. We recognize our responsibility to address publicly the social issues that seriously affect girls' lives.

Girls Inc. programming puts the tools for empowerment in girls' hands and encourages them to take healthy risks and master physical, intellectual, and emotional challenges. Support systems, such as Girls Inc., reinforce girls' ability to believe in themselves and embrace their strengths.

**Statistics:**

**Total Girls Served:**  
**1541**

**6-8 years 3%**  
**9-11 years 56%**  
**12-14 years 33%**  
**15-18 years 2%**

- Health and Relationships
- Media Literacy
- Math and Science Education
- Relational Aggression
- Substance Use Prevention
- Violence Prevention

### Highlights of 2012

- 1,541 girls participated in programs and workshops, a 10% increase from the previous year.
- Programs and workshops are being delivered in all corners of Leeds & Grenville, from Athens to Kemptville, Lombardy to Prescott, Gananoque to Spencerville and everywhere in between.
- Staff from all Canadian affiliates participated in a National training opportunity, held in Leeds-Grenville, for Girls Inc.'s violence prevention program, Project BOLD.
- Be BOLD, a component of Project BOLD, was introduced this summer with close to 100 girls (6-12 years) participating. Be BOLD builds girls' skills and personal power for avoiding or dealing with hurtful or dangerous situations and assists them in identifying resources that contribute to their safety.
- Funding from the Ontario Healthy Communities Fund and Green Shield Canada for our Friendly PEERsuasion program enabled 206 girls to build self confidence and refusal skills.
- A new strategic plan has helped us map our priorities for the next 2-3 years.



**Our Mantra at 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*



**How Can You Help?**

In partnership with the Leeds-Grenville community, Girls Inc. is addressing critical issues, including peer pressure, violence prevention, media literacy, bullying and healthy relationships. Programs and workshops build self-esteem, encourage critical thinking skills and empower girls to believe in themselves and their abilities.

If you would like to support Girls Inc. in our mission of inspiring all girls to be smart, strong, & bold, please consider some of these ways. We look forward to your support so that we can continue our success in offering programs in your community.



- Donate
- Volunteer
- Sponsor
- Join a committee
- Advocate for girl’s and women’s issues
- ‘Like’ us on Facebook
- Attend an event

**School and Community Partners**

School based programs and workshops were offered in 18 elementary schools and 3 high schools throughout Leeds & Grenville. We have also partnered with 16 community groups and/or spaces to deliver our programming as effectively and efficiently as possible. We are so appreciative for all the support we receive from our school and community partners.

**Board Members**

- Joy Sterritt
- Suzanne Dodge
- Kristen Turvey
- Lisa Bell
- Jill Andress
- Erika Beresford-Kroeger
- Elizabeth Green
- Suzanne Guild
- Mezaun Hodge
- Lori Kidd-Velkova
- Shawn Lehman
- Meena Tipper



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