Organization Description

4 Girls by Girls Inc. is a community organization in Muncie, Indiana. The mission of the organization is to “embrace, educate, empower, and encourage the lives of young girls.” The organization meets this mission by conducting a six-week summer program geared towards girls, ages 7 to 17. The group meets twice a week, for two hours each session. After the summer program, the group will meet once a month during the remainder of the school year.

The activities planned for the program aim to help the girls feel comfortable in their own skin through intergenerational mentorship. Some of the activities the girls participated in last year include the “Uniquely Me” fashion show, sewing, crocheting, cooking, scrapbooking, dancing, creative writing, swimming, motivational speakers, and other arts and crafts.

Another unique feature is the summer program planning committee. The planning committee is made of a small group of girls who participate in the 4 Girls by Girls program. The girls meet with the program coordinators to decide which specific activities the organization will offer for the summer. This allows the girls to have a direct voice in the planning of the summer program.

Program Description

“Know Your Worth” program meets the leadership and life skills, mentoring, and summer programming fields of interest. The program is six weeks long. The girls will meet on Tuesdays and Thursdays from 4-6. The program will start on June 16, 2014 and run until July 21, 2014. Most meetings will be taking place at the YWCA in Muncie, Indiana. The final meeting of the summer program will be in the auditorium at Cornerstone Center for Arts for the “Know Your Worth” fashion show. There is no cost to participate in this summer program. There will be between 80-120 girls that participate in the summer program.

These girls all live in Muncie, Indiana. This Midwest community is located in east central Indiana in Delaware County. According to the 2010 U.S. Census, the total population here was 117,671 (United States Census Bureau, 2013). In this county, the race of the population is predominately white followed by African American. Delaware County faces a variety of public health issues. The poverty rate in 2010 was listed at approximately 21% (United States Census Bureau, 2013). This percentage is 7% higher than the poverty rate in Indiana as a whole, which is about 14%.

Program Objectives

- Provide an environment that allows young girls to embrace who they are.
- Provide an environment that educates young girls on the importance of leadership skills.
- Provide an environment that empowers young girls to be creative and innovative.
- Provide an environment that encourages respect for others and authentic relationships.
“Know Your Worth” program’s focus is on improving self-esteem and respect for others. The theme of positive self-esteem and respect for others will be reoccurring throughout the six weeks in each activity the girls do.

Each session the girls will be asked to write on separate sticky notes something they like about themselves and something they like about another girl in the program. These are to remain anonymous. The sticky notes will then be placed on a corkboard in the back of the room. This board will remain in the back of the room for the duration of the summer program. The girls will see the board fill up each session and be reminded of all the good things about one another. Another activity planned for the girls is sewing. The girls will sew a skirt or dress that they feel fits their personality and makes them feel beautiful. It will allow them to be themselves. They will have mentors along the way to help them with their sewing projects. The mentors will embrace, educate, empower, and encourage these young girls. The last week of the summer program Lauren Parsekian-Paul from Kind Campaign will come speak to the girls about positive-self esteem and respect for others. The last session the girls meet will be the “Know Your Worth” fashion show for the girls’ friends and family. They will model an outfit of their own and the outfit they made during the summer program with their mentors. Their mentors will also be with them during the fashion show, helping them throughout the entire process. The backdrop of the fashion show will include the corkboard of sticky notes the girls wrote, pictures of the girls working together on their sewing projects, and motivational sayings regarding positive self esteem and respect for others.

The need for this program was based on the fact that adolescent girls face many issues such as “cigarette and drug use, body dissatisfaction and body image disorders, academic underachievement, problems associated with sexual behaviors, and high rates of depression and unhappiness” (LeCroy, 2005, p. 76). Self-esteem is an important component of an individual that must develop properly in order to maintain a happy and healthy life. The National Association for Self-Esteem (2010) defines self-esteem as, “the experience of being capable of meeting life’s challenges and being worthy of happiness.” During childhood especially, self-esteem stability is relatively low. “Self-esteem starts to decrease at the age of eleven, and between the ages of twelve and thirteen, self-esteem is at its lowest” (Rosenberg, 1986). Therefore, a program that encourages the girls to be positive about their body image, respect others, and develop authentic relationships will improve their self-esteem. Many studies have found that self-esteem programs are successful in increasing an adolescent female’s self-esteem (LeCroy, 2005; Haney & Durlak, 1998; Dalgas-Pelish, 2006).

**Evaluation**

Evaluation of the summer program will include a short survey for the girls dispersed after the last session (Appendix B). The girls will be asked a series of questions about how beneficial the program was to them and if they would participate again. They will be asked to explain their answers. These answers will provide insight for future programs.
Plan for Continuity

After the Peyback Foundation grant, 4 Girls by Girls Inc. will continue to offer summer programs at no cost to this age group of girls. Additional support will be sought from donations, volunteers, fundraisers, and other grants. Low-cost programs will still be created in order to serve the needs of these girls.
Appendix A

The PeyBack Foundation
6325 N. Guilford Suite 201
Indianapolis, IN 46220

To whom it may concern:

I am writing on behalf of the “Know Your Worth” program. I am the founder of Kind Campaign, which is a not-for-profit organization that is an internationally recognized movement, documentary, and school program that promotes kindness and brings awareness and healing to girls. I was asked by the “Know Your Worth” program to deliver a motivational talk and I could not be more excited! I am thrilled that there are other programs out there that help girls raise their self-esteem and confidence levels.

I have personally been affected by low self-esteem and I have seen the affects that it has had on my own life and on my loved one’s lives. No young girl should have to experience that kind of pain, especially when it can be prevented. I believe that this program has done an excellent job at putting together thoughtful talks and programs to help aid the girls in becoming stronger mentally, emotionally, and physically. I think it is so important for the “Know Your Worth” project to be granted funding for their project in order to effectively get their message across. With the help of this funding, this program will be able to provide the girls with better equipment and opportunities.

The funding that the “Know Your Worth” program is requesting will be beneficial to the girls in the program, the program itself, and the community it is a part of. I strongly believe that “Know Your Worth” will benefit the community of Muncie, IN and they have my full support.

Sincerely,

Lauren Parsekian-Paul
Kind Campaign Founder
Appendix B

Summer Feedback Questionnaire:

1. Is this summer program what you expected it to be? ___ Yes ___ No

2. Would you like to continue to participate in the program on a monthly basis after June? ___ Yes ___ No

   Please explain why or why not.

3. Please tell what you learned and enjoyed most so far from the programming this summer.
References


