

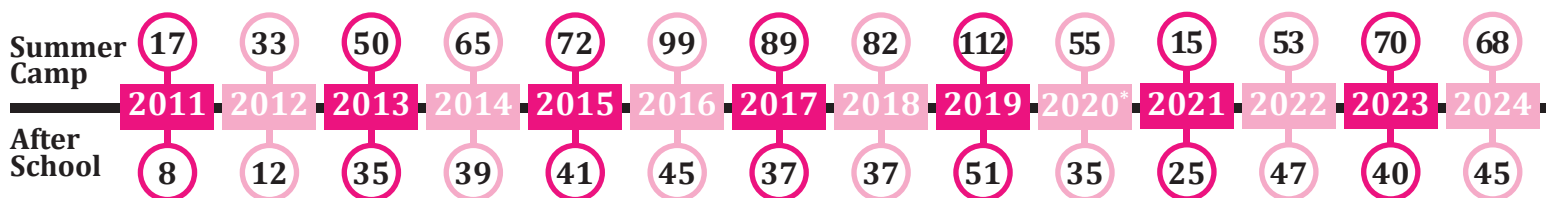
# Girls on the Rise Empowerment Program



## Who We Serve

- Girls ages 8-18 residing in the Washington Highlands community of Ward 8 and their families.
- Our girls experience various obstacles such as community violence, trauma and exposure to domestic violence that hinders their social development, self-esteem and self-worth.

## # of Girls in the Program



**Total # of girls (and their families) served in the first 13 years: 1,127**

*\*Due to the extraordinary efforts of our staff, Girls on the Rise pivoted to a virtual platform during the Covid-19 pandemic.*

## What We Do

- Girls on the Rise is an empowerment program for at-risk girls and their families.
- The program focuses on the Positive Youth Development principles of caring, contribution, connection, competence, confidence, and character.
- The girls receive individual and group therapy from a licensed clinical social worker.
- We give the girls hope to envision a plan and the tools to build their futures.
- We provide parents, grandparents and caretakers support and counseling to help them navigate a path forward for themselves, our girls, and their families.

## Program Objectives

- Develop self-awareness, confidence and self-worth to know that #IamEnough
- Stimulate physical, emotional, intellectual, and social growth
- Enhance awareness of their role in the development of community relationships
- Promote inter-personal and social skills
- Develop positive relationships with adults and peers
- Teach the skills, knowledge, and attitudes needed to make healthy decisions
- Help facilitate the transition from middle school to high school, college and beyond
- Provide college awareness and career planning

# Girls on the Rise Empowerment Program



## Our Impact

**100%** SENIORS GRADUATED ON TIME  
WITH POST-GRAD PLAN

**100%** PARTICIPANTS SUCCESSFULLY  
COMPLETED SYEP

**100%** PARENTS/GUARDIANS ACTIVELY  
PARTICIPATE IN PROGRAM

**100%** MIDDLE SCHOOLERS SUCCESSFULLY  
TRANSITION TO HIGH SCHOOL

**100%** CAN ARTICULATE A DAILY  
AFFIRMATION

**100%** CARE ABOUT THE FEELINGS OF  
THEIR FRIENDS

**96%** FEEL CONNECTED TO THEIR  
FRIENDS

**88%** HAVE AN ACTIVE ROLE IN THEIR  
COMMUNITY

## 6 Core Components

- **Safe and Supportive Environment:** Offers an environment to help build trust, self-confidence, self-esteem, and autonomy to make healthy decisions.
- **Academics:** Cultivates increased academic achievement and a greater attachment to school.
- **Social Emotional Development:** Fosters social skills, self-esteem, self-confidence, and resilience through both strong adult and peer relationships.
- **Middle and High School Transition:** Increases knowledge of what to expect in middle school and high school and foster school engagement and educational aspirations.
- **Career Exploration:** Seeks to increase knowledge of career options and enhance life skills.
- **Parent Involvement:** Provides emotional support, assistance, individual, family counseling and material resources when a family is most in need.

## Curricula Used

- Girls in Real Life Situations
- Growing Great Girls – a Gender Responsive Life Skills Curriculum
- Circle of F.R.I.E.N.D.S. – Feeling Respect, Independence, Encouragement, Nourishment, Determination, & Sisterhood
- PBIS – Positive Behavior Interventions and Supports
- Trauma-Informed Social-Emotional Toolbox for Children & Adolescents
- Academic Success – Zaretta Hammond's Culturally Responsive Teaching and the Brain, DIBELS Assessments, Dolch Sight Word Assessments, the Partnership for Assessment of Readiness for College and Careers (PARCC) and Achievement Network (ANet)

# Girls on the Rise After School Program



## After School Program

Girls on the Rise meets after school from 3pm-6pm Monday-Friday from September to June.

## A Typical Week at Girls on the Rise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3:00</b> Arrival/Transition (Emotional check-in)	<b>3:00</b> Arrival/Transition (Emotional check-in)	<b>3:00</b> Arrival/Transition (Emotional check-in)	<b>3:00</b> Arrival/Transition (Emotional check-in)	<b>3:00</b> Arrival/Transition (Emotional check-in)
<b>3:30 - 4:30</b> Academic Instruction/ Homework Help	<b>3:30 - 4:30</b> Academic Instruction/ Homework Help	<b>3:30 - 4:30</b> Academic Instruction/ Homework Help	<b>3:30 - 4:30</b> Academic Instruction/ Homework Help	<b>3:30 - 4:30</b> Academic Instruction/ Homework Help
<b>4:30 - 6:00</b> Self-care/ Goal Setting Group	<b>4:30 - 6:00</b> Kindness Club/ Community Service	<b>4:30 - 6:00</b> Book Club and Movie Club	<b>4:30 - 6:00</b> Girl Talk	<b>4:30 - 6:00</b> Fun Day/GOTRE Rewards Store

## Description of Clubs

**Self-care/Goal Setting Group:** Teaches different self-care methods that will help develop positive coping strategies. Set focused goals to empower the girls to have a successful week.

**Kindness Club:** A program designed to foster kindness and make a difference in their own communities.

**Book Club and Movie Club:** Introduces books and movies embracing black culture and cultivating positive identity.

**Girl Talk:** Cultivates a safe environment as participants explore various topics to help generate positive self-esteem and good decision making.

**Fun Day/GOTRE Rewards Store:** Provides leadership training for the girls as they manage store operations and allows them to “shop” with points earned for positive choices and behaviors.

# Girls on the Rise Summer Camp



## Summer Camp

Girls on the Rise offers a six week summer day camp for girls in 1st grade through 9th grade. Camp meets Monday-Friday from 8am-5pm.

## Program Objectives

“Helping Girls Develop Healthier Habits, Positive Body Image and Rock-Star Self-esteem”

- Improve self-esteem through healthy, positive, recreational and enrichment activities.
- Enhance awareness of role in the development of relationships.
- Direct interest and attitudes toward creative self-expression.
- Provide the opportunity for healthy eating habits through daily meal preparation.

## Summer Camp Activities

### Leadership Development

- Girl Scouts
- Big Sister/Little Sister mentoring and service projects

### Academic Support

- Book Club with DC Public Library
- Self-expression and journaling

### Career Exploration

- Exploring hobbies and career interests

### Health and Fitness

- Groups on making choices, healthy relationships, positive body image, managing stress
- Double Dutch with DC Retro Jumpers
- Art Education and Self-Expression with Project Create
- Dance and Movement with Fearless Action

### Weekly Field Trips

## Summer Youth Employment Program

Every year past program participants return to Girls on the Rise to work as summer camp counselors through Mayor Marion S. Barry's Summer Youth Employment Program. They learn vocational and life skills and have the opportunity to not only gain work experience as Girls on the Rise Camp Counselors but also to give back to the program.



# Girls on the Rise Parent Engagement



## Parent Engagement and Supportive Services

Supporting families is a critical part of our program because strong families = a strong and confident child. Success in the program is based on the relationship and trust developed with the parents and the girls. The family component provides emotional support, individual and family counseling, and material resources when a family is most in need. Parents are motivated to become strong, confident, and better advocates for themselves and for their children.

## Core Areas of Family Support

### **Case Management**

Provide information and referrals to other community-based service providers.

### **Crisis Intervention**

Help families through crises with the help of a licensed clinical social worker.

### **Life Coaching**

Help parents with goal setting and decision making.

### **Educational Advocacy**

Help parents navigate their daughters' school environment and academic opportunities.

### **Parenting Education**

Providing parenting education and support using The Effective Black Parenting and Parenting Journey Curriculums.

### **Family Activities**

Promote family connectedness as the girls and their families participate in fun activities, including Girls Summit, Christmas Boutique, Thanksgiving Friends and Family Dinner, Mother's Day Event, and Father's Day Event.

### **Nutrition/Food Support**

Meet basic needs by providing food and information about nutrition and healthy eating.

# Girls on the Rise Sponsorship Initiative



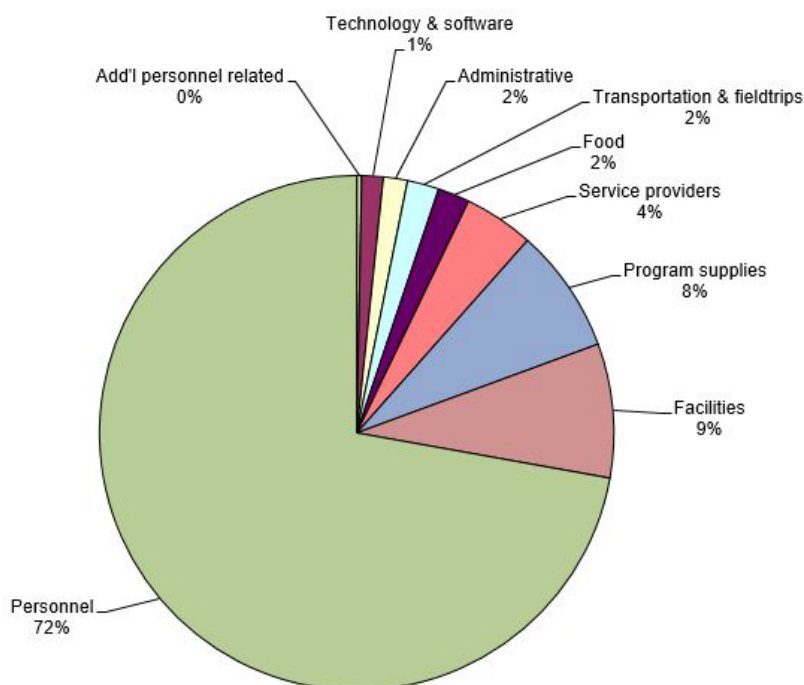
## Make a Difference in a Young Girl's Life

The Christ Child Society is excited to launch a new Sponsorship Program. We invite interested members and friends to invest in the success of girls from our Girls on the Rise Empowerment Program. Join one individual girl on her journey and support her participation in Girls on the Rise, where she receives social, emotional, academic, and crisis support.

## Become a Girls on the Rise Sponsor

- \$10,000 sponsors one girl for a full year of after-school, summer camp, and family support programs.
- Sponsors can be individuals or groups.
- Sponsors will receive email updates throughout the year.
- Sponsors will have the opportunity to interact with the girls at the Merrick Center during a Spring Open House and End of Summer Showcase.
- Sponsors will be recognized in multiple publications, including our Annual Report.

## How Your Support Will Be Used



For more information, please contact Stephanie Farrell at [sfarrell@christchilddc.org](mailto:sfarrell@christchilddc.org).

# Girls on the Rise Sponsorship Program



## Commitment Form

Starting in the 2024-2025 school year...

- ☐ I commit to sponsoring \_\_\_\_\_ girl(s) at \$10,000 per year for three years.
- ☐ I commit to leading a sponsorship group to sponsor \_\_\_\_\_ girl(s) at \$10,000 per year for three years. (Name of Group: \_\_\_\_\_) \*
- ☐ I am part of a sponsorship group and am committed to donating \$\_\_\_\_\_ for three years. (Name of Group: \_\_\_\_\_)
- ☐ I commit to a partial sponsorship of one girl at \$\_\_\_\_\_ per year for three years. (Minimum of \$2,500)
- ☐ I am interested, but would like more information about the program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*\*Annual pledge amount due by June 1st of the corresponding year.*

## Donor Information

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

*\* Members in Group* \_\_\_\_\_

## Please return to:

Christ Child Society DC  
Attn: Stephanie Farrell  
5101 Wisconsin Ave. NW, Suite 102  
Washington, DC 20016

*All contributions are tax deductible to the extent allowed by the law.  
Federal Tax ID: 53-0207408*