

**girls**  
**inc.**®  
of Orange County

**Powerful  
Girls  
Change the  
World**



**Inspiring all girls to be strong, smart, and bold**

# Girls Inc. Teens

**Girls Inc. meets girls where they are.** Programs give them the boost they needed to overcome increasing stress, mental health challenges, and the skills to thrive.

**Here is a look at what programs our teens have been involved:**

**College Bound** was created for girls who know where they want to go but are not sure how to get there. The program provides the roadmap for girls to graduate high school on time and be ready for higher education. Girls will learn about how to structure their classes, time management, scholarships, financial aid options, admissions testing, creating personal statements, and how to choose a college. Girls work closely with girls Inc. staff and mentors to create a plan specific to them. Over half of Girls Inc. members will be the first in their families to attend college.

**Girls Meet the Workforce** gives girls an opportunity to explore careers and experience the workplace. The highlight of the program is the “on the job” experience at one of Orange County’s premiere corporations or organizations. Girls receive as much as 40 hours of training before the placement. Focus areas include workplace communication, interviewing, diverse career exploration, building a positive social media presence, resume building, and other important skills. Girls work with accomplished female career mentors. The goal for 2022 is 100 placements!

**BoostHer** gives girls the Social Emotional Learning (SEL) skills they will need to be successful in school, work, and in life. It is infused in all the work we do. It is the process through which girls learn to understand and manage emotions, set and achieve goals, feel and show empathy for others, and develop the resiliency to overcome challenges. Because of the trauma caused by the pandemic, BoostHer is the most requested program. Girls Inc.’s partnership with the Anaheim Union High School District will allow as many as 700 girls over the next year.

**Informed, In-Charge, and In-Action** is an advocacy program that involves girls in community education and action. Girls Inc. has always empowered girls to stand up for themselves and their rights. The program allows girls to celebrate their heritage, investigate rights and responsibilities, practice leadership skills, and tackle issues of concern. Girls deepen their understanding of girls and women as social change agents and of leadership as a collective process grounded in belonging to and having responsibility for one's community.

**SIXTY-FIVE, 11<sup>th</sup> graders participated in a summer “on the job experience” in 2021.**

**90 girls participated in College Bound Grad Lab receiving mentorship and help with college applications and personal statements**

**97%** of girls developed and strengthened professional competencies (pre-program 54%)

**95%** of girls demonstrated knowledge about occupations and awareness of interests (pre-program 29%)

Girls Meet the Workforce is expanding to offer **100** summer on the job placements in 2022!

Over **1,200** girls participated in programming to help them improve their Social and Emotional Skills, getting them ready to learn.

Click below to see a clip of College Bound graduates and their accomplishments

<https://www.youtube.com/watch?v=nxdvWMVvfFY&t=5s>



## Sunburst Academy

Girls Inc. is partnering with Sunburst Youth Academy, a military style academy, to give girls a second chance. Sunburst works with students who have experienced challenges in a traditional school setting and have fallen behind. The program is voluntary and helps students increase as much as three grade levels while in the program. Girls Inc. has been asked to provide the curriculum to help girls in building healthy relationships, establishing boundaries, goal setting, communication, economic literacy, and college and workforce readiness.

The first semester has been a huge success. A Girls Inc. participant was elected Student Council President and another was chosen as the inspirational speaker. Girls Inc. is also providing mentorship as girls go through the program.



A senior student recently shared with a Girls Inc. staff member,

**“Thank you so much for all of your validation. I really needed to hear that. Sometimes I don't think my problems are important but they are. I am important. I feel like I matter here.”**

# thank you

It is because of the generosity of our corporate and community partners that Girls Inc. continues to have the resources to reach so many Orange County girls. As the need continues to increase, now more than ever, **we are so grateful for you.**

**girls  
inc.**  
**of Orange County**