



# Girls Inc. Westchester About Us

## of Westchester County

**GIRLS INC. WESTCHESTER** is a non-profit organization founded in 2007 and dedicated to providing pro-girl programs to inspire Westchester girls to grow up **strong, smart, and bold**. We are the local affiliate of Girls Incorporated, a 150 year-old national organization with over 85 chapters in the United States and Canada.

**GIRLS INC. WESTCHESTER GIRLS** come predominantly from the twelve Westchester communities where at least 20% of families have annual incomes of \$25,000 or less. We provide these young women with essential knowledge and skills, with a place to feel physically and psychologically safe, and with a peer group that helps them feel emotionally supported, confident, and bold.

**GIRLS INC. WESTCHESTER** has proven the impact of our programs at the national level through research. All of our programs have been developed and tested by the Girls Incorporated National Resource Center, the country's largest and most comprehensive research center on girls.

**GIRLS INC. WESTCHESTER PROGRAMS** are targeted toward girls ages 9 to 18 with a focus on the middle and high school years, the developmentally crucial stages when having girls-only space to share, build confidence, and interact with positive role models can make all the difference.

**GIRLS INC. WESTCHESTER TEACHES** Leadership and Community Action; Health and Sexuality; College and Career Readiness; Media Literacy; Violence Prevention and Safety; Economic Literacy; STEAM (Science, Technology, Engineering, Arts, Math). By helping girls to think critically about the world, avoid at-risk circumstances, overcome challenges, and envision their own potential, Girls Inc. Westchester gives our girls the promise of a brighter future.



Communication skills are one of the keys to success. Building a complex block pattern while blindfolded required clear directions from team mates.

**GIRLS INC. WESTCHESTER FACILITATORS** have been extensively trained to deliver programs that are engaging, relevant and fun. In partnership with local schools and community-based organizations, we reach the girls who need us most by providing instructors who understand their needs.

### Quotes From Our Girls:

*"Girls Inc. helps you know who you are as a girl and accept yourself just as you are."*

*"If I didn't have this program, I don't think there'd be anyone else I could talk to."*

*"I used to be easily influenced by others. Now I am more independent and finding myself."*

**Girls Inc. Westchester is a nonprofit organization that offers pro-girl programs at schools and community centers throughout Westchester to help 'tween and teen girls navigate the real-life challenges they confront during middle and high school and lay the groundwork for healthy, independent, and fulfilling futures.**